

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.



Social Hour! (Continued)



The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



Dear Residents, Families, and Friends

At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes we have for you: Exercise with Jason of Lifeway, Exercise Class with Legacy, and Tone those Bones with Nilly of Senior Helpers.

This month, we will be hosting our annual Mother's Day Tea Party on May 11. Many residents will be wearing hats we have decorated for this very occasion. Also, we encourage you to invite your loved ones! As always, we have many fun and exciting events this month: Let's Talk About It Cinco de Mayo Social Hour, Mother's Day Celebration Social Hour, outings to On the Border and Cracker Barrel, and our Main Event this month Esta Fiesta. Please check the calendar or see Patty for more details.

Happy May,
Erin Montgomery, Executive Director



Social Hour!

Come and join us during our social hours for some fun time with our residents and staff.

(Pictures continue on back.)



ASSISTED LIVING
AL#010063
MAY 2019

Locations

Activity Room, AR
AL Courtyard, ALC
AL Parking Lot, ALPL
Bistro, B
Dining Room, DR
Library, LL
Lobby, L
Outing, O
Spa, Spa

Birthdays

Patricia Kixmiller, 3rd
Hope Dugan, 4th
Valree Wynn, 9th
Sybil Lidster, 22nd
Monte Melugin, 26th
Jim Hawes, 30th

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Thursday, 10 a.m.
Walmart

Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY DAY Lemonade Day 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 3:15 Lemonade and Game Social, L 4:00 Trivia, L	National Day of Prayer 9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to on the Border, O 1:00 Bible Study w/Laura 2:00 Let's Talk about Cinco de Mayo Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
Cinco De Mayo 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Adult Coloring Club, AR	9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 3:00 Game of Choice, L 6:00 Esta Fiesta (Main Event), L	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Snack Attack Bingo w/Lake Village 4:00 Spelling Bee, L	9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Giant Crossword Puzzle, L 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Mother's Day Celebration Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Mother's Day Tea, DR 3:30 Resident Choice of Game, L
MOTHER'S DAY 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/Life Way Hospice, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Trivia, L	9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	Nascar Day 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Cracker Barrel, O 1:00 Bible Study w/Laura 2:00 Race on Over Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Adult Coloring Club, AR	9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 3:00 Game of Choice, L	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo w/Lake Village 4:00 Spelling Bee, L	9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Giant Crossword Puzzle, L 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	National Polka Day 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Polka Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	MEMORIAL DAY 10:00 The Prize is Right and Snack Social, L 2:00 Sassy Senior Bingo w/Lifeway, AR 2:00 Start Kids Musical, L 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	National Senior Health and Fitness Day 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:30 Card Club, AR	9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 2:30 Art Expression, AR	9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	