



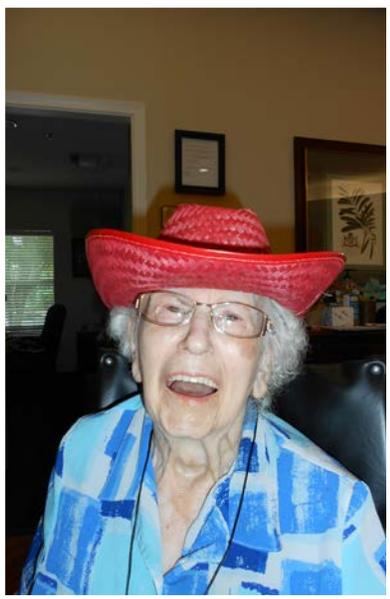
The Lewisville Estates Lifestyle

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

June 2015

Osteoarthritis: A Message from Legacy Healthcare

Osteoarthritis, also known as degenerative joint disease, and osteoarthrosis are 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, having had a job or lifestyle that consists of many repetitive movements, as well as the presence of other diseases. Symptoms can include: pain, tenderness, stiffness, loss of flexibility, bone spurs, or deformities of the hands, just to name a few. These symptoms can significantly impact a person's ability to perform his or her activities of daily living.

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.

Summer Is Upon Us!

The first day of Summer and the Summer Solstice is June 21. The solstice heralds the beginning of summer in the Northern Hemisphere. In 2015, the summer begins with the solstice on June 21, at 12:38 p.m. EDT. The timing of the solstice depends on when the sun reaches its farthest point north of the equator.

To help bring in the heat, Lewisville Estates has dedicated the month of June to the fun of the West. We'll be featuring a Hoedown with special guest, Dolly Parton, a salute to Flag Day and our veterans, Donuts for Dads on Father's Day and lots of other exciting stuff you won't want to miss. Remember, we love having all of our families out as well. So RSVP for everything with Philip and bring out the kiddos; It's going to be a blast!

Jessica Hazelton
Executive Director



ASSISTED LIVING

AL#010063

JUNE 2015

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
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA
- Field Trips/Outing
- Friday 2 p.m. Express Errands

