

# THE Pecan Ridge Lifestyle



PECAN RIDGE  
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY

10025 Anderson Mill Road • Austin, TX 78750 • (512) 487-5243 • [www.pecanridgememorycare.com](http://www.pecanridgememorycare.com)

## AUGUST 2023

### Resident of the Month



Mary was born and raised in Monroe, Louisiana. During her high school years she was nominated Miss West Carroll! In 1962 her free style dance won her an opportunity to be the first in her state to run for Miss Louisiana! Mary's cash prize paid for her new life in Texas where she met the love of her life, Lee! Lee and Mary began a career with a

Mortgage Company, and were later blessed with two sons and one grandson! Thank you so much for being a light to this community, Mary!



Patsy crafting her wind chime!



Nelda loves Ziplock fingerpainting!



AUGUST 2023

## Eco-Friendly Switches

Protecting the Earth can be easier than you think. A simple switch is to use bamboo or cardboard cotton swabs instead of plastic ones. Also, if your household is full of electronic toys and gadgets, invest in rechargeable batteries—while they can be more expensive upfront, they will last longer and result in fewer chemical batteries in landfills.

## Self-Care Corner: Summer Fitness

Exercise is important for self-care, and summer’s longer days and warmer temps provide lots of opportunities to stay active. Try a water-based workout, such as swimming laps, playing water polo or adventuring on a kayak. For fun with friends, try a boot camp or outdoor yoga or dance class. And an evening walk under a stunning summer sunset is healthy for your body and mind.

“The winds and the waves are always on the side of the ablest navigators.”  
—Edward Gibbon

