

Resident of the Month!

Our Life Enrichment Activities Program would like to recognize Linda Slatterly. Linda likes to participate in different activities like arts and crafts, socials, outings and special events. Thank you, Linda, for all you do and your sweet personality. We are so glad you are part of our family here at Lewisville Estates.



The Salsa Scoop

The word salsa means “sauce” in Spanish, and there are countless recipes and flavor combinations of this popular condiment staple. Dip into this serving of some favorite salsa styles:

Salsa roja — Meaning “red sauce” since it uses cooked tomatoes as a base, this is often simply referred to as salsa, especially in the U.S. It can be thin or chunky, mild or spicy, with chili peppers, onions, garlic and cilantro rounding out the flavor.

Salsa verde — This salsa is similar to salsa roja but instead of tomatoes, uses tomatillos, a tart fruit that looks like an unripe tomato, resulting in its signature green, or verde, color.

Pico de gallo — The name of this salsa means “rooster’s beak,” referring to the way the diced ingredients can be picked up between the fingers, like a rooster pecking at the ground. Also called salsa fresca, or “fresh sauce,” because it is uncooked, pico de gallo is made from raw tomatoes, chili peppers, onions and cilantro, with a splash of lime juice.



The Teatime Tradition

Small sandwiches, dainty desserts and a spot of tea are the ingredients for the quaint British tradition known as afternoon tea.

Anna Maria Russell, an English duchess, is often credited with creating the custom around 1840. Back then, dinner was eaten as late as 8 p.m. To tide her over, the duchess would have a cup of tea and snacks in the afternoon. She began inviting her friends to join her in this daily practice.

The ritual spread throughout the country’s upper class, and it became a social event with invited guests mingling in elegant drawing rooms. Women typically wore gowns, hats and gloves while they lingered over a light meal of finger sandwiches, scones and cakes, along with tea served in fine china cups.

Afternoon tea was sometimes called low tea because the food was served on a low table with people seated in relaxing armchairs or sofas. The term high tea traditionally refers to the hearty evening meal eaten by the working class, who sat at a dinner, or high, table.

Many hotels and tea rooms in England and the U.S. serve afternoon tea, and it has become a meal used to celebrate special occasions with friends and family.



The Lewisville Estates Lifestyle

Independent Living
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Like Us!

MAY 2018

Dear Residents, Families and Friends

As many of you know, I have taken on a new role here at Lewisville Estates as Executive Director. I am excited, as I hope all of you are, to see what the future has in store for all of us here at Lewisville Estates! Thank you for all the kind words and good wishes!

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 Checks with Jacquie of Advance Rehab Trust, Balance Class and Blood Pressure Checks with Legacy, Chair Zumba with our Activity Director Patty and Walking Warriors with Lake Village Rehab.

This month, we begin with a Kentucky Derby Party on Saturday, May 5. Many residents will be wearing hats we have decorated for this very occasion, and the entire day promises to bring you back to the Kentucky Derby days! We will be hosting our annual Mother’s Day Tea Party on May 11, and we encourage you to invite your loved ones! As always, we have many fun and exciting events this month including: Let’s Talk About It; Cinco de Mayo Happy Hour; outing to El Fenix, Men’s Out to Breakfast at Korner Cafe, Out to Dinner at Olive Garden; Out to Lunch at La Madeline; and a Kiss of Spain Main Event. Please check the calendar or see Patty for more details.

Happy May,
Erin Montgomery,
Executive Director



Exercise Class!

Come and join us for exercise class!



INDEPENDENT LIVING

MAY 2018

Locations

- 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

Birthdays

- Bob Vale, 8th
- Hilda Ibarra, 14th (Employee)
- Billy Bush, 20th
- Harrison Strong, 25th
- Monte Melugin, 26th
- Margaret Garrett, 31st

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
- Friday, 2 p.m. Express Errands

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MAY DAY 9:30 Chair Zumba Class w/Patty, 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 6:00 Quarter Horse Races, CR	1 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 4:00 The Memory Game!, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	2 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 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 3:30 Wii Bowling, F 6:00 Card Games, B	3 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:45 Hearing Aid Clinic, B 2:00 Express Errands, O 3:30 Let's Taco About Cinco De Mayo Happy Hour, L 6:00 Card Games, B	4 Kentucky Derby 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 3:00 Kentucky Derby Social, R66 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
6 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	7 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 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 Popcorn Toss, B 6:00 Card Games, B	8 9:30 Chair Zumba Class w/Patty, 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, B 6:00 Card Games, B	9 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 11:00 Out to El Fenix, O 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 4:00 Rowdy Ring Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	10 Women's Health Care Month 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 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:30 Women Health Care Talk w/Jacque, B 6:00 Card Games, B	11 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:00 Mother's Day Tea Social, CR 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 2:00 Express Errands, O 3:30 Mother's Day Celebration, L 6:00 Card Games, B	12 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
13 MOTHER'S DAY 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	14 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, 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 3:30 Legacy Health Chat (High Blood Pressure), B 6:00 Card Games, B	15 RAMADAN BEGINS AT SUNDOWN 7:30 Men's Out for Breakfast to Korner Cafe, O 9:30 Chair Zumba Class w/Patty, 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	16 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 4:00 Bean Bag Baseball, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	17 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 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 3:30 Root Beer Floats Social w/Legacy, B 6:00 Card Games, B 6:15 Kiss of Spain, DR	18 Nascar Day 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 2:00 Express Errands, O 3:30 Race Your Way to Happy Hour, L 6:00 Card Games, B	19 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:00 Arts & Crafts w/Sandra, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
20 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	21 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 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 Tic Tac Toss, B 6:00 Card Games, B	22 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Scrapbooking Club, CR 6:00 Card Games, B 6:00 Dollar Bingo	23 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 3:15 Cooking Demo w/Chef Monte, DR 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	24 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 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:30 Quarter Horse Races, B 6:00 Card Games, B	25 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 La Madeline, O 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B	26 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
27 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	28 MEMORIAL DAY 10:00 Coffee & Snacks Monday Social, L 10:30 Wonder Word Search, B 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:00 Karen & Star Kids Musical, L 6:00 Card Games, B	29 9:30 Chair Zumba Class w/Patty, 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	30 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 3:30 Book Club, LL 3:30 Cookies & Lemonade Social w/Patty, R66 4:00 Rowdy Ring Toss & Popcorn, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	31 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 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 3:30 Welcome Home New Residents Social, CR 4:30 Out for Dinner to Olive Garden, O 6:00 Card Games, B		