Birthdays

- Joan Clare, 6th
- Joy Musa, 26th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:45 <i>Exercise Extreme, AR</i> 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History, L</i> 2:30 Community Pep Rally, L 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i>	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Hurricane/Tornado Season Talk, L 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club, L</i> 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!, L</i>	9:45 <i>Tone Those Bones w/ Erin (Rehab Trust), AR</i> 10:00 Post Office/Bank Outing, O 10:15 <i>Snack Attack, L</i> 10:15 <i>"I Would Give Up..." Share N Tell, L</i> 2:00 <i>Bible Study w/Rob Harrison, DR</i> 3:00 <i>Hoedown Roundup Game, L</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Legacy, AR</i> 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 2:45 <i>Ice Cream Sandwiches, L</i> 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>	9:45 <i>Exercise Extreme, AR</i> 10:30 Lunch at Saltgrass Steak House, O 2:00 Martini Night Happy Hour w/J.T. Matthews, L 3:00 <i>Crafts: Hot Air Balloons, AR</i> 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff, AR</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i> 5:00 Belmont Stakes Derby on NBC
8:30 <i>New Covenant Baptist Church, L</i> 9:30 <i>Sit and Be Fit, L</i> 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/Rob Harrison, L</i> 3:00 <i>Dominoes, AR</i>	9:45 <i>Exercise Extreme, AR</i> 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 10:15 Cooking Fun: Making S'mores, AR 1:30 <i>Today in History, L</i> 2:00 Cloud Gazing Social, ALC 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i>	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 <i>Crafts: Jewelry Making, AR</i> 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club, L</i> 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!, L</i> 5:45 Hoedown Main Event Feat. Dolly Parton, L	7:00 Men's Breakfast Outing, O 9:45 <i>Tone Those Bones w/ Erin (Rehab Trust), AR</i> 10:00 Post Office/Bank Outing, O 10:15 <i>Snack Attack, L</i> 10:15 Crafts: Sand in Jars w/Community Care Pharmacy, AR 2:00 <i>Bible Study w/Rob Harrison, DR</i> 3:00 Town Hall Meeting, L 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Legacy, AR</i> 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 2:30 Sweet Tea Tasting Social, L 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>	9:45 <i>Exercise Extreme, AR</i> 10:00 <i>Farkel Fridays, AR</i> 2:00 "The History of Moonshine" Happy Hour, L 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i>
FLAG DAY	9:45 <i>Exercise Extreme, AR</i> 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 10:15 History Lesson: Flag Day, L 1:30 <i>Today in History, L</i> 2:00 Military Appreciation Event, L 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i>	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Crafts: Western Horseshoes, AR 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club, L</i> 3:00 Lemonade Bar Sponsored by ART, L 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!, L</i>	9:45 <i>Tone Those Bones w/Erin (Rehab Trust), AR</i> 10:00 Post Office/Bank Outing, O 10:15 <i>Snack Attack, L</i> 2:00 <i>Bible Study w/Rob Harrison, DR</i> 3:00 <i>Tie Tying Contest, L</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Legacy, AR</i> 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 2:15 Name the Western Movie, L 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>	9:45 <i>Exercise Extreme, AR</i> 10:15 <i>Comics & Coffee, L</i> 10:30 Lunch at Dairy Queen, O 2:00 Sunny Umbrella Happy Hour, ALC 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff, AR</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i>
FATHER'S DAY	9:45 <i>Exercise Extreme, AR</i> 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History, L</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i>	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Volleyball Tournament hosted by ART, L 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club, L</i> 3:15 Speaker Series: Vision Month, L 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!, L</i>	9:45 <i>Tone Those Bones w/Erin (Rehab Trust), AR</i> 10:00 Post Office/Bank Outing, O 10:15 <i>Snack Attack, L</i> 2:00 <i>Bible Study w/Rob Harrison, DR</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Legacy, AR</i> 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 2:30 Speaker Series: Men's Health, L 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>	9:45 <i>Exercise Extreme, AR</i> 10:00 <i>Farkel Fridays, AR</i> 10:15 Learn to Juggle, AR 2:00 Wine & Wickets Social, L 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:15 History Lesson: Skyscrapers, L 10:30 <i>Word Find Challenge</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i>
FIRST DAY OF SUMMER	9:45 <i>Exercise Extreme, AR</i> 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History, L</i> 2:00 Limbo Contest w/ Music From Paul Anderson, L 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i>	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club, L</i> 3:15 Speaker Series: N.O.W, L 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!, L</i>				8:30 <i>New Covenant Baptist Church, L</i> 9:30 <i>Sit and Be Fit, L</i> 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/Rob Harrison, L</i> 3:00 <i>Dominoes, AR</i>

Activities and Those Who Made Them Possible

This month we have an exciting line up of activities including our Main Event on June 9: A Hoedown featuring Dolly Parton! We also have crafts, games, socials, religious services and many more that would not be possible without the help of our friends:

(If I leave you out, let me know!)

- ART
- ACT
- Novus
- Encompass
- Hospice Plus
- Ardent
- Accolade
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah's Witnesses
- Rev. Cristal Fisher
- Rob Harrison
- Laura Zuczek
- Trio
- Hollymead
- Mayhill
- And many, many more!



Performances in June:

June 5: Martini Night w/ J.T. Matthews, 2 p.m.

June 9: Hoedown w/ Dolly Parton, 5:45 p.m.

June 22: Dinner w/ Mike the Accordion Player, 4:45 p.m.

June 29: Limbo w/ Paul Anderson, 2 p.m.



A Tribute to the American Flag

For many of us, the memory of reciting the Pledge of Allegiance in school is a common one. Standing with right hand over heart and speaking its words in unison was a typical start to the day. Fittingly, America's classrooms were the reason for the pledge's creation.



In 1892, Francis Bellamy was a staff member of "The Youth's Companion," a popular children's magazine. He was tasked with creating a patriotic program for the nation's public schools to celebrate the 400th anniversary of Christopher Columbus' arrival in the New World. A key component of the program was a tribute to the American flag that students would recite together. Bellamy drafted the original pledge: "I pledge allegiance to my flag and the republic for which it stands, one nation, indivisible, with liberty and justice for all."

Through the years, the pledge has been slightly modified to the words we know today. In June 1942, it was included in the U.S. Flag Code, and in 1945, the official name, the Pledge of Allegiance, was adopted.

Resident of the Month: Mary Bowman

We are honored to feature Mary as our Resident of the Month. She continues to selflessly give and enjoys being a part of anything we have going on. She's a real "Go To" kinda gal!

