



The Lewisville Estates Lifestyle

Assisted Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com

May 2016

Dear Residents, Family and Friends:

“You attract the energy that you give off. Spread good vibes. Think positively. Enjoy life.”

At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes that we have for you: Tone Those Bones with Erin with Rehab Trust, Exercise with Legacy, Extreme Exercise with Cindy with Lake Village and Gold Chair Exercise with Dawn.

We begin this month with a Kentucky Derby Party. We will be decorating hats for the event. We will be hosting our Annual Mother’s Day Tea on May 3 and we encourage you to invite your loved ones! Our Big Event will be “Let’s Luau” on May 10. As always, we have many fun and exciting events this month, including a Cinco de Mayo Social and outings to Korner Cafe and CiCi’s Pizza. We also have celebrations for Memorial Day, National Teachers’ Day, and many more.

With nice weather, we will be spending more time in our beautiful Courtyard, listening to the birds, checking our Herb Garden or just relaxing and enjoying the fresh air. Please check the calendar or see Dawn for more details.

Happy May,

Jessica Hazelton, EXECUTIVE DIRECTOR



Resident of the Month!

Our L.E.A.P (Life Enrichment Activity Program) would like to recognize Mr. Chuck Lisenba. Chuck has a smile that lights up the room. Very kind, polite gentleman! Snazzy dresser, too. Chuck loves to play Left, Center, Right and will often invite a group to play. When you see him next, ask him when the next game time will be.

We are so happy to have Chuck at Lewisville Estates!



ASSISTED LIVING

AL#010063

MAY 2016

Locations

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

Transportation Schedule

Monday
10 a.m.
Albertsons

Tuesday
10 a.m.
Walmart

Thursday
2 p.m.
Walmart

Friday
TBA
Field Trips/Outing

Birthdays

- Katherine Screeton, 16th
- Betty Daughtry, 18th
- Bill Newman, 29th
- Jim Hawes, 30th

“Being of service to others is what brings true happiness.”

