

Grilling Made Easy

One of summer's most popular outdoor activities is cooking. It's prime time for cookouts and backyard barbecues with family and friends, as grilling is a favorite pastime for many. Grilling has grown increasingly complex over the years as new technology has continued to emerge. However, that's no reason to shy away from being the top grill master in your community! No matter the size, brand, shape or number of knobs and buttons on a grill, the basics are still the same.

1. Clean that grill! Whether it's been in storage or exposed to the weather elements is irrelevant. Those grates need to be scrubbed often and prior to initial use. I don't know about you, but I don't want to find chunks of hamburger attached to the bottom of my salmon. Scrub those grates!
2. Check your tools and supplies, restock and get ready. Items to be inventoried and replaced might include charcoal or propane, spatulas, tongs, grill pans, meat thermometer and aluminum foil, among others.
3. Be aware of time. Thaw and season the items you plan on grilling within the proper timeline. If you forget to thaw your meat in advance, the party's over.
4. Be sure to preheat the grill. If using a gas grill, close the lid, set the grill on high and preheat for roughly 10 to 15 minutes. If using a charcoal grill, spread the coals evenly before lighting and look for a nice top layer of ash on the coals. When you see that ash layer, place your hand above the coals (not close, maybe 6-7 inches away). After three seconds or so, you should feel the heat.
5. Have a buddy system in place. If you're in charge of the grill, don't have items on the stovetop in the kitchen at the same time. You can't be in two places at once, so choose one or the other to ensure optimal chances of a tasty, properly cooked meal. Now that you've had a little refresher, it's time to get grillin'!



Happy Birthday Make A Wish!



Carolyn Lee..... 26th Patsy Weldon..... 28th

Lynridge Highlights



Thank You, Bristol Hospice!

A beautiful Wednesday morning at the lake with "Hooked on Seniors" fishing event. What a time we had! Our residents loved every minute of it. Sunny with a breeze of fresh air.

We've Been Making Root Beer

Our residents have started making their own root beer!!! How exciting to see their faces and response to the steps and results.



Resident Spotlight

Our Pathways residents enjoying a morning of beach ball chair exercise with Grace!



LYNRIDGE

OF ARLINGTON | MEMORY CARE

Letter From the ED

Hello Lynridge Families,

Thank you to all that signed the residency agreements for your loved ones. We are at the finish line, but we are getting there. Come by our community and pick up an activity calendar. The month of June will be filled with tons of fun new events.

We will be hosting a Father's Day dinner, so please RSVP for that so we can know how many will attend. If you have any work orders, please let the front desk know. They will update it in our system and Bo, the maintenance assistant, will be sure to close up all open orders.

Thank you for all your support and I look forward to seeing every one of you at our family events and birthday bash.

Holidays

National Trails Day June 1st
 World Environment Day..... June 5th
 National Donut Day June 7th
 Flag Day June 14th
 Father's Day June 16th
 National Pink Day June 23rd

June 2024

Our Team

Natalie Desormier

Executive Director

Angel Mathews

Business Director

Latoya Sauls

Lifestyle Director

Tasha Gamble

Pathways Director

Gabriel Mata

Maintenance Director

Misti McCreary

Sales and Marketing Director

Oscar Montoya

Culinary Director

LYNRIDGE

— OF ARLINGTON —
 ASSISTED LIVING • MEMORY CARE

3424 Interstate 20 W Hwy
 Arlington, TX 76017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Lynridge of Arlington - Memory Care

June 2024



8:00 Morning Meditation ¹
 11:00 Exercise: Chair Aerobics
 11:30 Daily Devotion
 1:00 Weekend Matinee
 2:00 Color Creations
 3:00 Memory Games/Puzzles
 4:00 Bean Bag Hopscotch
 7:00 Wellness Snack

8:00 Morning Meditation ²
 11:00 My Favorite Things: Group Activities
 11:30 Daily Devotion
2:00 Silver Sunday Service
 3:30 Sunday Matinee
4:00 Bingo
 7:00 Wellness Snack

