



## Walk This Way

You probably know that walking is one of the best things you can do for your physical health and fitness. It's the most popular exercise in the U.S. Making a point to hit the ground walking can provide major mental health benefits.

Walking outdoors in the sunshine and fresh air of a park, nature trail or any green space has been shown to activate parts of the brain that can calm worries and relax the body. Taking a walk in a blue space — that's a place near a body of water such as a pond, river or beach — can also shift your mood to a positive mode.

Trying to figure out a solution to a problem or needing inspiration for an idea? The act of walking allows your

mind to refocus and wander, which may produce that aha! moment.

If traditional meditation isn't for you, get the same peaceful perks with a walking version by concentrating on your steps and breathing. Or make it an exercise in mindfulness by focusing on your senses. Search for things you can see, hear, touch and smell.

When is the last time you felt a sense of wonder? Go for a 15-minute walk someplace new. Researchers say observing even the small details of different surroundings can spark feelings of happiness and awe.



## Going Gaga Over Goat Yoga

Fresh air, calming breaths, gentle stretching, and baby goats climbing all over you. For fans of goat yoga, that's a prescription for happiness.

The unusual exercise has hopped all over the world during the last several years, but it all started in 2016 on a small farm in Oregon. Owner Lainey Morse regularly had friends over to hang out with her small herd of miniature goats, since being around them helped relieve stress and bring smiles to people's faces. When a yoga instructor friend suggested having classes on the farm, Morse insisted the goats join.

Because goats are outgoing and playful, they're ideal candidates for animal therapy. Adding them to a yoga session instantly creates a relaxed atmosphere. A nudge or nibble from a friendly kid can bring laughter and help folks feel at ease.

Since only small goats are used for yoga, some say having one climb on their back can feel a bit like a massage! The animals' goofy antics also challenge participants to keep their focus during each pose, enhancing yoga's mind-body benefits.



**The Lewisville Estates Lifestyle**

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JUNE 2021

## A Tie Timeline

From the skinny ties of the '50s to the power ties of the '80s, men's neckties have become a way to show personality as well as a sharp-dressed look.

Modern-day ties were likely inspired by the loosely tied scarves worn by 17th-century Croatian soldiers who were hired by the French to serve in the Thirty Years' War. King Louis XIII enjoyed the look, gave the scarves the name cravats, and made them mandatory in his royal court.

Cravats remained popular for the next 200 years, with variations in fabric, length and method of tying. The ascot, a band of silk that's wrapped around the neck and loosely tied in front, emerged in the late 1800s, setting a pattern for more casual neckwear.

The trend changed in the 1920s, when New York tie maker Jesse Langsdorf designed the necktie we know today by cutting fabric at an angle that helped it stretch, yet preserved its shape. The Langsdorf tie allowed more creativity with knots, and soon men were sporting the style.



## Dear Residents, Families and Friends,

It has been a great month! We are showing great strides and looking forward to what the future holds. We have been granted full visitation in both Independent and Assisted Living. With our new Independent Living Activity Director, Dylan Howard, outings are back in full swing. I know everyone here is ready to recognize normalcy again. We appreciate you following our community's infection control measures to help keep everyone safe.

I want to say thank you to everyone who has been so warm and welcoming. I have truly enjoyed getting to know this community, its residents, and the staff. If I have not had the pleasure to meet you yet, please stop by my office and introduce yourself. Being close to my residents is what makes my job fun and rewarding. You will see that the genuine dedication that I have for this job and each and every one of you shows in everything that I do.

Sincerely,  
Jennifer True  
Executive Director





ASSISTED LIVING  
AL#010063

## JUNE 2021

### 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

Charles Curtis, 9th  
Patricia Bose, 21st (Employee)  
Nita Pond, 23rd  
James Ringerberger, 27th

### 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

"The sky is the ultimate  
art gallery just above us."

—Ralph Waldo Emerson

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<b>National Nail Polish Day</b> <b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	<b>10:00 Chair Yoga, L</b> 10:30 Puzzle Mania, AR <b>2:00 Snack Cart Social</b> 3:30 Outdoor Walking 4:00 Name 5 Things, L	9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Crafting w/ Patty, AR</b> 4:00 Giant Crossword Puzzle, L	<b>National Doughnut Day</b> <b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Donut Worry Be Happy Social Hour, L</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> <b>3:15 Saturday Movie and Popcorn</b>	
	<b>7:30</b> In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>National Lemonade Day</b> <b>10:00 Exercise w/Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/ the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L <b>3:30 Lemonade Stand</b> 4:00 Adult Coloring Club, AR	<b>National Best Friend Day</b> <b>9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L</b> 10:45 Roll the Dice, L <b>2:00 Fun Bingo Afternoon, DR</b> <b>3:30 Peace &amp; Love '60s, L</b> 4:15 Trivia, L	<b>10:00 Chair Yoga, L</b> 10:45 Name That Tune, AR <b>2:00 Snack Cart Social</b> <b>2:30 Scrapbooking Club, AR</b> 4:30 Wonder Word Search, L	9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> <b>1:45 General Store, L</b> <b>2:00 Crafting w/ Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>National Tea Month</b> <b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Let's Drink Some Iced Tea During Social Hour, L</b> <b>3:30 Men's Workshop, AR</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> 3:15 Saturday Movie and Snack, L
	<b>7:30</b> In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>FLAG DAY</b> <b>National Strawberry Shortcake Day</b> <b>10:00 Exercise w/Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L 3:30 Strawberry Shortcake Social, L 4:00 Wonder Word Search, AR	<b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	<b>National Safety Month</b> <b>10:00 Chair Yoga, L</b> 10:30 Puzzle Mania, AR 10:45 Health Talk: Safety, L <b>2:00 Snack Cart Social</b> 3:30 Outdoor Walking 3:30 Mexican Train, AR 4:00 Name 5 Things, L	9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Crafting w/ Patty, AR</b> 4:00 Giant Crossword Puzzle, L	<b>National Flip Flop Day</b> <b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Father's Day Celebration, L</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> <b>3:15 Saturday Movie and Popcorn</b>
	<b>FATHER'S DAY</b> <b>SUMMER BEGINS</b>	<b>National Selfie Day</b> <b>10:00 Exercise w/Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/ the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L 3:30 Selfie Time, L 4:00 Adult Coloring Club, AR	<b>10:00 Chair Zumba, L</b> 10:45 Roll the Dice, L <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Bean Bag Toss, L 4:15 Trivia, L	<b>National Hydration Day</b> <b>10:00 Chair Yoga, L</b> 10:45 Tic Tac Toss, L <b>2:00 Snack Cart Social</b> <b>2:30 Scrapbooking Club, AR</b> <b>2:30 Trying Different Types of Water, L</b> 4:30 Wonder Word Search, L	9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> <b>1:45 General Store, L</b> <b>2:00 Crafting w/ Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Birthday Bash, L</b> 3:30 Dominoes, AR 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> 3:15 Saturday Movie and Snack, L
	<b>7:30</b> In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>10:00 Exercise w/Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/ the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	<b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Fun Bingo Afternoon, DR</b> <b>3:30 Book Club</b> 4:00 Puzzle Mania, AR	<b>10:00 Chair Yoga, L</b> 10:45 Name That Tune, L <b>2:00 Snack Cart Social</b> 3:00 Mexican Train, AR 4:00 Trivia, L			