



# The Lewisville Estates Lifestyle

Independent Living  
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

May 2015

## Dear Residents, Families and Friends

May is Older Americans Month, which was first issued on April 18, 1963. At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes that we have for you: Exercise with Jacquie of Advance Rehab Trust, Balance Class and blood pressure checks with Legacy Rehab, Chair Yoga, Chair Zumba, and Walking Warriors.

We begin this month with a Kentucky Derby Party. Many residents have decorated or purchased hats for the occasion and the entire day promises to bring you back to the Kentucky days of old. We will be hosting our Annual Mother's Day Tea on the Patio (May 7) and we encourage you to invite your loved ones! As always, we have many fun and exciting events this month: Cinco de Mayo Social, Cooking Demo with Monte, Family Game Night, outings to Red Lobster and Tierney's, Dancing With the Seniors Main Event and a Memorial Day Cookout. Please check the calendar or see Patty for more details.

Happy May,  
Jessica Hazelton  
Executive Director



## Resident of the Month

Our L.E.A.P. (Life Enrichment Activities Program) would like to recognize Mrs. Charlotte Lee. Charlotte is always participating in different activities and events, especially our Arts & Crafts class. Charlotte is a great artist with an awesome imagination and tons of creativity. Thank you, Charlotte, for all your compliments and great smile that you share with us. We are so glad to have you as a part of our family here at Lewisville Estates.



INDEPENDENT LIVING

MAY 2015

### Locations

- Activity Room, AR
- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

### Transportation Schedule

- Monday 10 a.m. Albertsons
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA
- Friday 2 p.m. Express Errands
- Field Trips/Outing

### Birthdays

- George Wilson, 6th
- Dorothy Lewis, 10th
- Virginia Coleman, 11th
- Pat Power, 12th
- Pat Power, 12th
- Pat Power, 12th
- Hilda Ibarra, 14th (Employee)
- Yolanda Bierman, 16th
- Katherine Screeton, 16th
- Raymond Coleman, 16th
- Dawn Smith, 16th
- Marilyn Good, 20th
- Harrison Strong, 25th
- Norma Butters, 26th
- Monte Melugin, 26th (Employee)
- Bob Hatfield, 26th
- Francisco Guevara, 27th
- Alan Burrell, 28th
- Jim Hawes, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						9:30 Chair Zumba Class, F <b>1</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>2:15 Ear &amp; Hearing Clinic w/Dr. Stuart, B</b> <b>3:30 May Day Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors <b>2</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Kentucky Derby Social, R66</b> <b>2:45 Fun Flicks and Popcorn, TH</b> 3:00 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L <b>3</b> 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 4:00 Resident Meet & Greet, L <b>5:00 Soulful Dinner, DR</b> 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR <b>4</b> 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR <b>3:00 Crafts: Mexican Maracas, AR</b> 6:00 Card Games, B	<b>7:30 Teachers' Breakfast, DR</b> <b>5</b> <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B <b>10:30 Facials w/Mary Kay, AR</b> 10:30 Rosary Service, B 1:45 Spanish Class w/Patty, AR <b>3:30 Cinco de Mayo Social, L</b> 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR <b>6</b> 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>3:30 Cooking Demo, DR</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>7</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:00 Gift Galore (Vendor), L</b> <b>10:30 Bible Study w/Pastor Frances, B</b> <b>10:30 Mother's Day Brunch Celebration, G</b> 2:00 Shopping at Walmart, O 4:00 Bean Bag Toss, B 6:00 Card Games, B	9:30 Chair Zumba Class, F <b>8</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 11:00 Out to Red Lobster, O 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Cosmos &amp; Cupcakes Happy Hour, L</b> 6:00 Card Games, B <b>6:00 Family Game Night</b>	9:30 Walking Warriors <b>9</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:00 Billiards (Pool) 7:00 Crazy Card Game, B	
<b>MOTHER'S DAY</b> <b>10</b> 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 4:00 Resident Meet & Greet, L 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR <b>11</b> 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:15 Family Tree Social, B <b>3:30 Legacy Health Chat: Fall Prevention &amp; Recovery, B</b> 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>12</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Dress Up Nalis w/Avon, R66 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L <b>2:30 Town Hall Meeting, CR</b> 2:30 Art Expression, AR 4:00 Ring Toss of Fire, B 6:00 Card Games, B	<b>7:00 Men's Breakfast, O</b> <b>13</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Famous Criminals Coffee & Snacks Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>3:15 Fun Time W/ Continuum Reham, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>14</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/Pastor Frances, B</b> 2:00 Shopping at Walmart, O <b>3:30 How Do You Know? w/Jacque of A.R.T., B</b> 6:00 Card Games, B	9:30 Walking Warriors <b>15</b> 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Meet &amp; Greet Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors <b>16</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:00 Billiards (Pool) 7:00 Crazy Card Game, B	
10:00 Bible Study Singalong, L <b>17</b> 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 4:00 Resident Meet & Greet, L 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR <b>18</b> 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>19</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Spanish Class w/Patty, AR 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR <b>20</b> 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>3:15 Stroke Presentation With Accolade, B</b> 4:00 Backyard Bean Bag Toss, G 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>21</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/Pastor Frances, B</b> 2:00 Shopping at Walmart, O <b>2:00 Makeup Social, B</b> <b>4:00 Pictionary, B</b> 6:00 Card Games, B <b>6:00 Dancing With the Seniors, DR</b>	9:30 Chair Zumba Class, F <b>22</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>11:00 Tierney's Cafe, O</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Trip to Asia Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors <b>23</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:00 Billiards (Pool) 7:00 Crazy Card Game, B	
10:00 Bible Study Singalong, L <b>24</b> 10:30 Bible Study, B 1:15 Chicken Foot, LL <b>2:30 Men's Club: Indy 500, R66</b> 3:00 Resident Choice Game 4:00 Resident Meet & Greet, L 6:30 Resident Card Games, B	<b>MEMORIAL DAY</b> <b>25</b> 10:00 Coffee & Snacks Monday Social, L 10:30 Memorial Day Wonder Word Search 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>26</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L <b>2:30 Art Expression: French Art Painting, AR</b> 6:00 Card Games, B	<b>Healthy Breakfast Day</b> <b>27</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>4:00 Walk a Thon</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>28</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/Pastor Frances, B</b> 2:00 Shopping at Walmart, O <b>3:30 90th &amp; Over Social, B</b> 6:00 Card Games, B	9:30 Chair Zumba Class, F <b>29</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Birthday Bash, L</b> 6:00 Card Games, B	<b>Countdown to Summer</b> <b>30</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:00 Billiards (Pool) 7:00 Crazy Card Game, B	
10:00 Bible Study Singalong, L <b>31</b> 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 4:00 Resident Meet & Greet, L 6:30 Resident Card Games, B							