8:00 Morning Meditation ³
 9:00 Coffee and Chat
 10:00 Playing Card Exercise
 11:30 Daily Devotion
2:30 Music Mondays With Freedom Hospice
4:00 '60s Classics Karaoke
 7:00 Wellness Snack

8:00 Morning Meditation ⁴
 9:00 Coffee and Chat
 10:00 Lower Body Exercise
 11:30 Daily Devotion
 1:30 Folding & Sorting
2:00 Tasty Tuesday -Cheese
 6:30 Gardening
 7:00 Wellness Snack

8:00 Morning Meditation ⁵
 9:00 Coffee and Chat
 11:30 Daily Devotion
1:00 Scenic Residents' Stroll
 3:30 Bird Matching Game
4:00 Book Club: Short Stories
 6:00 Meditation Wednesday
 7:00 Wellness Snack

8:00 Morning Meditation ⁶
 9:00 Coffee and Chat
10:00 Glamorous Mornings-Spa
 11:00 Zumba Thursdays
 11:30 Daily Devotion
 1:00 Music Social: Let's Make Music
3:00 Happy Hour
 7:00 Wellness Snack

8:00 Morning Meditation ⁷
 9:00 Coffee and Chat
 10:30 Chair Volleyball
 11:30 Daily Devotion
 11:30 Jinga
 2:00 Movie Matinee
 3:00 Bible Study w/Debra & Leah
 7:00 Wellness Snack

8:00 Morning Meditation ⁸
 10:15 Coffee and Chat
 11:00 Abs in a Chair
 11:30 Daily Devotion
 1:00 Weekend Matinee
 3:00 Memory Games/Puzzles
 4:00 Wordie
 7:00 Wellness Snack

8:00 Morning Meditation ⁹
 11:00 My Favorite Things: Group Activities
 11:30 Daily Devotion
2:00 Silver Sunday Service
 3:30 Sunday Matinee
4:00 Bingo
 7:00 Wellness Snack

8:00 Morning Meditation ¹⁰
 9:00 Coffee and Chat
 11:00 Tai Chi
 11:30 Daily Devotion
2:30 Music Mondays With Freedom Hospice
 3:30 Courtyard Scroll
 6:00 Uno Matching

8:00 Morning Meditation ¹¹
 9:00 Coffee and Chat
 10:15 Morning Stretch
 11:30 Daily Devotion
 1:30 Folding & Sorting
2:00 Tasty Tuesday -Cheese
 3:30 Roll to 100
 7:00 Wellness Snack

8:00 Morning Meditation ¹²
 9:00 Coffee and Chat
 11:30 Daily Devotion
 12:00 Small Group Activities
1:00 Scenic Residents' Stroll
4:00 Book Club: Short Stories
 6:00 Meditation Wednesday
 7:00 Wellness Snack

8:00 Morning Meditation ¹³
 9:00 Coffee and Chat
10:00 Glamorous Mornings-Spa
 11:00 Zumba Thursdays
 11:30 Daily Devotion
 2:00 Horticulture Therapy (Floral Arranging) w/Garden
3:00 Happy Hour
 7:00 Wellness Snack

8:00 Morning Meditation ¹⁴
 9:00 Coffee and Chat
10:00 Scenic Ride
 11:30 Daily Devotion
 11:30 Jinga
 2:00 Movie Matinee
 3:00 Bible Study w/Debra & Leah
 4:00 Chatterbox
 7:00 Wellness Snack

8:00 Morning Meditation ¹⁵
 11:00 Exercise: Chair Aerobics
 11:30 Daily Devotion
 1:00 Weekend Matinee
 2:00 Color Creations
 3:00 Memory Games/Puzzles
 4:00 Bean Bag Hopscotch
 7:00 Wellness Snack

8:00 Morning Meditation ¹⁶
 11:00 My Favorite Things: Group Activities
 11:30 Daily Devotion
2:00 Silver Sunday Service
 3:30 Sunday Matinee
4:00 Bingo
 7:00 Wellness Snack

