



TWIN RIVERS
A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

August 2021

Meet Our Team!

Chris Henger.....Executive Director
Sheila Ricketts.....Marketing / Sales
Helen Kassaye...Business Office Director
Salem Demsew.....AL Coordinator
Diane Martinez.....LE Director
Hanna Lamiso.....VP Coordinator
Chef Nach.....Culinary Director
Mario Luna.....Maintenance Director
Syndi Sphabmixay.....Activity Assistant
Mabelle McCoy.....Weekly Concierge
Jasmine Langford.....Weekend Concierge
Diana Sutton.....Weekend Concierge
Jason Myers.....Van Driver

1720 N Plano Rd
Richardson TX 75081
972-979-4333



Happy Birthday!!

Jerry W.....Aug 7th
Verna P.....Aug 7th
Bonnie S.....Aug 13th
Tom B.....Aug 30th

*Since today is your day, it signals the
beginning of big dreams and goodness,*

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents-from healthcare and finances to overall quality of life-while never losing sight of the details that matter most: the connections we make along the way.



TWIN RIVERS
A GRACE MGMT COMMUNITY

AUGUST 2021

Twin Rivers Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday
1 SP 11:00 Christ United Methodist Church w/ Bill & Dana-MR SE 12:00 Music Sing Along w/Lynna -DR SO 6:30 Mexican Train -B	2 CO 10:00 Shopping at Walmart CO 10:30 Card Games-AR PY 2:00 Exercise w/Jason-MR SP 3:30 Worship & Bible Study with Kelly-MR CO 6:30 Mexican Train-B	3 PY 10:30 Exercise Video-MR CO 2:00 Bridge Club-AR SE 2:00 Movie Matinee(Flipped) -MR CO 6:30 Mexican Train-B	4 CO 10:30 BINGO -MR SE 2:30 BINGO -MR CO 3:30 Rummikub-AR CO 3:45 Dominoes-B CO 6:30 Mexican Train-B	5 PY 10:30 Exercise Video-MR I 2:00 Beginners Bridge -AR I 2:00 Food Committee Meeting SO 3:00 BINGO-MR CO 6:30 Mexican Train-B
8 SP 11:00 Christ United Methodist Church w/ Bill & Dana-MR SE 12:00 Music Sing Along w/Lynna -DR SO 6:30 Mexican Train -B	9 CO 10:00 Shopping at Target CO 10:30 Card Games-AR PY 2:00 Exercise w/Jason-MR SP 3:30 Worship & Bible Study with Kelly-MR CO 6:30 Mexican Train-B	10 PY 10:30 Exercise Video-MR SP 11:30 Jody & Jody Musical Worship-DR CO 2:00 Bridge Club-AR CO 2:00 Silver Derby Horse Races CO 6:30 Mexican Train-B	11 CO 10:30 BINGO -MR SE 2:30 BINGO -MR CO 3:30 Rummikub-AR CO 3:45 Dominoes-B CO 6:30 Mexican Train-B	12 PY 10:30 Exercise Video-MR SP 11:00 Prayer Session w/Town North Church I 2:00 Beginners Bridge -AR SO 3:00 BINGO-MR SO 4:00 Happy Hour Live Entertainment with Bill Cobbs-DR
15 SP 11:00 Christ United Methodist Church w/ Bill & Dana-MR SE 12:00 Music Sing Along w/Lynna -DR SO 6:30 Mexican Train -B	16 CO 10:00 Shopping at Walmart CO 10:30 Card Games-AR PY 2:00 Exercise w/Jason-MR SP 3:30 Worship & Bible Study with Kelly-MR CO 6:30 Mexican Train-B	17 PY 10:30 Exercise Video-MR CO 2:00 Bridge Club-AR SE 2:00 Movie Matinee (The Queen)-MR CO 6:30 Mexican Train-B	18 CO 10:30 BINGO -MR SE 2:30 BINGO -MR CO 3:30 Rummikub-AR CO 3:45 Dominoes-B CO 6:30 Mexican Train-B	19 PY 10:30 Exercise Video-MR I 2:00 Beginners Bridge -AR SO 3:00 BINGO-MR CO 6:30 Mexican Train-B
22 SP 11:00 Christ United Methodist Church w/ Bill & Dana-MR SE 12:00 Music Sing Along w/Lynna -DR SO 6:30 Mexican Train -B	23 CO 10:00 Shopping at Target CO 10:30 Card Games-AR PY 2:00 Exercise w/Jason-MR SP 3:30 Worship & Bible Study with Kelly-MR CO 6:30 Mexican Train-B	24 PY 10:30 Exercise Video-MR CO 2:00 Bridge Club-AR SE 2:00 Movie Matinee (Grow up Wild)-MR CO 6:30 Mexican Train-B	25 CO 10:30 BINGO -MR SE 2:30 BINGO -MR CO 3:30 Rummikub-AR CO 3:45 Dominoes-B CO 6:30 Mexican Train-B	26 PY 10:30 Exercise Video-MR SP 11:00 Prayer Session with Town North-PD I 2:00 Beginners Bridge -AR SO 3:00 BINGO-MR SO 4:30 Happy Hour with Live Entertainment by Ruby Westin-DR
29 SP 11:00 Christ United Methodist Church w/ Bill & Dana-MR SE 12:00 Music Sing Along w/Lynna -DR SO 6:30 Mexican Train -B	30 CO 10:00 Shopping at Walmart CO 10:30 Card Games-AR PY 2:00 Exercise w/Jason-MR SP 3:30 Worship & Bible Study with Kelly-MR CO 6:30 Mexican Train-B	31 PY 10:30 Exercise Video-MR CO 2:00 Bridge Club-AR SO 3:00 Monthly Birthday Party with Blane & Carla CO 6:30 Mexican Train-B	Happy Birthday to all in August!! Jerry W.....Aug 7th Verna P.....Aug 7th Bonnie S.....Aug 13th Thomas B.....Aug 30th	
			Shopping at WALMART and TARGET on Monday. Please make sure you are at the front lobby by 9:45am will start depart at 10:00am.	

