

# Happy Birthday!

## Residents

- 9- Mariana Dunlop
- 11- Virginia Coleman
- 12- Pat Power
- 14- Madeline Zimmer
- 16- Raymond Coleman
- 18- Betty Daughtry
- 26- Bob Hatfield
- 30- Jim Hawes

## Employee

- 7- Austin Anderson
- 9- Lauren Niquette
- 14- Hilda Ibarra
- 26- Monte Melugin
- 27- Francisco Guevara



May your Special day be filled with memories and flowers, Friendship and Happiness!

## Current Events

### 5/3 Resident Hat Happy Hour/ Kentucky Derby

Time: 3pm  
Place: Lobby

### 5/8 Winstar Casino

Time: 8:30am  
Place: Outing

### 5/9 Mother's Day Tea Party

Time: 10am  
Place: IL Garden 

### 5/13 Town Hall Meeting

Time: 2:30pm  
Place: Community Room

### 5/14 Men's Breakfast

Time: 7:30am  
Place: Outing 

### 5/15 Luau Event

Time: 6:30pm  
Place: AL Courtyard

### 5/20 Family Game Night

Time: 6:30pm  
Place: IL Building 

### 5/23 Dallas Arboretum

Time: 9am  
Place: Outing

## Legacy Health Chat

Last month our big winner in the gift card raffle was Judy Schultz. For the month of May, our health talk will cover Women's Health Awareness. So come join in on the discussion May 12th at 3:30 in The Bistro at the IL, or May 19th at 3:30 in the Activity Room at the AL. For all those who attend, you get to fill out a quick questionnaire for another chance to win a Walmart gift card!

Are you fearful of falls? Have you noticed your feet just aren't clearing the ground as they once did? We are continuing in our battle with gravity, so if you have a fear of falling or questions about balance, join in on the fight. Every other Tuesday, Legacy is hosting a balance clinic to address the risks for falls. If you have bad ankles, bad knees or just know you've been relying on that walker just a little more than usual, please stop by. We will be meeting on May 8th and May 22nd at 10:30 in the Community Room.

Legacy Healthcare is also providing complimentary Blood Pressure checks, every other Monday in the Community Room immediately following Exercise with Jacque. Just stop by May 12th and the 26th at 10:30 in the Community Room, on the 3rd floor. Better yet, join in the Exercise Class with Jacque and see what all the fun is about.

Finally, for all you lucky residents in the AL, you will continue to see us every Friday morning at 9:30 in the Activity Room for our 30-minute, head-to-toe exercise class, Stretch & Grow.

Wishing you a Happy Mother's Day,  
Michael and the Legacy Healthcare Team

Suite 336

972-420-8543



# May 2014 is Older Americans Month

This year's theme is "Safe Today. Healthy Tomorrow."

## A Proclamation

Whereas, Lewisville Estates Senior Living includes over 100 citizens ages 60 and older; and

Whereas, Lewisville Estates Senior Living is committed to helping all individuals live longer, healthier lives; and

Whereas, the older adults in Lewisville Estates Senior Living have made countless contributions and sacrifices to ensure a better life for future generations; and

Whereas, we recognize the value of injury prevention and safety awareness in helping older adults remain healthy and active; and

Whereas, our community can provide opportunities to enrich the lives of individuals young and old by:

Emphasizing the need to take action to safeguard themselves from unintentional injuries where they live, work and socialize. Providing information on avoiding leading causes of injury for older adults – falls, motor vehicle-related incidents, suffocation, medication overdose, and fire/burns. Helping older adults take control of their safety and wellbeing.

Now therefore, We of Lewisville, TX do hereby proclaim May 2014 to be Older Americans Month. We urge every resident to take time this month to recognize older adults and the people who serve and support them as powerful and vital individuals who greatly contribute to the community.

Dated this 1st day of May, 2014  
Lewisville Estates Senior Living.



## Celebrating Mother's Day



Origin of Mother's Day goes back to the era of ancient Greek and Romans. But the roots of Mother's Day history can also be traced in UK where a Mothering Sunday was celebrated much before the festival saw the light of the day in US. However, the celebration of the festival as it is seen today is a recent phenomenon and not even a hundred years old.

Thanks to the hard work of the pioneering women of their times, Julia Ward Howe and Anna Jarvis that the day came into existence. Today the festival of Mother's day is celebrated across 46 countries (though on different dates) and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well wisher.



# May 2014

## LOCATIONS KEY

Activity Room, AR  
AL Parking Lot, ALPL  
Bistro, B  
Community Room, CR  
Dining Room, IL  
Fitness Room, FR  
Flagpole, FP  
Garden, G  
Library, LL  
Lobby, L  
AL Lobby, ALL  
Outing, O  
Route 66, R66  
Theater, TH

