

Supporting Our Nation's Mothers

For more than 80 years, the American Mothers organization has worked "to champion women by honoring, educating and serving mothers at home, at work and in the world."

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at AmericanMothers.org from Mother's Day through Nov. 15.

The official sponsor of Mother's Day, American Mothers works year-round to implement service programs, provide scholarships and raise awareness of issues that impact mothers.



Resident of the Month

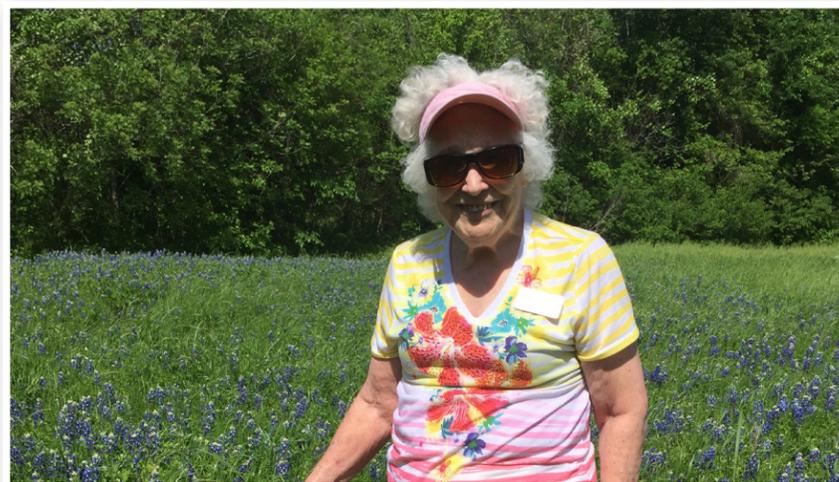
Our L.E.A.P. (Life Enrichment Activities Program) would like to recognize Bob Cochran. Bob likes to participate in different activities and outings, like socials, main events and games. Thank you, Bob, for your fun personality; we are so glad you are part of our family here at Lewisville Estates.



Come and Join Us at Our Different Outings!



Out to Braum's



Out to the Bluebonnet

The Lewisville Estates Lifestyle

Independent Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com

Like Us!

May 2017

Dear Residents, Families and Friends,

At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes we have for you: Exercise and blood pressure check with Jacque of Advance Rehab Trust, Balance Class and blood pressure checks with Legacy, Chair Yoga, and Walking Warriors with Lake Village Rehab.



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! We will be hosting our annual Mother's Day Tea Party on May 12, and we encourage you to invite your loved ones! As always, we have many fun and exciting events this month: Cinco de Mayo Social; outings to La Madeline, Fossil Rim Wildlife and Rosa's Café; and a Night in Greece Main Event. Please check the calendar or see Patty for more details.

Also, please join us in welcoming baby Lana Rae to the Lewisville Estates' Family!

As most of you know, our Executive Director, Jessica Hazelton, gave birth to a beautiful baby girl on Monday, April 10. Baby Lana weighed 7 lbs. 2 oz. Both mom and baby are doing great!

Happy May,

Erin Montgomery, BUSINESS OFFICE DIRECTOR

Favorite Derby Foods



The Kentucky Derby, the annual horse race called "the most exciting two minutes in sports," is also famous for its festivities off the track, including food. Saddle up with these traditional Derby dishes.

Hot Brown: This hot, open-faced sandwich was named for where it was first served in 1926, the Brown Hotel, just miles from the Derby's home, Churchill Downs. It's made with thick slices of toasted bread that are layered with roasted turkey and tomatoes, covered with a cheese sauce, broiled, then topped with two slices of bacon and paprika.

Burgoo: There are hundreds of recipes for this hearty stew, which is a longtime tradition. Thick and spicy, it usually contains a blend of beef, pork, chicken or lamb simmered with a medley of vegetables, beans and seasonings.

Benedictine: In the early 1900s, Louisville, Ky., caterer Jennie Benedict combined cream cheese, cucumber and onion to make a savory spread. It is typically served on bread as a tea sandwich filling or used as a dip.

Chocolate-nut pie: A gooey, sweet filling that includes chocolate chips and pecans or walnuts atop a pastry crust make up this dessert, a staple at the Derby.



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

MAY 2017

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.
Grocery Stores
- Tuesday
10 a.m.
Walmart
- Wednesday
10 a.m.
Post Office/Bank
- Thursday
2 p.m.
Walmart
- Friday
TBA
Field Trips/Outing

Birthdays

- Hope Dugan, 4th
- George Wilson, 6th
- Bob Vale, 8th
- Hilda Ibarra, 14th (Employee)
- Darius Ellis, 23rd (Employee)
- Harrison Strong, 25th
- Carol Lacharite, 31st

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAY DAY 1 Lemonade Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	2 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	3 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 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	4 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Root Beer Floats, B 6:00 Card Games, B	5 Cinco De Mayo 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Cinco De Mayo Happy Hour, L 6:00 Card Games, B	6 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	8 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:30 Legacy Health Chat, B 6:00 Card Games, B	9 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:15 Mom, You Are My Sunshine Social w/Margaret, CR 6:00 Card Games, B	10 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 11:00 Out to La Madeline, O 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Ring Toss of Fire, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	11 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 11:00 Gift Galore (Vendor), L 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:30 Knitting Club Social, R66 3:30 Mother's Day Social w/Jacque, B 6:00 Card Games, B	12 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:00 Mother's Day Tea, CR 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Mother's Day Happy Hour Celebration, L 6:00 Card Games, B	13 9:00 Out to Fossil Rim Wildlife, O 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Movie Time With Pastor Frances, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
MOTHER'S DAY 14 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	15 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Sprouts/Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	16 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	17 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 3:15 Bible Study, TH 3:30 Cupcake Walk, CR 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	18 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 6:00 Card Games, B 6:00 A Night in Greece, CR	19 National Pizza Party Day 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Blood Pressure Clinic w/Encompass 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Pizza Party Happy Hour, L 6:00 Card Games, B	20 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
21 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	22 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Kroger, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Ring Toss of Fire, B 6:00 Card Games, B	23 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	24 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 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	25 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:30 Knitting Club Social, R66 6:00 Card Games, B	26 RAMADAN BEGINS AT SUNSET 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Rosas Cafe, O 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B	27 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
28 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	29 MEMORIAL DAY 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 10:30 Memorial Day Wonderword Search, B 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 6:00 Card Games, B	30 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	31 National Senior Health & Fitness Day Tic Tac Toss, 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 3:15 Bible Study, TH 3:30 Book Club, LL 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH			