



Dear Residents, Family, And Friends

Happy July! Summer is such an amazing time to create precious memories with the people we care about. I am delighted to be able to spend time with my family and am so grateful for the time I have with the people I love. Always make the best out of every day. Let your hair down and bask in the shining sun!

Last month in June, we were delighted to be able to honor our veterans during our Memorial Day celebration. Our residents also had a wonderful time bringing in the start of summer with various sweet treats and fun outings to local restaurants.

This Month in July, I am especially excited to celebrate the summer with residents and family members alike during our Welcome Summer bash on July 8th! We will have tons of great food and good music. Be sure to check on your email for more information. Our residents have a super fun schedule coming up. Our activities team will be keeping them busy with awesome crafts, games, and outings. Regularly review the calendar and weekly reminders to ensure you don't miss out on a single moment of the festivities!



JULY 2023

Employee of the Month!

Ladies and Gentlemen, we would like to announce Nyshia Beard as the Employee of the month for July! Nyshia has a phenomenal work ethic, and it shows that she truly loves what she does! She brings a positive attitude and personal touch to the community. The smiles and happiness the residents give when they see her are amazing! Nyshia is always bubbly and is also very funny whenever she's around. Nyshia, we appreciate you and thank you for being a part of Lewisville Estates!



ASSISTED LIVING
AL#010063

JULY 2023

Assisted
Living
Locations..

Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa
Garden	G

Transportation
Schedule..

Monday,	10am
Grocery Stores	9:45
Tuesday,	10am
Walmart	10am
Wednesday,	10am
Post Office/Bank	
Thursday,	10am
Walmart	10am
Friday,	TBA
Field Trips/Outings	

Happy
Birthday to
You!

14-Paul Thorp
27- Martha Davis

“I don’t need a fancy party
to be happy. Just good
friends, good food and
good laughs. I’m happy.
I’m satisfied. I’m content.”
—Maria Sharapova

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div>1</div> <div>10:00 Exercise Class w/Elise 10:30 Residents’ Choice 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun W/ Elise DR 3:30 Word Games 4:00 Brain Fitness Before Dinner</div>
<div>2</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div>	<div>3</div> <div>9:30 Men’s & Women’s Coffee Table DR 9:45 Big Lots (O) 10:00 Shake! Rattle! and Roll! Exercise with Jada (L) 10:30 Rosary w/Renna 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/Yellow Rose, L 3:30 Bowling 4:00 Crosswords Before Dinner</div>	<div>4</div> <div>Happy 4th of July! </div>	<div>5</div> <div>10:00 Morning Stretch and Tone (Exercise with Allison) L 10:00 Post Office/Bank, O 10:30 Watercolor Painting for beginners 1:30 Bible Study, AR 3:00 Flyswatter Volleyball L 4:00 Crosswords Before Dinner L</div>	<div>6</div> <div>10:00 Exercise Outside (Weather Permitting) O 10:00 Walmart Shopping, O 10:30 Garden Club O 1:00 Uno Tournament 2:00 Arts and Crafts w /Elise AR 3:30 Indoor Golf 4:00 Crosswords before dinner</div>	<div>7</div> <div>10:00 Move it! Shake it! Lift it! (Exercise w/Elise) 10:30 Culinary Corner (Cooking w/Allison) 11:00 Knitting & Crochet (AR) 1:00 Board Games and Puzzles 2:00 Root Beer Floats/Happy Hour 3:30 Sing Along 4:00 Crossword Before Supper</div>	<div>8</div> <div>10:00 Exercise Class w/Elise 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun W/ Elise DR 3:30 Mexican Train Crew 4:00 Brain Fitness Before Dinner</div>
<div>9</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div>	<div>10</div> <div>9:30 Men’s & Women’s Coffee Table DR 9:45 Big Lots (O) 10:00 Shake! Rattle! and Roll! Exercise with Jada (L) 10:30 Rosary w/Renna 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/Yellow Rose, L 3:00 Indoor Golf L 4:00 Crosswords Before Dinner L</div>	<div>11</div> <div>9:30 Take a Walk around L.E. O 10:00 Art with Friends AR 10:00 Walmart Shopping, O 2:00 Bingo & Snacks w/ Allison DR 3:30 Noodle Ball L 4:00 Crosswords Before Dinner L</div>	<div>12</div> <div>10:00 Morning Stretch and Tone (Exercise with Allison) L 10:00 Post Office/Bank, O 10:30 July Trivia, L 1:30 Bible Study, AR 3:00 Badminton, L 4:00 Crosswords Before Dinner, L</div>	<div>13</div> <div>10:00 Walmart Shopping, O 10:30 Nutrition and Hydration Cart/Happy Hour A la Cart 2:00 Arts and Crafts w /Elise AR 3:30 Drum Fitness Class L 4:00 Crosswords Before Dinner! L</div>	<div>14</div> <div>Happy Bday Paul Thorp! :) 10:00 Move it! Shake it! Lift it! (Exercise w/Elise) 10:30 Culinary Corner (Cooking w/Allison) 11:00 Knitting & Crochet (AR) 2:00 Let’s Luau!/Happy Hour 3:30 Indoor Golf 4:00 Crosswords Before Dinner</div>	<div>15</div> <div>10:00 Exercise Class w/Elise 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun W/ Elise DR 3:00 Uno Crew! 4:00 Brain Fitness Before Dinner</div>
<div>16</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div>	<div>17</div> <div>9:30 Men’s & Women’s Coffee Table DR 9:45 Big Lots (O) 10:00 Shake! Rattle! and Roll! Exercise with Jada (L) 10:30 Rosary w/Renna 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/Yellow Rose, L 3:00 Noodle Ball 4:00 Crosswords Before Dinner</div>	<div>18</div> <div>9:30 Take a Walk around L.E. O 10:00 Art with Friends AR 10:00 Walmart Shopping, O 10:45 Morning Outburst 2:00 Bingo & Snacks w/ Allison DR 3:00 Skunk Dice Game 4:00 Crosswords Before Dinner</div>	<div>19</div> <div>10:00 Morning Stretch and Tone (Exercise with Allison) L 10:00 Post Office/Bank, O 10:30 Lemonade Stand 1:30 Bible Study, AR 3:00 Summertime Fun Main Event! 4:00 Crosswords Before Dinner</div>	<div>20</div> <div>Happy Birthday Jada! 10:00 Walmart Shopping, O 10:30 Lima Bean Auction 2:00 Arts and Crafts w /Elise AR 3:30 Corn Hole Competition 4:00 Crosswords before dinner</div>	<div>21</div> <div>10:00 Move it! Shake it! Lift it! (Exercise w/Elise) 10:30 Welcome to Camp LE! Camp Craft 11:00 Knitting & Crochet (AR) 2:00 Culinary Corner: S’mores (#Yum) AR 3:00 Camp Sing Along 4:00 Cranium Crunches Before Dinner</div>	<div>22</div> <div>10:00 Exercise Class w/Elise 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun W/ Elise DR 3:00 Bowling 4:00 Brain fitness Before Dinner</div>
<div>23</div> <div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div>	<div>24</div> <div>9:30 Men's & Women's Coffee Table DR 9:45 Big Lots (O) 10:00 Shake! Rattle! and Roll! Exercise with Jada (L) 10:30 Rosary w/Renna 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/Yellow Rose, L</div>	<div>25</div> <div>9:30 Take a Walk around L.E. O 10:00 Art with Friends AR 10:00 Walmart Shopping, O 10:45 Residents’ Choice 2:00 Bingo & Snacks w/ Allison DR 3:30 Indoor Golf 4:00 Crosswords Before Dinner</div>	<div>26</div> <div>10:00 Morning Stretch and Tone (Exercise with Allison) L 10:00 Post Office/Bank, O 10:30 Kwirkle! 1:30 Bible Study, AR 3:00 Noodle Ball 4:00 Crosswords Before Dinner</div>	<div>27</div> <div>Happy BDay Martha Davis! :) 10:00 Walmart Shopping, O 10:30 Life Works! Community Jobs 2:00 Arts and Crafts w /Elise AR 3:00 Skunk Dice Game 4:00 Crosswords Before Dinner</div>	<div>28</div> <div>10:00 Move it! Shake it! Lift it! (Exercise w/Elise) 10:30 Culinary Corner (Cooking with Allison) 11:00 Knitting & Crochet (AR) 1:00 Piecing it Together (Puzzles) 2:00 Crank it up! Party! Happy Hour 3:30 Bowling 4:00 Crosswords Before Dinner</div>	<div>29</div> <div>10:00 Exercise Class w/Elise 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun W/ Elise DR 3:00 Noodle Ball 4:00 Brain Fitness Before Dinner</div>
<div>30</div> <div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div>	<div>31</div> <div>9:30 Men's & Women's Coffee Table DR 9:45 Big Lots (O) 10:00 Shake! Rattle! and Roll! Exercise with Jada (L) 10:30 Rosary w/Renna 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/Yellow Rose, L</div>					



Here's the Scoop on Some Favorite Frosty Treats

Frozen desserts are the most delicious way to cool off on a hot day. The hard part is choosing between all the flavorful options! Help satisfy your next craving by consulting this menu of summer's classic sweet treats.

Ice cream. We all scream for it! In a dish or cone, slow-churned or soft serve, ice cream is the second bestselling treat in the United States, after cookies. Flavors, toppings and mix-ins are practically endless, but vanilla remains Americans' No. 1 choice.

Frozen yogurt. Lighter and tangier than ice cream, froyo is a good source of protein and probiotics. With fun flavor combinations and tasty toppings like fresh fruit and candy bar pieces, kids—and adults!—will never know they're getting extra nutrition.

Snow cones and shaved ice. While similar, these fruity, icy treats have distinct differences. The ice pieces in snow cones are larger, which can be fun to crunch on, and the syrup often settles at the bottom of the cone, resulting in a final sip that's super tasty. Shaved ice is softer and flakier, like actual snow, and absorbs the syrup more evenly, so each bite is full of flavor.