## Ways to Help Prevent Stroke

May is Strike Out Stroke Month. Arm yourself with these tips for stroke prevention:

**Know your numbers:** High blood pressure and high cholesterol both contribute to a higher risk of stroke. Discuss any concerns about your numbers with your health care provider. Diet, exercise and medication can control these conditions and lower your stroke risk.

**Listen to your heart:** Atrial fibrillation (AF or Afib), a type of irregular heartbeat, is associated with an increased risk of stroke, as those with the condition are prone to blood clots that can travel to the brain. If you suspect you have AF or a similar condition, talk with your doctor.

**Look for connected conditions:** Diabetes, sickle cell disease, and narrowing or hardening of the arteries are linked to a higher chance of stroke. If you are affected by any of these conditions, follow your doctor's instructions to help manage your symptoms.

**Stay active:** Exercise is an important way to help manage risk factors for stroke. Movement also improves circulation. Aim for 30 minutes of exercise, such as walking, every day.

**Avoid bad habits:** Smoking can double and even quadruple your chance for stroke. No matter how long you've been a smoker, quitting can lower your risk. Also be sure to watch your alcohol intake, which can raise blood pressure.



## Easter Celebration!

We had a great time during our Easter Egg Hunt. Our residents and their families hunted Easter eggs around our community, our Easter Bunny hopped in for pictures and our Scavenger Hunt for our residents and employees was a great success. A big thank-you to all our sponsors: Advanced Rehab Trust, Accolade, Legacy Rehab and Golden Heart.



Here is our employee who found our golden egg. Congratulations, Grace!



Easter Egg Scavenger Hunt — Congratulations, Jean Alexander and Judy Schultz!



Easter Egg Celebration