

## Walk This Way

You probably know that walking is one of the best things you can do for your physical health and fitness. It's the most popular exercise in the U.S. Making a point to hit the ground walking can provide major mental health benefits.



Walking outdoors in the sunshine and fresh air of a park, nature trail or any green space has been shown to activate parts of the brain that can calm worries and relax the body. Taking a walk in a blue space—that's a place near a body of water such as a pond, river or beach—can also shift your mood to a positive mode.

Trying to figure out a solution to a problem or needing inspiration for an idea? The act of walking allows your mind to refocus and wander, which may produce that aha! moment.

If traditional meditation isn't for you, get the same peaceful perks with a walking version by concentrating on your steps and breathing. Or make it an exercise in mindfulness by focusing on your senses. Search for things you can see, hear, touch and smell.

When is the last time you felt a sense of wonder? Go for a 15-minute walk someplace new. Researchers say observing even the small details of different surroundings can spark feelings of happiness and awe.

## Historic Moments for Old Glory

Each year on June 14, the U.S. commemorates the adoption of the nation's flag. Since it was first sewn, the Stars and Stripes has been part of many defining moments in history.

**Fort McHenry** — After a daylong bombardment by British forces during the War of 1812, Francis Scott Key saw “by the dawn's early light” that the “flag was still there,” flying over Baltimore Harbor's Fort McHenry. Inspired to write about the moment, his words later became the national anthem, “The Star-Spangled Banner.”

**Iwo Jima** — The iconic World War II image of Marines raising a U.S. flag during the Battle of Iwo Jima in 1945 won a Pulitzer Prize for photography.

**Moon landing** — After the crew of the Apollo 11 mission made the first moon landing on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin planted a flag on the lunar surface.

**9/11** — On Sept. 11, 2001, terrorist attacks reduced New York City's World Trade Center to rubble. Three firefighters hoisted a flag above the ruins, serving as a symbol of hope and unity.



**The Lewisville Estates Lifestyle**

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JUNE 2021

## Dear Residents, Families and Friends,

It has been a great month! We are showing great strides and looking forward to what the future holds. We have been granted full visitation in both Independent and Assisted Living. With our new Independent Living Activity Director, Dylan Howard, outings are back in full swing. I know everyone here is ready to recognize normalcy again. We appreciate you following our community's infection control measures to help keep everyone safe.

I want to say thank you to everyone who has been so warm and welcoming. I have truly enjoyed getting to know this community, its residents and the staff. If I have not had the pleasure to meet you yet, please stop by my office and introduce yourself. Being close to my residents is what makes my job fun and rewarding. You will see that the genuine dedication I have for this job and each and every one of you shows in everything I do.

Sincerely,  
Jennifer True  
Executive Director



## A Tie Timeline

From the skinny ties of the '50s to the power ties of the '80s, men's neckties have become a way to show personality as well as a sharp-dressed look.

Modern-day ties were likely inspired by the loosely tied scarves worn by 17th-century Croatian soldiers who were hired by the French to serve in the Thirty Years' War. King Louis XIII enjoyed the look, gave the scarves the name cravats, and made them mandatory in his royal court.

Cravats remained popular for the next 200 years, with variations in fabric, length and method of tying. The ascot, a band of silk that's wrapped around the neck and loosely tied in front, emerged in the late 1800s, setting a pattern for more casual neckwear.

The trend changed in the 1920s, when New York tie maker Jesse Langsdorf designed the necktie we know today by cutting fabric at an angle that helped it stretch, yet preserved its shape. The Langsdorf tie allowed more creativity with knots, and soon men were sporting the style.



**INDEPENDENT LIVING**

**JUNE 2021**

**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

**Transportation Schedule**

- Monday, 10 a.m.  
Grocery Stores
- Tuesday & Thursday, 10 a.m.  
Walmart
- Wednesday, 10 a.m.  
Post Office/Bank
- Thursday, 10 a.m.  
Walmart
- Thursday, 2:30 p.m.  
Misc. Errands
- Friday, 9:30 a.m.  
Express Errands
- Friday, TBA  
Field Trips/Outing

*Activities Subject to Change*

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|---|---|---|--|---|
| <b>Birthdays</b><br>Carolyn Tucker, 10th<br>Cat Westfall, 11th (Employee)<br>Jane Baldwin, 15th  | Lily Bozarth, 16th<br>Elizabeth Shoven, 16th (Employee)<br>Lorraine Parks, 26th  | 9:00 Walking Club, L <b>1</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Balance Class w/ Legacy, CR<br>11:00 Meet Your Neighbor Social, B<br>1:30 TED Talk, TH<br>2:30 Team Games, CR<br>3:30 Crafters Corner, CR  | 10:00 Chair Yoga & Stretch, CR <b>2</b><br><b>10:00 Post Office/Bank, O</b><br>11:00 Morning Devotional, CR<br>1:00 Country Store<br>1:30 Jeopardy, CR<br>2:30 Walk It Out Wednesday, L<br>3:00 Dominoes Club, B<br>7:00 Evening Movie, TH                        | 9:45 Blood Pressure Clinic w/Legacy, CR <b>3</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Strength Class w/Legacy, CR<br>2:00 Billion Dollar Bingo, CR<br><b>2:30 Misc Errands, O</b><br>3:15 Singalong Group, CR                   | 9:00 Men's Coffee Group, B <b>4</b><br>10:00 Bible Study, CR<br>10:30 Bingo-cise<br>1:30 Game: Keep the Ball Up, CR<br>2:00 Card Games, B<br>3:30 Happy Hour, L  | 9:30 Walking Club<br>10:30 Coffee Club, L<br><b>11:00 Trivia in the Lobby, L</b><br>2:30 Movies and Popcorn, TH <b>5</b>  |
| 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <b>6</b><br><b>9:00 Bible Study, CR</b><br>3:00 Resident Choice Game, B                                | 10:00 Get Fit! Chair Exercise, CR <b>7</b><br><b>10:00 Shopping, O</b><br>11:00 Morning Devotional, CR<br>1:00 Bridge, F<br>2:00 Pokeno for Prizes, CR<br>3:15 Cornhole, CR<br>4:15 Ambassadors Meeting, CR  | 9:00 Walking Club, L <b>8</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Balance Class w/ Legacy, CR<br>1:30 How to Become Tech Savvy, CR<br>2:30 Coloring Club, B<br>3:30 Wii Sports, F                            | 10:00 Chair Yoga & Stretch, CR <b>9</b><br><b>10:00 Post Office/Bank, O</b><br>11:00 Morning Devotional, CR<br>1:00 Country Store<br>1:30 Singalong at the Senior Center, O<br>2:30 Walk It Out Wednesday, L<br>3:00 Dominoes Club, CR<br>7:00 Evening Movie, TH  | 9:45 Blood Pressure Clinic w/Legacy, CR <b>10</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Strength Class w/Legacy, CR<br>2:00 Billion Dollar Bingo, CR<br><b>2:30 Misc Errands, O</b><br>3:15 Singalong w/Bo, Vernon and Dylan, CR | 9:00 Men's Coffee Group, B <b>11</b><br>10:00 Bible Study, CR<br>10:30 Bingo-cise<br>1:30 Team Games<br>2:00 Card Games, B<br>3:30 Happy Hour, L                 | 9:30 Walking Club<br>10:30 Coffee Club, L<br><b>11:00 Trivia in the Lobby, L</b><br>2:30 Movies and Popcorn, TH <b>12</b> |