*Activities Subject to Change*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b>	<b>3</b>
				9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL 10:30 Wonderword Challenge, B <b>2pm Walmart, O</b> 2:30 Art Expression, AR 4pm Tic Tac Toss, R66 6pm Card Game, B 7pm Bring a Friend Movie Night, TH	9:30am Zumba Exercise, CR 10am Coffee & Snack Social, L 10:30am Sign Language Class, AR 1pm Bridge, B 2pm Plinko Planko, L <b>2pm Express Errands, O</b> 3:30pm Cinco De Mayo Happy Hour, L 6pm Card Game, B	9:30am Coffee and Conversation, L 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH <b>3pm Resident Kentucky Derby Social, L</b> 3pm Billiards/Pool 7pm Crazy Card Games, B
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10:30am Bible Study, B 1:30pm Chicken Foot, LL 2pm Matinee Movie, TH 3pm Worship Songs, L 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L <b>Drink Water Week</b>	9:30am Exercise with Jacque, CR <b>10am Albertson's, O</b> 10am Coffee & Snack Monday Social, L 10:30am Blood Pressure Checks w/ Legacy, LR 336 IL 11am Celebraty Gossip w/ Erma, R66 2pm Pokeno for Prizes, AR 4pm Ring of Fire Darts, L 6pm Card Games, B <b>Cinco De Mayo</b>	9:30am Chair Yoga Class, CR <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B <b>10:30 Dress up Nails w/ Avon, AR</b> 1:30pm Spanish Class, AR 2pm Latin Dance Class w/ Patty, CR 4pm Rowdy Ring Toss, L 6pm Card Games, B	9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Rubber Horseshoe Toss, R66 6pm Card Games, B	<b>8:30am WinStar Casino, O</b> 10am Bible Study/Sing A Long, ALL 10:30am Balance Class w/ Legacy, B <b>2pm Walmart, O</b> 4pm Bulls-Eye Washers, R66 6pm Card Games, B 7pm Bring a Friend Movie Night, TH	9:30 Walking Warriors 10am Coffee & Snack Social, L <b>10am Walmart, O</b> <b>10:30am Mother's Day Tea Party, IL Garden</b> 2pm Rowdy Ringtoss, L <b>2pm Express Errands, O</b> 3:30pm Happy Hour: Mother's day Celebration, L 6pm Card Games, B	9:30am Coffee and Conversation, L 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L <b>Mother's Day</b>	9:30am Exercise with Jacque, CR 9:30am Walking Warriors <b>10am Albertson's, O</b> 10am Coffee & Snack Monday Social, L 10:30am Blood Pressure Checks w/ Jacque, CR 2pm Pokeno for Prizes, AR <b>3:30 Legacy Health Chat, B</b> 6pm Card Games, B	9:30am Chair Yoga Class, CR <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 1:30pm Spanish Class, AR <b>2:30pm Town Hall Meeting, CR</b> 4pm Gutter Gang Bowling, L 6pm Card Games, B	<b>7:30am Men's Breakfast, O</b> 9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 10:30am Puzzle Mania, R66 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Rowdy Ring Toss, R66 6pm Card Games, B	9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL <b>2pm Walmart, O</b> 6pm Card Games, B <b>6:30pm Luau Event, O</b> 7pm Bring a Friend Movie Night, TH	9:30am Zumba Exercise, CR 10am Coffee & Snack Social, L 10:30am Sign Language Class, AR 1 pm Bridge, B <b>2pm Express Errands, O</b> 3:30pm Happy Hour: Luau Paradise, L 6pm Card Games, B	9:30am Coffee and Conversation, L 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B <b>Armed Forces Day</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise with Jacque, CR <b>10am Albertson's, O</b> 10am Coffee & Snack Monday Social, L 10:30am Blood Pressure Checks w/ Legacy, LR 336 IL 2pm Pokeno for Prizes, AR 4pm Ping Pong Plunk, L 6pm Card Games, B <b>Victory Day</b>	9:30am Chair Yoga Class, CR <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 1:30pm Spanish Class, AR 2pm Line Dance w/ Carole, CR 4pm Toss Across Bean Bags, L 6pm Card Games, B <b>6:30pm Family Game Night</b>	9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Dominoes, R66 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Art Expression, AR 6pm Card Games, B	9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10:30am Wonderword Challenge, B 10am Bible Study/Sing A Long, ALL <b>2pm Walmart, O</b> 2pm Bucket Bonanza, L 6pm Card Games, B 7pm Bring a Friend Movie Night, TH	9:30am Zumba Exercise, CR 10am Coffee & Snack Social, L <b>10:30 Out To the Dallas Arboretum, O</b> 1pm Bridge, B <b>2pm Express Errands, O</b> 3:30pm Happy Hour: L 6pm Card Games, B	9:30am Coffee and Conversation, L 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise with Jacque, CR 10am Coffee & Snack Monday Social, L 10:30am Blood Pressure Checks, CR 2pm Residents Choice Games 6pm Card Games, B <b>Memorial Day EMS Week</b>	9:30am Walking Warriors <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 1:30pm Spanish Class, AR 2pm Latin Dance w/ Patty, CR 4pm Power Tower, L 6pm Card Games, B	9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Senior Volleyball, CR 6pm Card Games, B <b>National Senior Health &amp; Fitness Day</b>	9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL <b>2pm Walmart, O</b> 6pm Card Games, B <b>6:30pm Welcome Home Party, CR</b> 7pm Bring a Friend Movie Night, TH	9:30am Zumba Exercise, CR 10am Coffee & Snack Social, L <b>10:30am Lunch Out: Italian Village, O</b> <b>2pm Express Errands, O</b> 3:30pm Birthday Bash with Tonya, L 6pm Card Games, B	9:30am Coffee and Conversation, L 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B