

## Celebrating the American Steakhouse

A prime cut of beef, a baked potato and a side of greens. Across America, those are the makings of a classic steakhouse meal.



The modern-day steakhouse evolved from two styles of dining: chophouses and beefsteak banquets. Originating in 17th-century London, chophouses arose in New York City in the mid-1800s and served a menu of meats to merchants wanting a hot meal. These all-you-can-eat events were usually political fundraisers and open only to men, who feasted on slice after slice of beef tenderloin.

As more women became involved in business and political affairs, there came the need for a more elegant dining establishment. Menus broadened as the rising cost of prime beef spurred early steakhouses to offer side dishes of shrimp cocktail, potatoes and creamed spinach to help satisfy patrons' appetites while reducing the portions of meat.

Over the decades, steakhouses became the ideal setting for a business meeting or a celebratory meal.

## Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are



four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

**Endurance** — Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

**Strength** — Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

**Balance** — Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

**Flexibility** — Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.

## Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

**Churro** — A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

**Jalebi** — Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

**Koeksister** — South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

**Loukoumades** — A favorite in Greece and Turkey, these fried dough balls covered with honey and cinnamon were traditionally served to winners in the ancient Olympics.



## Dear Residents, Families and Friends

First, I would like to give a special thanks to our Activity Team for all the hard work that was put in to our Annual Mother's Day Tea last month! Residents and their guests were treated to tea with their loved ones and entertainment; as he sang, toes were tapping and hands were clapping. Thanks again to our Activity team for always making celebrations at Lewisville Estates special!



We are excited that it is officially summer and have many events planned to celebrate! On June 15, we will be celebrating our dads with our Annual "Donuts with Dad," and on June 12, we will have our Laughapalooza (Main Event). Make sure to plan ahead; we look forward to your participation.



We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors or family members who are interested in senior living, please have them contact Lauren or Cindy. Remember, you will receive a \$500 check if they move here (90 days after their move-in date). Check out our Facebook and website for weekly picture updates. Thanks for spreading the word.

