



AUGUST 2023



Dear Residents, Family, And Friends

Happy August! As summer comes to an end, the sunny days will soon transition into autumn. Kids begin to go back to school and (hopefully) we will soon gain respite from the Texas summer heat. While this happens, we should take the time to reflect on the wonderful memories that we made throughout the season.

In July, our residents had an amazing time at all the fun activities and outings. We were so happy to see so many friends and families at our Summer Bash event! The food and music were wonderful, and we are looking forward to more awesome events to come in the future.

This August is sure to be one of the best ones yet. We have lots of great events planned such as our Western-style Cowboy & Cowgirl dance. The month will be jam-packed full of delightful activities and outings, so make sure to keep an eye on your calendars so you don't miss a single thing!



Employee of the Month!

Ladies and Gentlemen, we would like to announce Lizette Martinez as the Employee of the Month for August! Lizette is our weekend concierge and is pretty much a blue-chip! Lizette has a technique for sustaining improved performance. Everything runs nice and smooth when she's around and she makes it look fun while doing so. She lights up the room each time she walks in one. Lizette, you always take pride in your work, and we appreciate you beyond measure! Congratulations and thank you for being a part of the team!

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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	

Birthdays!

7 - Patricia Paton
9 - Kay Lamb
12 - Judy Miljas
17 - Rose Kreder
20 - Warren Fata
24 - Agnes Lang