—Marie Osmond

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:30 New Covenant Baptist Church, L</p> <p>10:00 May Day Trivia, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p>2</p> <p>Bing Crosby's Birthday</p> <p>9:30 Shopping at Albertsons, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>1:00 Bing Crosby Trivia and Music, L</p> <p>3:00 Left, Center, Right With Mary B., AR</p>	<p>3</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion & Service, DR</p> <p>9:30 Mother's Day Tea, AR</p> <p>9:30 Gold Chair Exercise, AR</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Gifts From Our Garden!, ALC</p> <p>4:00 Resident Choice of Chat!, AR</p>	<p>4</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>11:00 Let's Start the Bread Machine!, AR</p> <p>1:00 Walking Warriors!, ALPL</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Sassy Senior Bingo, AR</p>	<p>5</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Cinco De Mayo Celebration With Sassy Salsa Music!, AR</p> <p>4:00 Resident Choice of Chat!, AR</p>	<p>6</p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>10:30 Lunch Outing to Korner Cafe!, O</p> <p>2:00 Honor Our Retired Teachers Social Hour!, L</p> <p>4:00 Share Your School Memories!, AR</p>	<p>7</p> <p>National Teachers' Day</p> <p>9:30 Gold Chair Exercise, AR</p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>4:00 Kentucky Derby Red Carpet Celebration, L</p> <p>5:00 Kentucky Derby Race</p>
<p>MOTHER'S DAY 8</p> <p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit Down and Tone Up, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p>9</p> <p>9:30 Shopping at Albertsons, O</p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>3:00 Left, Center, Right With Mary B., AR</p> <p>4:00 Show Appreciation to our Nurses and Aides!, L</p>	<p>10</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion & Service, DR</p> <p>9:30 Gold Chair Exercise, AR</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/ Laura, L</p> <p>3:00 Hula Hoop Toss, AR</p> <p>6:00 Let's Luau!, L</p>	<p>11</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>1:00 Walking Warriors!, ALPL</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Town Hall Meeting, L</p> <p>3:30 Sassy Senior Bingo, AR</p>	<p>12</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>3:00 Reading Gives You Wings!, LL</p> <p>4:00 Resident Choice of Chat!, AR</p>	<p>13</p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>10:00 Are You Superstitious?, L</p> <p>2:00 Lucky 13 Ice Cream Social Event, L</p> <p>4:00 What Would Miss Manners Say?, AR</p>	<p>14</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:30 Name Your First Car, AR</p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>4:00 Resident Choice of Chat!, AR</p>
<p>15</p> <p>Chocolate Chip Cookie Day</p> <p>8:30 New Covenant Baptist Church, L</p> <p>1:00 Chocolate Chip Cookies and Coffee, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p>	<p>16</p> <p>9:30 Shopping at Albertsons, O</p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>10:15 Rowdy Ring Toss, AR</p> <p>3:00 Left, Center, Right With Mary B., AR</p>	<p>17</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion & Service, DR</p> <p>9:30 Gold Chair Exercise, AR</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Pet Showcase, L</p> <p>4:00 Share Memories of Your Childhood Pets!, AR</p>	<p>18</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>1:00 Walking Warriors!, ALPL</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Sassy Senior Bingo, AR</p> <p>4:00 "Make New Friends, But Keep the Old.," AR</p>	<p>19</p> <p>"This Day Is for the Birds!"</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Check Our Bird Feeders!, ALC</p> <p>3:00 Who Knows the Chicken Dance?, AR</p> <p>4:00 Qwirkle</p>	<p>20</p> <p>National Pizza Party Day</p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>10:30 Lunch Outing to CiCi's Pizza!, O</p> <p>2:00 National Pizza Party Social, L</p> <p>3:00 Fancy Nails by Cindy of Lake Village!, AR</p> <p>4:00 Famous Pizzeria Trivia!, L</p>	<p>21</p> <p>9:30 Gold Chair Exercise, AR</p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Qwirkle, AR</p>
<p>22</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p>23</p> <p>9:30 Shopping at Albertsons, O</p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>3:00 Left, Center, Right With Mary B., AR</p>	<p>24</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion & Service, DR</p> <p>9:30 Gold Chair Exercise, AR</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/ Laura, L</p> <p>3:00 Rowdy Ring Toss!, AR</p> <p>4:00 Qwirkle, AR</p>	<p>25</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>1:00 Walking Warriors!, ALPL</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Sassy Senior Bingo, AR</p> <p>4:00 Honor to Our Servicemen and Women!, L</p>	<p>26</p> <p>John Wayne's Birthday</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>3:00 "Surprise" John Wayne Movie!, L</p>	<p>27</p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>10:00 Name That Tune, AR</p> <p>2:00 Birthday Bash Social Hour, L</p> <p>4:00 Sharing Gratitude!, L</p>	<p>28</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Backyard Games!, ALC</p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>4:00 Resident Choice of Chat!, AR</p>
<p>29</p> <p>Indy 500!</p> <p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit Down and Tone Up, AR</p> <p>1:00 100th Indy Trivia!, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p>30</p> <p>MEMORIAL DAY</p> <p>Memorial Day</p> <p>9:30 Exercise With Legacy, AR</p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>3:00 Left, Center, Right With Mary B., AR</p>	<p>31</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion & Service, DR</p> <p>9:30 Gold Chair Exercise, AR</p> <p>1:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>4:00 Share Memories of the Upcoming Month of June, AR</p>				

Mother's Day

M-O-T-H-E-R

"M" is for the million things she gave me,

"O" means only that she's growing old,

"T" is for the tears she shed to save me,

"H" is for her heart of purest gold;

"E" is for her eyes, with love-light shining,

"R" means right, and right she'll always be,

Put them all together, they spell "MOTHER," A word that means the world to me.

— Howard Johnson (c. 1915)

Only One Mother

Hundreds of stars in the pretty sky,

Hundreds of shells on the shore together,

Hundreds of birds that go singing by,

Hundreds of lambs in the sunny weather.

Hundreds of dewdrops to greet the dawn,

Hundreds of bees in the purple clover,

Hundreds of butterflies on the lawn,

But only one mother the world wide over.



Health and Wellness Osteoarthritis

Osteoarthritis, also known as degenerative joint disease and osteoarthrosis, is very prevalent in our society. Basically, it occurs when the cartilage in your joints wears down over time. Did you know that at least 27 million Americans over the age of 25 suffer with this condition?



There are several risk factors for osteoarthritis, including being born with defective joints, having previous joint injuries, obesity and having had a job or lifestyle that consists of many repetitive movements. Symptoms can include pain, tenderness, stiffness, loss of flexibility, bone spurs, or deformities of the hands. These symptoms can significantly impact a person's ability to perform his or her activities of daily living.

Right here in this community, you have a team of skilled therapists who are available to evaluate and assess any problems you may have associated with osteoarthritis. Our goal is to help people do the things they love and need to do, so that they have a high quality of life and can stay as independent as possible. Stop by the Legacy Healthcare services office if you would like to discuss further. We can help develop a well-rounded treatment plan tailored specifically to your needs!

— Tiffany Littlepage, OTR, REHAB DIRECTOR (972-420-8543)

Friday Social!

Come and join us every Friday at 2 p.m. for a fun social hour.



Glamour Shots Social Hour



Family and friends!