Happy June,  
Erin Montgomery  
Executive Director



ASSISTED LIVING  
AL#010063

## JUNE 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

Virginia Smith, 6th  
Virginia Villarreal, 6th  
Charles Curtis, 9th  
Anne Collins, 15th  
Nita Pond, 23rd  
Faye Drechshel, 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
					<b>Donut Day</b> 1 <b>9:30 Senior Fitness, AR</b> <b>10:30 Out to Dairy, O</b> <b>1:00 Bible Study w/Laura</b> <b>2:00 Donuts and Lemonade Social Hour, L</b> 3:00 Name Your Game!, AR	9:30 Word of the Day! 2 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>2:00 Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
					7:30 The Truth in Love (TV Channel 7), L 3 <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 4 10:00 The Prize is Right and Snack Social, L <b>10:00 Dollar Tree, O</b> <b>1:00 Art Expression, AR</b> 3:00 Resident Choice of Game, LL 4:00 Adult Coloring Club, AR
7:30 The Truth in Love (TV Channel 7), L 10 <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 11 10:00 The Prize is Right and Snack Social, L <b>10:00 Shopping at Big Lots, O</b> <b>1:00 Art Expression, AR</b> <b>2:30 Ice Cream Social w/Evelyn, L</b> 3:00 Resident Choice of Game, LL 4:00 Wonder Word Search, AR	7:30 <b>Men's Out for Breakfast to IHOP, O</b> 12 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Parachuting w/Teresa, L</b> <b>9:45 Blood Pressure Clinic w/ Life Way Hospice, L</b> <b>10:00 Men Bible Study w/John</b> <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 1:00 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L <b>6:00 Laughapalooza (Main Event), L</b>	<b>9:30 Tone Those Bones, AR</b> 13 <b>10:00 Post Office/Bank, O</b> 10:15 Spelling Bee, L <b>1:00 Chicken Foot (Dominoes), AR</b> 1:30 Card Club, AR <b>2:00 Sassy Senior Bingo w/Lifeway, AR</b> <b>3:00 Town Hall Meeting, L</b> <b>3:30 Country Store</b>	FLAG DAY 14 <b>Family History Day</b> <b>9:45 Christian Service w/Rev. Mark, L</b> <b>10:45 Senior Fitness, L</b> 1:00 Storytelling Club <b>1:45 Shopping at Walmart, O</b> <b>2:00 Family History Chat, L</b> 2:30 What's in the News, L 3:00 Singalong, L	<b>9:30 Senior Fitness, AR</b> 15 <b>10:30 Big Jack BBQ, O</b> <b>1:00 Bible Study w/Laura</b> <b>2:00 Father's Day Celebration, L</b> 3:00 Name Your Game!, AR <b>6:00 Dad You Are My Hero Special Celebration, L</b>	9:30 Word of the Day! 16 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>1:00 Root Beer Floats Social, L</b> <b>2:00 Saturday Bingo, AR</b> 3:00 Country Store 3:30 Resident Choice of Game, L
FATHER'S DAY 17 7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 18 10:00 The Prize is Right and Snack Social, L <b>10:00 Dollar Store</b> <b>1:00 Art Expression, AR</b> 3:00 Resident Choice of Game, LL 4:00 Adult Coloring Club, AR	<b>9:30 Beauty Salon Is Open</b> 19 <b>9:30 Parachuting w/Teresa, L</b> <b>10:00 Shopping at Walmart, O</b> <b>10:00 Trivia, L</b> <b>10:30 Catholic Communion</b> 1:00 Movie & Snack, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> <b>2:00 Star Kids Musical, L</b> 3:00 Game of Choice, L	<b>9:30 Tone Those Bones, AR</b> 20 <b>10:00 Post Office/Bank, O</b> 10:15 Word of the Day!, L 1:30 Card Club, AR <b>2:00 Sassy Senior Bingo w/Lifeway, AR</b> <b>3:30 Country Store</b>	SUMMER BEGINS 21 <b>9:45 Christian Service w/Rev. Mark, L</b> <b>10:45 Senior Fitness, L</b> 1:00 Storytelling Club <b>1:45 Shopping at Walmart, O</b> 2:30 What's in the News, L 3:00 Singalong, L	<b>9:30 Senior Fitness, AR</b> 22 <b>10:00 Family Feud, L</b> <b>1:00 Bible Study w/Laura</b> <b>2:00 Summer Fun Social Hour, L</b> 3:00 Name Your Game!, AR	9:30 Word of the Day! 23 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>2:00 Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 24 <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 25 10:00 The Prize is Right and Snack Social, L <b>10:00 Tom Thumb, O</b> <b>1:00 Art Expression, AR</b> 3:00 Resident Choice of Game, LL 4:00 Wonder Word Search, AR	<b>9:30 Beauty Salon Is Open</b> 26 <b>9:30 Parachuting w/Teresa, L</b> <b>10:00 Shopping at Walmart, O</b> <b>10:00 Men Bible Study w/John</b> <b>10:00 Men's Open Discussion w/Chaplain Darren</b> <b>10:30 Catholic Communion</b> 1:00 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L	<b>National Sunglasses Day</b> 27 <b>9:30 Tone Those Bones, AR</b> <b>10:00 Post Office/Bank, O</b> 10:15 Spelling Bee, L <b>1:00 Karaoke w/Shades</b> 1:30 Card Club, AR <b>2:00 Sassy Senior Bingo w/Lifeway, AR</b> <b>3:30 Country Store</b>	28 <b>9:45 Christian Service w/Rev. Mark, L</b> <b>10:45 Senior Fitness, L</b> 1:00 Storytelling Club <b>1:45 Shopping at Walmart, O</b> 2:30 What's in the News, L 3:00 Singalong, L	29 <b>9:30 Senior Fitness, AR</b> <b>1:00 Bible Study w/Laura</b> <b>2:00 Birthday Bash</b> 3:00 Name Your Game!, AR <b>10:30 Word of the Day, L</b>	30 9:30 Word of the Day! <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>2:00 Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L