Events are Subject to Change.

Assisted Living

HEALTH *Tips*

Wash Your Hands!

Viruses can live on surfaces for up to 24 hours. Wash your hands with warm soapy water often, and for at least 20 seconds.





HEALTH *Tips*

Chill Out!

Just two or three minutes under cool water in the shower can boost your mood.



<div> <div> 1720 North Plano Road Richardson, Texas 75081 804-323-3800 License: 146797 www.twinriversassistedliving.com </div> <div>   </div> </div>	
Friday	Saturday
<div>6</div> <div> SO 9:45 Morning Relaxation SO 10:30 Men's Club PY 10:30 Nondenominational Worship Service-MR PY 2:00 Exercise w/Jason-MR CR 4:00 Happy Hour -B CO 6:30 Mexican Train-B </div>	<div>7</div> <div> SO 10:00 Coffee & Donut -B I 2:00 Card Games -AR CO 6:00 Mexican Train -B PR 6:30 Dominos -B </div>
<div>13</div> <div> SO 9:45 Morning Relaxation PY 10:30 Nondenominational Worship Service-MR PY 2:00 Exercise w/Jason-MR CR 4:00 Happy Hour -B CO 6:30 Mexican Train-B </div>	<div>14</div> <div> SO 10:00 Coffee & Donut -B I 2:00 Card Games -AR CO 6:00 Mexican Train -B PR 6:30 Dominos -B </div>
<div>20</div> <div> SO 10:30 Applebee Restaurant Lunch Outing--O PY 2:00 Exercise w/Jason-MR CR 4:00 Happy Hour -B CO 6:30 Mexican Train-B </div>	<div>21</div> <div> Senior Citizen's Day SO 10:00 Coffee & Donut -B I 2:00 Card Games -AR CO 6:00 Mexican Train -B PR 6:30 Dominos -B </div>
<div>27</div> <div> SO 9:45 Morning Relaxation SO 10:30 Nondenominational Worship Service PY 2:00 Exercise w/Jason-MR CR 4:00 Happy Hour -B CO 6:30 Mexican Train-B </div>	<div>28</div> <div> SO 10:00 Coffee & Donut -B I 2:00 Card Games -AR CO 6:00 Mexican Train -B PR 6:30 Dominos -B </div>
<p>Doctor Appointment are Scheduled for Tuesday and Thursday ONLY.</p> <p>If you are planning to go out on any of these outing, PLEASE make sure you are signed up at the front Desk, seating is Limited first come first served basis.</p>	<div> CO - Cognitive CR - Creative I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual </div>



August is also a little bit unique, most of the time at least. In a standard year, there is no other month that begins on the same day of the week as August. In a leap year, however, August begins on the same day of the week as February.

The Monthly Gazette

"Dog Day" of Summer



August is traditionally the hottest month of the year in the northern hemisphere, and the time period between July 3 and August 11 is sometimes referred to as the 'dog days' of summer. The nickname refers to Sirius, or the Dog Star.

What's Lucky in August?

Lucky Color: Orange

Lucky Animal: Moose

Lucky Letter: J and L

Lucky Day: Wednesday

Lucky Plant: Peony



Special Days

National Ice Cream Sandwich Day

August 2nd

National Watermelon Day

August 3

Purple Heart Day

August 7

Senior Citizen's Day

August 21

Full Sturgeon Moon

August 22

Women's Equality Day

August 26