| 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <b>13</b><br><b>9:00 Bible Study, CR</b><br>3:00 Resident Choice Game, B                               | FLAG DAY <b>14</b><br>10:00 Get Fit! Chair Exercise, CR<br><b>10:00 Shopping, O</b><br>11:00 Morning Devotional, CR<br>1:00 Bridge, F<br>2:00 Pokeno for Prizes, CR<br>3:30 Book Club, CR                    | 9:00 Walking Club, L <b>15</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Balance Class w/ Legacy, CR<br>11:00 Meet Your Neighbor Social, B<br>1:30 TED Talk, TH<br>2:30 Team Games, CR<br>3:30 Crafters Corner, CR | 10:00 Chair Yoga & Stretch, CR <b>16</b><br><b>10:00 Post Office/Bank, O</b><br>11:00 Morning Devotional, CR<br>1:00 Country Store<br>1:30 Jeopardy, CR<br>2:30 Walk It Out Wednesday, L<br>3:00 Dominoes Club, B<br>7:00 Evening Movie, TH                       | 9:45 Blood Pressure Clinic w/Legacy, CR <b>17</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Strength Class w/Legacy, CR<br>2:00 Billion Dollar Bingo, CR<br><b>2:30 Misc Errands, O</b><br><b>3:15 Peace &amp; Love Party, CR</b>    | 9:00 Men's Coffee Group, B <b>18</b><br>10:00 Bible Study, CR<br>10:30 Bingo-cise<br>1:30 Game: Keep the Ball Up, CR<br>2:00 Card Games, B<br>3:30 Happy Hour, L | 9:30 Walking Club<br>10:30 Coffee Club, L<br><b>11:00 Trivia in the Lobby, L</b><br>2:30 Movies and Popcorn, TH <b>19</b> |
| FATHER'S DAY SUMMER BEGINS <b>20</b><br>8:30 In Search of the Lord's Way (KDFID Channel 7), R66<br><b>9:00 Bible Study, CR</b><br>3:00 Resident Choice Game, B | 10:00 Get Fit! Chair Exercise, CR <b>21</b><br><b>10:00 Shopping, O</b><br>11:00 Morning Devotional, CR<br>1:00 Bridge, F<br>2:00 Pokeno for Prizes, CR<br>3:15 Cornhole, CR<br>4:15 Ambassadors Meeting, CR | 9:00 Walking Club, L <b>22</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Balance Class w/ Legacy, CR<br>1:30 How to Become Tech Savvy, CR<br>2:30 Coloring Club, B<br>3:30 Ring Toss, CR                           | 10:00 Chair Yoga & Stretch, CR <b>23</b><br><b>10:00 Post Office/Bank, O</b><br>11:00 Morning Devotional, CR<br>1:00 Country Store<br>1:30 Singalong at the Senior Center, O<br>2:30 Walk It Out Wednesday, L<br>3:00 Dominoes Club, CR<br>7:00 Evening Movie, TH | 9:45 Blood Pressure Clinic w/Legacy, CR <b>24</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Strength Class w/Legacy, CR<br>2:00 Billion Dollar Bingo, CR<br><b>2:30 Misc Errands, O</b><br>3:30 Singalong, CR                        | 9:00 Men's Coffee Group, B <b>25</b><br>10:00 Bible Study, CR<br>10:30 Bingo-cise<br>1:30 Team Games<br>2:00 Card Games, B<br><b>3:00 Birthday Bash, L</b>       | 9:30 Walking Club<br>10:30 Coffee Club, L<br><b>11:00 Trivia in the Lobby, L</b><br>2:30 Movies and Popcorn, TH <b>26</b> |
| 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <b>27</b><br><b>9:00 Bible Study, CR</b><br>3:00 Resident Choice Game, B                               | 10:00 Get Fit! Chair Exercise, CR <b>28</b><br><b>10:00 Shopping, O</b><br>11:00 Morning Devotional, CR<br>1:00 Bridge, F<br>2:00 Pokeno for Prizes, CR<br>3:30 Book Club w/ Lewisville Library, CR          | 9:00 Walking Club, L <b>29</b><br><b>10:00 Walmart Shopping, O</b><br>10:00 Balance Class w/ Legacy, CR<br>11:00 Ice Cream Social, B<br>1:30 Movie & Popcorn, TH<br>3:30 Connect 4 Game, CR                           | 10:00 Chair Yoga & Stretch, CR <b>30</b><br><b>10:00 Post Office/Bank, O</b><br>11:00 Morning Devotional, CR<br>1:00 Country Store<br>1:30 Jeopardy, CR<br>2:30 Walk It Out Wednesday, L<br>3:00 Dominos Club, CR<br>7:00 Evening Movie, TH                       |    |  |   |