

THE Lake Wylie Lifestyle



LAKE WYLIE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
4877 Charlotte Highway · Lake Wylie, SC 29710 · (803) 831-9900

Department Heads

- Executive Director
Sherlie Jean-Paul - Nurse
Sandy Brown - Resident Program Director
Roger Dishman - Director of Plant Operations
Shawn Latta - Dining Services Director
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Important Numbers

Front Desk - 803-831-9900



JUNE 2023

A Sticky Summertime Treat

As the clouds float above the crowds at a carnival or ballgame, down below are people of all ages happily enjoying the fluffy, melt-in-your-mouth confection known as cotton candy. Spin through these fun facts about the sticky stuff:

- Made of pure sugar, cotton candy isn't great for your teeth ... yet it was invented by a dentist! Dr. William Morrison co-created a sugar-spinning machine with candymaker John C. Wharton in 1897. They called their confection "fairy floss."
- In many countries, it's still called fairy floss or candy floss. In the Netherlands, they say sugar spider, and the French call it papa's beard.
- Each fine thread of cotton candy is thinner than a human hair. The strands are made by melting sugar and forcing it through a screen of tiny holes. Modern machines spin the sugar strands thousands of revolutions per minute.
- The treat was first introduced to a wide audience at the St. Louis World's Fair in 1904, where it sold for 25 cents a box.
- In the U.S., cotton candy is usually one of two artificially created flavors: blue raspberry and pink vanilla.
- An amusement park in Turkey holds the world record for making the longest spool of cotton candy. It took 6 hours and 70 staff members to make the confection, which measured over 4,500 feet long.
- Have you tried Cotton Candy grapes? A hybrid of two other grape varieties, the fruit's natural sweetness is compared to the flavor of cotton candy.

JUNE 2023

Signs of Summer

We've enjoyed sunny days and warm weather for weeks, but summer officially starts this month on June 21. It's the longest day of the year, when most of North America will see between 14 and 18 hours of sunlight, and nature shows many signs of the changing seasons. At noon, the sun will appear very high in the sky, and your shadow will be shorter than on any other day. The summer air is filled with sweet fragrance as apricots, cherries and strawberries ripen, and coneflowers, daylilies and rosebushes open their blooms. When night begins to fall, you may notice the sun setting more slowly than usual, promising a season of long, late sunsets.

Thank You, Dads

We'd like to say Happy Father's Day to all the dads in our community. We appreciate all you do.

"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."
—Lori Longbotham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays Betty King 6/03 Linda Hardison 6/06 Leona Wallace 6/20					
9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:30 Snack And Hydration-AR 11:00 Catholic Communion-PL 2:30 Snack And Hydration-AR 6:15 Bible Study with David-PL	9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Sunshine & Smiles 6:00 Movie Night-PL	9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 1:00 Lets Talk With the ED 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	National Chocolate Ice Cream Day 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Chocolate Ice Cream Social PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	9:30 Daily Devotion-PL 10:00 Exercise Class 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 3:00 Gardening Time 6:00 Friday Night Movie Time-PL	9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Word Search-AL 2:30 Snack And Hydration-AR 4:00 Movie Of Choice-PI 6:00 Game Night-RL
9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:30 Snack And Hydration-AR 11:00 Catholic Communion-PL 2:30 Snack And Hydration-AR 6:15 Bible Study with David-PL	9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Sunshine & Smiles 6:00 Movie Night-PL	9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	Strawberry Shortcake Day 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Strawberry Shortcake Social-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	Donuts With Dad 9:30 Daily Devotion-PL 10:00 Exercise Class 10:30 Donuts With Dad_DR 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 3:00 Gardening Time 6:00 Friday Night Movie Time-PL	9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Word Search-AL 2:30 Snack And Hydration-AR 4:00 Movie Of Choice-PI 6:00 Game Night-RL
Happy Father's Day 9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:30 Snack And Hydration-AR 11:00 Catholic Communion-PL 2:30 Snack And Hydration-AR 6:15 Bible Study with David-PL	Juneteenth 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Resident Council-PL 3:30 Sunshine & Smiles 6:00 Movie Night-PL	9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	Longest Day 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Longest Day Cook Out 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Music with Gloria 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	9:30 Daily Devotion-PL 10:00 Exercise Class 10:30 Out To Pelicans-OOC 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 3:00 Gardening Time 3:00 Music With Patrick-PL 6:00 Friday Night Movie Time-PL	9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Word Search-AL 2:30 Snack And Hydration-AR 3:00 Music With Bill-PL 4:00 Movie Of Choice-PI 6:00 Game Night-RL
9:30 Daily Devotion-PL 10:00 Church With Steve-PL 10:30 Snack And Hydration-AR 11:00 Catholic Communion-PL 2:30 Snack And Hydration-AR 6:15 Bible Study with David-PL	9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Sunshine & Smiles 6:00 Movie Night-PL	9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 2:00 Manicures Spa Day-BS 2:30 Snack And Hydration-PL 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 S'mores Social -PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Card Night-RL	9:30 Daily Devotion-PL 10:00 Exercise Class 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 3:00 Gardening Time 6:00 Friday Night Movie Time-PL	



Thank you all for what you do for our residents. Just a little fun day out back to show our appreciation to our staff.



Spencer has been with our company for several years and is a pleasure to work with and loves working with the residents. In her free time, she loves spending time with her family and friends.

Keep Your Cool While Cooking This Summer

When you can't stand the summer heat, stay out of the kitchen—or at least make meal prep as easy-breezy as possible. Here's how:

Limit oven use. As the oven preheats, the kitchen warms up too, and it takes a while to cool down afterward. Choose recipes that don't require an oven. When you do turn it on, take advantage of the hot oven and cook double batches, as well as foods you can use for multiple meals, such as baked potatoes or chicken.

Put tabletop appliances to work. A microwave, toaster oven, slow cooker and multicooker all use less energy than an oven or stovetop, and foods will still come out tasting great. Bonus: There's often less cleanup involved with these options!

Take shortcuts. You can let someone else do the cooking for you and still have a partially homemade meal. For example, a rotisserie chicken can be used for several recipes or served as is with a simple side dish.

Chill out. When possible, opt for cold, no-cook foods such as sandwiches and wraps, green salads and pasta salads, hearty dips, cold soups and smoothies.

Eat in season. Take advantage of the peak growing season and plan meals around fresh produce. A snack board featuring raw fruits and veggies is easy to throw together.

