

## The Salsa Scoop

The word salsa means “sauce” in Spanish, and there are countless recipes and flavor combinations of this popular condiment staple. Dip into this serving of some favorite salsa styles:

**Salsa roja** — Meaning “red sauce” since it uses cooked tomatoes as a base, this is often simply referred to as salsa, especially in the U.S. It can be thin or chunky, mild or spicy, with chili peppers, onions, garlic and cilantro rounding out the flavor.

**Salsa verde** — This salsa is similar to salsa roja but instead of tomatoes, uses tomatillos, a tart fruit that looks like an unripe tomato, resulting in its signature green, or verde, color.

**Pico de gallo** — The name of this salsa means “rooster’s beak,” referring to the way the diced ingredients can be picked up between the fingers, like a rooster pecking at the ground. Also called salsa fresca, or “fresh sauce,” because it is uncooked, pico de gallo is made from raw tomatoes, chili peppers, onions and cilantro, with a splash of lime juice.



## The Teatime Tradition

Small sandwiches, dainty desserts and a spot of tea are the ingredients for the quaint British tradition known as afternoon tea.

Anna Maria Russell, an English duchess, is often credited with creating the custom around 1840. Back then, dinner was eaten as late as 8 p.m. To tide her over, the duchess would have a cup of tea and snacks in the afternoon. She began inviting her friends to join her in this daily practice.

The ritual spread throughout the country’s upper class, and it became a social event with invited guests mingling in elegant drawing rooms. Women typically wore gowns, hats and gloves while they lingered over a light meal of finger sandwiches, scones and cakes, along with tea served in fine china cups.

Afternoon tea was sometimes called low tea because the food was served on a low table with people seated in relaxing armchairs or sofas. The term high tea traditionally refers to the hearty evening meal eaten by the working class, who sat at a dinner, or high, table.

Many hotels and tea rooms in England and the U.S. serve afternoon tea, and it has become a meal used to celebrate special occasions with friends and family.



## Dear Residents, Families, and Friends

As many of you know, I have taken on a new role here at Lewisville Estates as Executive Director. I am excited, as hope all of you are, to see what the future has in store for all of us here at Lewisville Estates! Thank you for all the kind words and good wishes!



At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes we have for you: Exercise Class with Legacy, Chair Yoga, Tone Those Bones, and Chair Exercise with Teresa.

This month, we begin with a Kentucky Derby Party on Saturday, May 5. Many residents will be wearing hats we have decorated for this very occasion, and the entire day promises to bring you back to the Kentucky Derby days! We will be hosting our annual Mother’s Day Tea Party on May 12, and we encourage you to invite your loved ones! As always, we have many fun and exciting events this month including: Let’s Talk About It, Cinco de Mayo Happy Hour; outings to the Catch, and Out to Lunch at the Pollo Campero and a Kiss of Spain Main Event. Please check the calendar or see Teresa for more details.

Happy May,  
Erin Montgomery  
Executive Director

## Fun Time With Our Staff!

We always have a great time with our staff here at Lewisville Estates.