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Mars Bars Day</b> 9:30 Coffee Social☕ 9:30 Therapy Pet Pals 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Aroma Therapy 🕯️ <b>2:30 Ice Cream Social♥️</b> 3:30 Corn Hole🏏	<b>Ice Cream Sandwich Day</b> 2 9:30 Tai Chi🏹 10:00 Indoor Gardening♥️ 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class♥️ <b>3:30 Music Therapy W/ Madison🎵</b>	<b>Watermelon Day</b> 3 9:30 Morning Stretch 🏹 <b>10:00 Liz And Children🎵</b> 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Story Time♥️ 3:30 Pecan Ridge Music Club🎵	<b>Water Balloon Day</b> 4 9:30 Zumba🏹 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day♥️ 1:30 Men’s Grooming♥️ 2:30 Tea Party☕ 3:30 Karaoke Happy Hour	<b>Pamper Yourself Day</b> 5 9:30 Morning Stroll🏹 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Afternoon Trivia📖 2:30 Dance Club🎵 3:30 Bingo♥️
<b>Sisters Day</b> 6 9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 3:00 Balloon Toss 3:30 21 Questions♥️	<b>Purple Heart Anniversary</b> 7 9:30 Coffee Social☕ <b>10:00 Music w/Merit🎵</b> 11:00 Daily Chronicle📖 1:30 Bingo♥️ 3:00 Movie And Popcorn♥️ <b>3:30 Manicure Monday (All Day)</b>	<b>Happiness Happens Day</b> 8 9:30 Coffee Social☕ 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Aroma Therapy 🕯️ <b>2:30 Ice Cream Social♥️</b> 3:30 Ring Toss🏹	<b>Elvis Week Begins</b> 9 9:30 Tai Chi🏹 <b>10:15 Music Therapy W/ James🎵</b> 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class♥️ 4:00 Pool Noodle Balloon Toss🏹	<b>Lazy Day</b> 10 9:30 Morning Stretch 🏹 10:00 Bowling🏹 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 <b>2:30 Elvis Is Coming🎵</b> 3:30 Pecan Ridge Music Club🎵	<b>Son and Daughter Day</b> 11 9:30 Zumba🏹 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day♥️ 1:30 Men’s Grooming♥️ 2:30 Tea Party☕ 3:30 Karaoke Happy Hour	<b>Cool Treats Day</b> 12 9:30 Morning Stroll🏹 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Afternoon Trivia📖 2:30 Dance Club🎵 3:30 Bingo♥️
<b>National Bowling Day</b> 13 9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 <b>2:30 Hersh Piano Therapy🎵</b> 3:00 Balloon Toss 3:30 Truth Or Dare	<b>Paint A Picture in A Park Day</b> 14 9:30 Coffee Social☕ <b>10:00 Music w/Merit🎵</b> 11:00 Daily Chronicle📖 1:30 Bingo♥️ 2:30 Crochet Class♥️ <b>3:30 Manicure Monday (All Day)</b>	<b>Lemon Meringue Pie Day</b> 15 9:30 Coffee Social☕ 9:30 Therapy Pet Pals 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Aroma Therapy 🕯️ <b>2:30 Ice Cream Social♥️</b> 3:30 Bowling🏹	<b>National Tell A Joke Day</b> 16 9:30 Tai Chi🏹 10:00 Indoor Gardening♥️ 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class♥️ <b>3:30 Music Therapy W/ Madison🎵</b>	<b>Thrift Shop Day</b> 17 9:30 Morning Stretch 🏹 10:00 Indoor Mini Golfing🏹 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 <b>2:30 Thrift Shop Runway♥️</b> 4:00 Story Time🎵	<b>Keep Your Cool Day</b> 18 9:30 Zumba🏹 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day♥️ 1:30 Men’s Grooming♥️ 2:30 Tea Party☕ 3:30 Karaoke Happy Hour	<b>World Photo Day</b> 19 9:30 Morning Stroll🏹 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Afternoon Trivia📖 2:30 Dance Club🎵 3:30 Bingo♥️
<b>“Rock Around the Clock” Day</b> 20 9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 <b>2:30 Hersh Piano Therapy🎵</b> 3:00 Balloon Toss 3:30 Stand Up Comedy	<b>Poet’s Day</b> 21 9:30 Coffee Social☕ <b>10:00 Music w/Merit🎵</b> 11:00 Daily Chronicle📖 1:30 Bingo♥️ 3:00 Movie And Popcorn♥️ <b>3:30 Manicure Monday (All Day)</b>	<b>Sunflower Day</b> 22 9:30 Coffee Social☕ 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Aroma Therapy 🕯️ <b>2:30 Ice Cream Social♥️</b> 3:30 Indoor Mini Golfing🏹	<b>Buttered Corn Day</b> 23 9:30 Tai Chi🏹 <b>10:15 Music Therapy W/ James🎵</b> 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 <b>2:30 A Day At The Aquarium🚢</b>	<b>Peach Pie Day</b> 24 9:30 Morning Stretch 🏹 10:00 Ring Toss🏹 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Story Time♥️ 3:30 Pecan Ridge Music Club🎵	<b>Wizard of Oz Day</b> 25 9:30 Zumba🏹 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day♥️ 1:30 Men’s Grooming♥️ 2:30 Tea Party☕ 3:30 Karaoke Happy Hour	<b>National Dog Day</b> 26 9:30 Morning Stroll🏹 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Afternoon Trivia📖 2:30 Dance Club🎵 3:30 Bingo♥️
<b>Banana Lovers Day</b> 27 9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 <b>2:30 Hersh Piano Therapy🎵</b> 3:00 Balloon Toss 3:30 Indoor Soccer 🏈	<b>“I Have A Dream” Day</b> 28 9:30 Coffee Social☕ <b>10:00 Music w/Merit🎵</b> 11:00 Daily Chronicle📖 1:30 Bingo♥️ 2:30 Crochet Class♥️ <b>3:30 Manicure Monday (All Day)</b>	<b>Lemon Juice Day</b> 29 9:30 Coffee Social☕ 9:30 Therapy Pet Pals 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Aroma Therapy 🕯️ <b>2:30 Ice Cream Social♥️</b> 3:30 Balloon Volleyball🏹	<b>Marshmallow Toasting Day</b> 30 9:30 Tai Chi🏹 10:00 Indoor Gardening♥️ 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 <b>2:00 Bingo Outing🚗</b>	<b>Eat Outside Day</b> 31 9:30 Morning Stretch 🏹 10:00 Pool Noodle Balloon Toss🏹 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Story Time♥️ 3:30 Pecan Ridge Music Club🎵		



## Give Back at Back-to-School Time

When you're shopping school supply sales this month, consider picking up a few extra items to donate. Many community businesses and organizations host back-to-school drives, which provide backpacks full of supplies to children in need. You can also contact schools in your area and ask if you can drop off some extra pencils, crayons, glue and other goodies. School nurses will often keep toiletries and snacks on hand, so keep these items in mind if you're looking for other ways to give back.



## Summer's Symphony

"Listen to nature—to the music of the rustling leaves, the chirping birds, the humming, droning insects. Let them play for you their summer-long symphony of peace and strength and hope." —H. Addington Bruce



### Meet our Awesome Staff!

**Sharon Kazeem**

**Executive Director**

**LVN**

**Director of Assisted Living**

**Rhonda Bitner**

**Sales Director**

**Vaughan Greaves**

**Dining Director**

**Faraday Villanueva**

**Human Resources Assistant**

**Kevin Farr**

**Maintenance Director**

## Employee of the Month



Kolandria McPherson is one of our hardest working caregivers! Her work ethic displays

phenomenal leadership that our community truly admires! She is reliable, nurturing, and efficient! Pecan Ridge is honored to acknowledge and congratulate her this month for all of her efforts!

## Journal Prompt: Follow Your Dream

Sometimes our desires and ambitions are sudden and fleeting. If we don't grab onto them, they can slip into the background. Write today about your biggest dream. Is there a way for you to break it down into smaller steps? Could you accomplish something within a month?