8:00 Morning Meditation ¹⁷
 9:00 Coffee and Chat
 11:30 Daily Devotion
2:30 Music Mondays With Freedom Hospice
 3:00 Indoor Bowling
5:00 Chatterbox My Favorite Things
 7:00 Wellness Snack

8:00 Morning Meditation ¹⁸
 9:00 Coffee and Chat
 11:30 Daily Devotion
 1:30 Folding & Sorting
2:00 Tasty Tuesday -Cheese
 3:30 Rollaroma
 4:00 Spa Time: Massage Therapy
 6:30 Gardening

8:00 Morning Meditation ¹⁹
 9:00 Coffee and Chat
 10:00 Seated Abs
 11:30 Daily Devotion
1:00 Scenic Residents' Stroll
2:00 Juneteenth Celebration
4:00 Book Club: Short Stories
 6:00 Meditation Wednesday
 7:00 Wellness Snack

8:00 Morning Meditation ²⁰
 9:00 Coffee and Chat
10:00 Glamorous Mornings-Spa
 11:00 Zumba Thursdays
 11:30 Daily Devotion
 1:00 Music Social: Let's Make Music
3:00 Happy Hour
 7:00 Wellness Snack

8:00 Morning Meditation ²¹
 9:00 Coffee and Chat
 10:00 Seated Abs
 11:30 Daily Devotion
 11:30 Jinga
 2:00 Movie Matinee
 3:00 Bible Study w/Debra & Leah
 7:00 Wellness Snack

8:00 Morning Meditation ²²
 11:00 Abs in a Chair
 11:30 Daily Devotion
 1:00 Weekend Matinee
 3:00 Memory Games/Puzzles
 4:00 Wordie
 7:00 Wellness Snack

8:00 Morning Meditation ²³
 11:00 My Favorite Things: Group Activities
 11:30 Daily Devotion
2:00 Silver Sunday Service
 3:30 Sunday Matinee
4:00 Bingo
 7:00 Wellness Snack

8:00 Morning Meditation ²⁴
 9:00 Coffee and Chat
 11:00 Tai Chi
 11:30 Daily Devotion
2:30 Music Mondays With Freedom Hospice
 3:00 Indoor Bowling
 6:00 Sunset Sips

8:00 Morning Meditation ²⁵
 9:00 Coffee and Chat
 11:30 Daily Devotion
 1:30 Folding & Sorting
2:00 Tasty Tuesday -Cheese
 4:30 Hand Massages
 6:00 Sunset Sips
 7:00 Wellness Snack

8:00 Morning Meditation ²⁶
 9:00 Coffee and Chat
 10:30 Stretching the Abs
 11:30 Daily Devotion
 12:00 Small Group Activities
1:00 Scenic Residents' Stroll
4:00 Book Club: Short Stories
 6:00 Meditation Wednesday
 7:00 Wellness Snack

8:00 Morning Meditation ²⁷
 9:00 Coffee and Chat
10:00 Glamorous Mornings-Spa
 11:00 Zumba Thursdays
 11:30 Daily Devotion
 2:00 Horticulture Therapy
3:00 Happy Hour
4:00 Birthday Bash
 7:00 Wellness Snack

8:00 Morning Meditation ²⁸
 9:00 Coffee and Chat
 10:15 Morning Stroll
 11:30 Daily Devotion
 11:30 Jinga
 2:00 Movie Matinee
 3:00 Bible Study w/Debra & Leah
 4:00 Uno Matching
 7:00 Wellness Snack

8:00 Morning Meditation ²⁹
 11:00 Exercise: Chair Aerobics
 11:30 Daily Devotion
 1:00 Weekend Matinee
 2:00 Color Creations
 3:00 Memory Games/Puzzles
 4:00 Bean Bag Hopscotch
 7:00 Wellness Snack

8:00 Morning Meditation ³⁰
 11:00 My Favorite Things: Group Activities
 11:30 Daily Devotion
2:00 Silver Sunday Service
 3:30 Sunday Matinee
4:00 Bingo
 7:00 Wellness Snack