ASSISTED LIVING  
AL#010063

**MAY 2018**

## 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  
Ralph Mendez, 14th  
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, 2 p.m.  
Walmart  
Friday, TBA  
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MAY DAY 9:30 Beauty Salon Is Open 1 9:30 Parachuting w/Teresa, L 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	9:30 Tone Those Bones, AR 2 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:00 Karaoke, L 1:00 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store	9:45 Christian Service w/Rev. Mark, L 3 10:45 Senior Fitness, L 1:00 Storytelling Club 1:45 Shopping at Walmart, O 2:00 Gardening Meditation Social, ALC 2:30 What's in the News, L 3:00 Singalong, L	9:30 Chair Yoga, AR 4 10:30 Out to Catch, O 1:00 Bible Study w/Laura, L 2:00 Let's Taco About Cinco De Mayo Social Hour, L 3:00 Name Your Game!, L	Kentucky Derby Day 5 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise w/Teresa, L 10:30 Wonderword Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L 5:00 Kentucky Derby Social, L
7:30 The Truth in Love 6 (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 With Legacy, AR 7 10:00 Dollar Tree, O 10:00 The Prize is Right and Snack Social, L 1:00 Art Expression, AR 3:00 Resident Choice of Game, LL 4:00 Adult Coloring Club, AR	9:30 Beauty Salon Is Open 8 9:30 Parachuting w/Teresa, L 9:45 Blood Pressure Clinic w/Holy Savior Hospice, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L 6:00 Kiss of Spain (Main Event), L	9:30 Tone Those Bones, AR 9 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:00 Card Club, AR 1:00 Cards Club, AR 1:00 Karaoke, L 1:00 Chicken Foot (Dominoes), AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:00 Town Hall Meeting, L 3:30 Country Store	1:30 Baking Bread, AR 10 9:45 Christian Service w/Rev. Mark, L 10:45 Senior Fitness, L 1:00 Welcome Home New Residents' Social, L 1:45 Shopping at Walmart, O 2:30 What's in the News, L 3:00 Singalong, L	9:30 Chair Yoga, AR 11 10:00 Family Feud, L 1:00 Bible Study w/Laura, L 2:00 Mother's Day Celebration, L 3:00 Name Your Game!, L	9:30 Word of the Day! 12 9:30 Beauty Salon Is Open 10:30 Wonderword Search, AR 10:30 Chair Exercise w/Teresa, L 2:00 Mother's Day Tea Social, L 3:30 Resident Choice of Game, L
MOTHER'S DAY 13 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 With Legacy, AR 14 10:00 Shopping at Big Lots, O 10:00 The Prize is Right and Snack Social, L 1:00 Art Expression, AR 3:00 Resident Choice of Game, LL 4:00 Wonder Word Search, AR	RAMADAN BEGINS AT SUNDOWN 15 9:30 Beauty Salon Is Open 9:30 Parachuting w/Teresa, L 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	9:30 Tone Those Bones, AR 16 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:00 Karaoke, L 1:00 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store	9:45 Christian Service w/Rev. Mark, L 17 10:45 Senior Fitness, L 1:00 Storytelling Club 1:30 Baking, AR 1:45 Shopping at Walmart, O 2:30 What's in the News, L 3:00 Singalong, L	Nascar Day 18 9:30 Chair Yoga, AR 10:30 Out to Pollo Campero, O 1:00 Bible Study w/Laura, L 2:00 Race Your Way to Our Social Hour, L 3:00 Name Your Game!, L	9:30 Word of the Day! 19 9:30 Beauty Salon Is Open 9:30 Chair Exercise w/Teresa, L 10:30 Wonderword Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love 20 (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 With Legacy, AR 21 10:00 Dollar Store 10:00 The Prize is Right and Snack Social, L 1:00 Art Expression, AR 3:00 Resident Choice of Game, LL 4:00 Adult Coloring Club, AR	9:30 Beauty Salon Is Open 22 9:30 Parachuting w/Teresa, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	9:30 Tone Those Bones, AR 23 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:00 Karaoke, L 1:00 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store	Vegetable Day 24 9:45 Christian Service w/Rev. Mark, L 10:45 Senior Fitness, L 1:00 Storytelling Club 1:45 Shopping at Walmart, O 2:30 What's in the News, L 3:00 Singalong, L 6:00 Horse Races, L	9:30 Chair Yoga, AR 25 10:00 Family Feud, L 1:00 Bible Study w/Laura, L 2:00 Birthday Bash, L 3:00 Name Your Game!, L	9:30 Word of the Day! 26 9:30 Beauty Salon Is Open 9:30 Chair Exercise w/Teresa, L 10:30 Wonderword Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love 27 (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 28 10:00 The Prize is Right and Snack Social, L 1:00 Dominoes, AR 2:00 Star Kids Musical, L 3:00 Resident Choice of Game, LL 4:00 Wonder Word Search, AR	29 9:30 Beauty Salon Is Open 9:30 Parachuting w/Teresa, L 10:00 Shopping at Walmart, O 10:15 Word of the Day!, L 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	30 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 1:00 Karaoke, L 1:00 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Country Store	31 9:45 Christian Service w/Rev. Mark, L 10:45 Senior Fitness, L 1:00 Storytelling Club 1:45 Shopping at Walmart, O 2:30 What's in the News, L 3:00 Singalong, L		