

Benefits of Stretching

Stretching your muscles on a regular basis can provide a number of health benefits. Be sure to consult your doctor to find out what types of exercises are best for you.

Lowers the risk of falls — Muscles in the legs, hips and lower back help stabilize us when we stand and walk. Doing frequent stretching exercises to engage these muscles can improve balance and coordination and reduce the risk of falls.

Boosts energy — Dynamic stretching consists of low-intensity movements such as arm swings and leg raises. These exercises increase blood flow throughout the body, raising energy levels.

Reduces arthritis pain — Joint stiffness is a common symptom of arthritis. Gentle stretches can improve elasticity and range of motion and help manage pain.

Increases flexibility — Muscles shorten and become less flexible as we age. Stretching will aid in staying limber, making it easier to perform everyday activities such as bending to tie your shoes.

Improves posture — Many of us catch ourselves slouching, often a result of tight muscles and ligaments in the shoulders and chest. Regularly stretching to loosen these muscles may help correct poor posture.



Sounds of Summer

When you step outside during the summer, you're likely to hear the buzzing, chirping and humming of insects. It's their way of communicating. Get the buzz on some sounds of the season:

Cicadas — One of the loudest insects, cicadas are known for their distinctive buzzing during the heat of the day. Males make this mating call by vibrating membranes on their abdomens. Cicadas are often mistaken for locusts, but locusts are a type of grasshopper and much quieter than cicadas.

Crickets — When darkness falls, crickets begin their symphony of chirps, made by rubbing their wings together. The bugs will vary the pattern and speed of the chirps; for example, the warmer the temperature, the faster they chirp.

Katydid — Named after their repetitive calls of "Katy did, she did," these green, leaf-shaped insects are most active at night.

Bees — Their familiar buzzing is the rapid beating of their wings, which creates a disturbance in the air, resulting in the hum. Larger bee species, and their cousins the wasp and hornet, beat their wings more slowly, which produces a lower pitch.



The Lewisville Estates Lifestyle

Assisted Living
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LEWISVILLE ESTATES
SENIOR LIVING AT EASE
Like Us!

JULY 2019

Dear Residents, Friends and Family

We had a great month of June celebrating National Donut Day, going out to Choctaw Casino and celebrating the official start of summer with our Toast to Summer Social Hour! Lewisville Estates celebrated our dads with "Donuts with Dad" and had a fun outing to the Grapevine Aquarium with lunch at Rainforest Café after. Remember to look at your Activity Calendar to see what exciting outings and events are scheduled for this month!

July has lots of exciting things planned that include an Outing to Tiernes on Friday, July 5, and a Watermelon Social with Patty and Sarah on Thursday, July 24. On July 9, we will have our Uncle Sam's Backyard BBQ (Main Event), so make sure to invite your family and friends. We hope to see you all there!

Also, remember to check out our Facebook and website for pictures and activity updates.

Happy July!

Erin Montgomery
Executive Director



Main Event!

Come and join us every second Tuesday of the month to celebrate our main event with great music, food and dancing. This month, we will be celebrating Uncle Sam's Backyard BBQ.



LEWISVILLE STATES

SENIOR LIVING AT EASE

ASSISTED LIVING
AL#010063

JULY 2019

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

David Neustupa, 15th
Sharli Newton, 18th (Employee)
Jane McHugh, 23rd
Lupe Martinez, 30th
Tymiere Dansby, 31st (Employee)

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

"One flag, one land, one heart, one hand, one nation forevermore!"

— Oliver Wendell Holmes

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Second Half of the Year</p> <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 The Prize is Right and Snack Social, L</p> <p>10:00 Dollar Tree, O</p> <p>2:00 Star Kids Musical, L</p> <p>3:00 Sassy Senior Bingo w/Lifeway, AR</p> <p>4:00 Adult Coloring Club, AR</p>	<p>2</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Movie & Snack, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:00 Game of Choice, L</p>	<p>3</p> <p>Wear Patriotic Colors</p> <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/Pam of Lifeway Hospice, L</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, AR</p> <p>3:30 Independence Day Social, L</p> <p>4:00 Trivia, L</p>	<p>4</p> <p>INDEPENDENCE DAY</p> <p>9:00 Chair Exercise, L</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Fireworks Wonder Word Search, L</p> <p>1:00 Storytelling Club, L</p> <p>2:00 Independence Day Movie, L</p>	<p>5</p> <p>Wear Red, White and Blue Colors</p> <p>9:30 Senior Fitness, AR</p> <p>10:30 Wonder Word Search, AR</p> <p>11:00 Out to Tierney's Cafe, O</p> <p>1:00 Bible Study w/Laura Red, White and Blue Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>6</p> <p>9:30 Word of the Day!</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Wonder Word Search, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L 7</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>8</p> <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 The Prize is Right and Snack Social, L</p> <p>10:00 Shopping at Big Lots, O</p> <p>2:00 Star Kids Musical, L</p> <p>3:00 Sassy Senior Bingo w/Lifeway, AR</p> <p>4:00 Wonder Word Search, AR</p>	<p>9</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>9:45 Blood Pressure Clinic w/Life Way Hospice, L</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Popcorn/Movie, L</p> <p>3:00 Game of Choice, L</p> <p>6:00 Uncle Sam's Backyard BBQ (Main Event), L</p>	<p>10</p> <p>Pina Colada Day</p> <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/Pam of Lifeway Hospice, L</p> <p>1:00 Chicken Foot (Dominoes), AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo w/Lake Village</p> <p>2:30 All I Need Is a Pina Colada Break, L</p> <p>3:00 Town Hall Meeting, L</p> <p>4:00 Connect 4, L</p>	<p>11</p> <p>9:00 Chair Exercise, L</p> <p>9:45 Christian Service w/Rev. Mark, L</p> <p>10:00 Shopping at Walmart, O</p> <p>1:00 Memories and Music, L</p> <p>2:30 Art Expression, AR</p> <p>3:30 Ring Toss of Fire, L</p>	<p>12</p> <p>National Watermelon Month</p> <p>9:30 Senior Fitness, AR</p> <p>10:00 "Family Feud," L</p> <p>10:30 Wonder Word Search, AR</p> <p>1:00 Bible Study w/Laura</p> <p>2:00 You Are One in a Melon Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>13</p> <p>9:30 Word of the Day!</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Wonder Word Search, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L 14</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>15</p> <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 The Prize is Right and Snack Social, L</p> <p>10:00 Dollar Tree, O</p> <p>2:00 Star Kids Musical, L</p> <p>3:00 Sassy Senior Bingo w/Lifeway, AR</p> <p>4:00 Adult Coloring Club, AR</p>	<p>16</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Movie & Snack, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:00 Game of Choice, L</p>	<p>17</p> <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/Pam of Lifeway Hospice, L</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, AR</p> <p>4:00 Trivia, L</p>	<p>18</p> <p>9:00 Chair Exercise, L</p> <p>9:45 Christian Service w/Rev. Mark, L</p> <p>10:00 Shopping at Walmart, O</p> <p>1:00 Storytelling Club, L</p> <p>2:30 Art Expression, AR</p> <p>4:00 Rowdy Ring Toss, L</p>	<p>19</p> <p>National Hot Dog Day</p> <p>Wear Baseball Jersey Day</p> <p>9:30 Senior Fitness, AR</p> <p>10:30 Wonder Word Search, AR</p> <p>11:00 Out to Big Jack BBQ, O</p> <p>1:00 Bible Study w/Laura</p> <p>2:00 Hot Dogging Around Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>20</p> <p>9:30 Word of the Day!</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Wonder Word Search, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L 21</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>22</p> <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 The Prize is Right and Snack Social, L</p> <p>10:00 Tom Thumb, O</p> <p>2:00 Star Kids Musical, L</p> <p>3:00 Sassy Senior Bingo w/Lifeway, AR</p> <p>4:00 Wonder Word Search, AR</p>	<p>23</p> <p>Gorgeous Grandma Day</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Popcorn/Movie, L</p> <p>1:30 Makeover Time, AR</p> <p>3:00 Game of Choice, L</p>	<p>24</p> <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/Pam of Lifeway Hospice, L</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo w/Lake Village</p> <p>4:00 Connect 4, L</p>	<p>25</p> <p>National Refreshment Day</p> <p>9:00 Chair Exercise, L</p> <p>9:45 Christian Service w/Rev. Mark, L</p> <p>10:00 Shopping at Walmart, O</p> <p>1:00 Memories and Music, L</p> <p>2:30 Art Expression, AR</p> <p>3:30 Ring Toss of Fire, L</p> <p>3:30 Guess What You Are Drinking?, AR</p>	<p>26</p> <p>9:30 Senior Fitness, AR</p> <p>10:00 "Family Feud," L</p> <p>10:30 Wonder Word Search, AR</p> <p>1:00 Bible Study w/Laura</p> <p>2:00 Birthday Bash, L</p> <p>4:00 Name Your Game!, AR</p>	<p>27</p> <p>9:30 Word of the Day!</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Wonder Word Search, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L 28</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>29</p> <p>9:30 Exercise w/Legacy, AR</p> <p>10:00 The Prize is Right and Snack Social, L</p> <p>10:00 Dollar General, O</p> <p>10:00 Dollar General</p> <p>2:00 Star Kids Musical, L</p> <p>3:00 Sassy Senior Bingo w/Lifeway, AR</p>	<p>30</p> <p>Friendship Day</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>2:30 Making Friendship Cards, AR</p> <p>3:00 Game of Choice, L</p>	<p>31</p> <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Bible Study w/Pam of Lifeway Hospice, L</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> <p>3:30 Activity Meeting and Watermelon Social w/Sarah, L</p>			