“The winds and the waves
are always on the side of the
ablest navigators.”
—Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</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 Indoor Golf (L)</div>	<div>2</div> <div>10:00 Chair Aerobics (L) 10:00 Post Office/Bank (O) 10:30 Service Project Packing School Supplies 1:30 Bible Study (AR) 3:00 Bowling (L) 4:00 Crosswords Before Dinner (L)</div>	<div>3</div> <div>Happy National Watermelon Day 10:00 Morning Outburst and Word Games 10:00 Walmart Shopping (O) 10:30 Watermelon on the Porch 2:00 Arts & Crafts w /Elise (AR) 3:30 Noodle Ball + Throw Catch and Kick 4:00 Crosswords Before Dinner</div>	<div>4</div> <div>10:00 Move It! Shake It! Lift It! (Exercise w/ Elise) 10:30 Culinary Corner w/ Allison 11:00 Knitting & Crochet Club (AR) 2:00 Movie and Popcorn (L) 4:00 Crosswords Before Dinner</div>	<div>5</div> <div>Texas Rangers vs Miami Marlins (Go Rangers!) 10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Indoor Golf (L) 4:00 Brain Fitness Before Dinner</div>
<div>6</div> <div>Texas Rangers vs. Miami Marlins—How ‘Bout Dem Rangers! 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>7</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) 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/ Yellow Rose (L)</div>	<div>8</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 Indoor Golf (L) 4:00 Crosswords Before Dinner</div>	<div>9</div> <div>9:15 Movie (L) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 3:00 Bowling (L) 4:00 Crosswords Before Dinner</div>	<div>10</div> <div>10:00 Noodle Ball + Throw Catch and Kick 10:00 Walmart Shopping (O) 1:00 Puzzle Mania (AR) 2:00 Arts & Crafts w /Elise (AR) 3:30 Fly Swatter Balloon Volleyball (L) 4:00 Crosswords Before Dinner</div>	<div>11</div> <div>10:00 Move It! Shake It! Lift It! (Exercise w/ Elise) 10:30 Culinary Corner w/ Allison 11:00 Knitting & Crochet Club (AR) 1:00 Mexican Train (AR) 2:00 Happy Hour Social 3:30 Skunk Dice Game 4:00 Crosswords Before Dinner</div>	<div>12</div> <div>10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Bowling (L) 4:00 Cranium Crunches Before Dinner</div>
<div>13</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>14</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) 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/ Yellow Rose (L)</div>	<div>15</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 Indoor Golf 4:00 Crosswords Before Dinner (L)</div>	<div>16</div> <div>10:00 Chair Tai Chi (L) 10:00 Post Office/Bank (O) 10:30 Uno Crew! (AR) 1:30 Bible Study (AR) 3:30 Bowling (L) 4:00 Crosswords Before Dinner (L)</div>	<div>17</div> <div>10:00 Walmart Shopping (O) 10:30 Noodle Ball + Throw Catch and Kick (L) 2:00 Arts & Crafts w /Elise (AR) 3:30 Uno Crew! (AR) 4:00 Crosswords Before Dinner</div>	<div>18</div> <div>10:00 Move It! Shake It! Lift It! (Exercise w/ Elise) 10:30 Culinary Corner w/ Allison 11:00 Knitting & Crochet Club (AR) 1:00 Puzzle Mania! (AR) 2:00 Fun Friday Happy Hour (AR) 3:30 Armchair Travel (Destination To Be Determined) 4:00 Crosswords Before Dinner</div>	<div>19</div> <div>10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Fly Swatter Balloon Volleyball 4:00 Mind Joggers Before Dinner</div>
<div>20</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>21</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) 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/ Yellow Rose (L)</div>	<div>22</div> <div>Happy National Tooth Fairy Day! 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 Indoor Golf 4:00 Crosswords Before Dinner (L)</div>	<div>23</div> <div>10:00 Chair Yoga (L) 10:00 Post Office/Bank (O) 10:30 Word Games 1:30 Bible Study (AR) 3:30 Bowling (L) 4:00 Crosswords Before Dinner (L)</div>	<div>24</div> <div>10:00 Noodle Ball 10:00 Walmart Shopping (O) 1:00 Mexican Train Club 2:00 Arts & Crafts w /Elise (AR) 3:30 Pokeno 4:00 Crosswords Before Dinner</div>	<div>25</div> <div>10:00 Move It! Shake It! Lift It! (Exercise w/ Elise) 10:30 Culinary Corner w/ Allison 11:00 Knitting & Crochet Club (AR) 11:00 Men’s Brunch Outing 1:00 Uno Crew! 2:00 Fabulous Friday Happy Hour ! 3:30 Noodle Ball 4:00 Crosswords Before Dinner</div>	<div>26</div> <div>10:00 Exercise Class w/ Elise 1:00 Puzzle Mania (AR) 2:00 Weekend Bingo Fun w/ Elise (DR) 3:30 Corn Hole Competition 4:00 Cranium Crunches Before Dinner</div>
<div>27</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>28</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) 11:00 Knitting and Crochet Club (L) 1:30 Bible Study w/ Yellow Rose (L)</div>	<div>29</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 Indoor Golf (L) 4:00 Crosswords Before Dinner (L)</div>	<div>30</div> <div>10:00 Drum Fit Class 10:00 Post Office/Bank (O) 10:30 Sing Along 1:30 Bible Study (AR) 3:00 Bowling (L) 4:00 Crosswords Before Dinner (L)</div>	<div>31</div> <div>10:00 Walmart Shopping (O) 10:30 Fly Swatter Balloon Volleyball 2:00 Arts & Crafts w /Elise (AR) 3:30 Noodle Ball 4:00 Crosswords Before Dinner</div>		



Lemonade Social

Is there anything more refreshing than a glass of cold lemonade on a hot summer day? We'd love to have you join us for our lemonade social this month—we'll beat the heat by sipping and chatting! Check the calendar for the date and time.



A Dose of Vitamin Sea

"The waves of the sea help me get back to me." —Jill Davis



"Nurses dispense comfort, compassion and caring without even a prescription."
Shout Out to Our Nurses!

To our Nurses, Venecia Swilley & Christina Cannady Bolden; words cannot express how grateful all staff, families, and residents are to you! Thank you both for your kind and compassionate care to all of the residents each and every time they need you. You make it look oh, so easy; and, as they say, that means you're doing one big job. Thank you for your bubbly personalities, professionalism, and love that is always shared! There's not a day that you never go above and beyond! We appreciate you more than you'll ever know and thanks for being a part of Lewisville Estates!

