


THE Lake Wylie *Lifestyle*



LAKE WYLIE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
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Important Numbers

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JULY 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.

JULY 2023

Red, White and Blue Watermelon Parfaits

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon. Top each parfait with a dollop of whipped cream and a few pieces of the diced melon. Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.

"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."
—Maria Sharapova

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthday Rose Fritz 7/06 Dorcas Hinson 7/11 Donald Haines 7/15 Clyde Cheezem 7/16 Lendar Smith 7/28 Alex Kimball 7/31					1 9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Church With Evan Gertis 2:30 Snack And Hydration-AR 4:00 Movie Of Choice-PI 6:00 Game Night-RL
2 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	3 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 Baking Class AR 3:30 Sunshine & Smiles	4 Independence Day 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 1:00 Manicures Spa Day-BS 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	5 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 Snack And Hydration-PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	6 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 11:00 Catholic Mass-PL 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Movie Night-PL	7 9:30 Daily Devotion-PL 10:00 Exercise Class 10:00 Lunch Out 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 6:00 Friday Night Movie Time-PL	8 9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Church With Evan Gertis 2:30 Snack And Hydration-AR 4:00 Movie Of Choice-PI 6:00 Game Night-RL
9 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	10 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	11 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 1:00 Manicures Spa Day-BS 2:30 Snack And Hydration-AL 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	12 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 Snack And Hydration-PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	13 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 York County Library 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 Movie Night-PL	14 9:30 Daily Devotion-PL 10:00 Exercise Class 10:00 Let's Go To Target 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 6:00 Friday Night Movie Time-PL	15 9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Church With Evan Gertis 2:30 Snack And Hydration-AR 4:00 Movie Of Choice-PI 6:00 Game Night-RL
16 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	17 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	18 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 1:00 Manicures Spa Day-BS 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	19 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 Snack And Hydration-PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	20 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 Movie Night-PL	21 9:30 Daily Devotion-PL 10:00 Exercise Class 10:00 Five Below Outing 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 6:00 Friday Night Movie Time-PL	22 9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Church With Evan Gertis 2:30 Snack And Hydration-AR 3:00 Music With Bill-PL 4:00 Movie Of Choice-PI 6:00 Game Night-RL
23 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	24 GentleCare Services Podiatrist 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 1:00 Bingo-PL 3:30 Sunshine & Smiles	25 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 1:00 Manicures Spa Day-BS 3:30 Walking Club -OB 6:00 Lemonade & Patio Chit-Chat	26 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 Snack And Hydration-PL 3:30 Nine Letter word Square Word Game 6:00 Bible Study Time-PL	27 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 York County Library 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 Movie Night-PL	28 9:30 Daily Devotion-PL 10:00 Exercise Class 10:30 Thrift Store Shopping-OOC 1:00 Bingo-PL 2:00 Arts and Crafts-Diliala 2:30 Snack And Hydration-PL 3:00 Music With Patrick-PL 6:00 Friday Night Movie Time-PL	29 9:30 Daily Devotion-PL 10:30 Snack And Hydration-PL 1:00 Church With Evan Gertis 2:30 Snack And Hydration-AR 4:00 Movie Of Choice-PI 6:00 Game Night-RL
30 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	31 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 1:00 Bingo-PL					



EMPLOYEE OF THE MONTH LAQUISHA SMITH (TAE)

Tae has been with Lake Wylie for 7 years. She is a joy to work with and is always willing to lend a hand. She has 3 kids and two grandchildren and in her free time she loves spending time with her family.



Make Your Own Ice Pops

Summer is here, and it's time to cool off with an ice pop! Making these frozen treats at home is fun and easy.

Ice pops can be fruity, creamy or both. For purely fruity treats, combine fresh fruits with juice and a sweetener, such as a syrup made from sugar and water; honey; or a liquid sugar substitute. If you want a creamier pop, use milk, Greek yogurt, or a nondairy option such as coconut milk. You can then add fruit, cocoa powder, brewed coffee, or other mix-ins of your choice.

A blender is useful to puree the ingredients, or you can mash fruits with a fork and use a whisk to stir everything together. Very ripe fruits are ideal for ice pops, since they're easier to mash and taste sweeter. Sample the mix beforehand to make sure it's full of flavor, and remember that sweetness will be less intense after freezing.

Store-bought ice pop molds are handy, but all you need are some wooden craft sticks and small paper cups. You can also use a muffin tin or an ice cube tray. Spoon your mixture into the molds, leaving a 1/4-inch gap at the top, then insert the sticks into the molds and freeze for 5 to 8 hours.

Remove the frozen pops by dipping the molds into a bowl or sink of warm water for 30 seconds. Extra ice pops should be put into a zip-top bag or an airtight container and stored in the freezer.

