

## Hello Residents of Lewisville Estates

We would like to thank all of you who participated in the balance clinics and health talks last month. For the month of June, we shall discuss "Men's Health Awareness". There are multiple afflictions that target men more than women, and many treatment options to consider. So join us June 9th in the Bistro at 3:30 or June 16th in the activity room of the AL, to discuss and learn about why Men's Health Awareness is so important.

We will continue our bi-weekly discussions and testing on static and dynamic balance in the IL.

If you have any questions or concerns regarding your balance, or have grown increasingly fearful of falling, please visit us in the Bistro June 5th and 19th, at 10:30.

To all you lucky individuals residing in the AL, we will continue our pursuit for a more active and healthier lifestyle through exercise in our Sit and Fit exercise class every Thursday at 1:30 and Friday at 9:30.

Sincerely Yours,  
Michael Steinhelfer & the Legacy Healthcare Team

## Celebrating Father's Day

Father's Day was inaugurated in the United States in the early 20th century to complement Mother's Day in celebrating fatherhood and male parenting.

After the success obtained by Anna Jarvis with the promotion of Mother's Day in the US, some people wanted to create similar holidays for other family members, and Father's Day was the choice most likely to succeed. There were other persons in the US who independently thought of "Father's Day", but the credit for the modern holiday is often given to Sonora Dodd, who was the driving force behind its establishment.

Father's Day was founded in Spokane, Washington at the YMCA in 1910 by Sonora Smart Dodd, who was born in Arkansas. Its first celebration was in the Spokane YMCA on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there. After hearing a sermon about Jarvis' Mother's Day in 1909, she told her pastor that fathers should have a similar holiday honoring them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday of June.

## What Is A Dad?

**A dad is someone who...**

Wants to catch you before you fall

But instead picks you up,

Brushes you off,

And lets you try again.

**A dad is someone who...**

Wants to keep you from making mistakes

But instead lets you find your own way,

Even though his heart breaks in silence

When you get hurt.

**A dad is someone who...**

Holds you when you cry,

Scolds you when you break the rules

Shines with pride when you succeed,

And has faith in you even when you

Fail....

—Unknown



## The Lewisville Estates Family

### Welcomes Jessica Hazelton, Our New Executive Director

Jessica Hazelton is originally from Winona, Minnesota. She obtained her Bachelor of Social Work degree from University of Wisconsin. Jessica worked as a Case Manager before moving to Texas in 2008. She was the Director of a Memory Care/Alzheimer's community for 4 years. She also opened and developed a new Assisted Living and Memory Care community. She is a certified Assisted Living Manager,

and Dementia Care Specialist. Jessica lives in Lewisville with her husband and two children. She enjoys boating, swimming, and traveling.

Her door is always open and we are excited about the future here at Lewisville Estates.

*Please join me in welcoming Jessica to our beautiful community!*

## Current Events

**6/9 Legacy Health Chat**

Time: 3:30pm

Place: Bistro

**6/13 Father's Day Workshop**

Time: 6:30pm

Place: AL Courtyard

**6/10 Town Hall Meeting**

Time: 2:30pm

Place: Community Room

**6/19 Country Western Wedding**

Time: 6:00pm

Place: Dining Room

**6/11 Men's Breakfast**

Time: 7:30am

Place: Outing

**6/27 Lunch Out: Babe's Chicken**

Time: 10:30am

Place: Outing

**6/12 Horse Races**

Time: 5:30pm

Place: Outing

## Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always.

### Resident Birthdays

3 - Eva Ruth Walker

21 - Erma Stoler

23 - Hazel Rickerson

28 - Jerry Kirby

30 - Nellie Florio

### Employee Birthdays

3 - Gregory Martin

9 - Hattie Powell

11 - Jefferson Jatico

27 - Karen DeLos Reyes

28 - Ana Arroyo



# June 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

## Activities Subject to Change

Route 66 - R66  
Theater - TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Say Something Nice Day</b> <b>10:30am</b> Bible Study, <i>L</i> <b>1:30pm</b> Chicken Foot, <i>LL</i> <b>2pm</b> Matinee Movie, <i>TH</i> <b>3pm</b> Worship Songs, <i>L</i> <b>4pm</b> Resident Meet & Greet, <i>L</i> <b>7pm</b> Resident Comedy Hour, <i>L</i>	<b>1</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Albertson's, <i>O</i> <b>10am</b> Café Latte Monday Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks w/ Legacy, LR 336, <i>IL</i> <b>11am</b> Celebraty Gossip w/ Erma, <i>B</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Pokeno for Prizes, <i>AR</i> <b>4pm</b> Ring of Fire Darts, <i>B</i> <b>6pm</b> Card Games, <i>B</i>	<b>2</b> <b>9:30am</b> Walking Warriors <b>10am</b> Walmart, <i>O</i> <b>10am</b> Catholic Communion, <i>B</i> <b>10am</b> Rosary Service, <i>B</i> <b>10:30am</b> Dress Up Nails w/ Avon, <i>AR</i> <b>1:30pm</b> Spanish Class w/ Patty, <i>AR</i> <b>2pm</b> Latin Dance w/ Patty, <i>CR</i> <b>4pm</b> Rowdy Ring Toss, <i>B</i> <b>6pm</b> Card Games, <i>B</i>	<b>3</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Post Office/Bank, <i>O</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks, <i>CR</i> <b>2pm</b> Sassy Senior Bingo, <i>CR</i> <b>3pm</b> Wii Games, <i>FR</i> <b>3:30pm</b> Rubber Horseshoe Toss, <i>R66</i> <b>6pm</b> Card Games, <i>B</i>	<b>4</b> <b>9:30am</b> Walking Warriors <b>10am</b> Miscellaneous Errands, <i>O</i> <b>10am</b> Bible Study/Sing A Long, <i>ALL</i> <b>10:30am</b> Wonderword Challenge, <i>B</i> <b>2pm</b> Walmart, <i>O</i> <b>2pm</b> Art Expression, <i>AR</i> <b>6pm</b> Card Games, <i>B</i> <b>7pm</b> Bring a Friend Movie Night, <i>TH</i>	<b>5</b> <b>9:30am</b> Zumba, <i>CR</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30am</b> Sign Language Class, <i>AR</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Plinko Planko, <i>L</i> <b>2pm</b> Express Errands, <i>O</i> <b>3:30pm</b> Donuts & Lemonade Happy Hour, <i>L</i> <b>6pm</b> Card Games, <i>B</i>	<b>6</b> <b>Banana Split Day</b> <b>9:30am</b> Coffee and Conversation, <i>L</i> <b>1pm</b> Residents Choice Games, <i>AR</i> <b>1:30pm</b> Trivia Pursuit, <i>LL</i> <b>2pm</b> Fun Flicks and Popcorn, <i>TH</i> <b>3pm</b> Billiards/Pool <b>7pm</b> Crazy Card Games, <i>B</i>
<b>10:30am</b> Bible Study, <i>B</i> <b>1:30pm</b> Chicken Foot, <i>LL</i> <b>2pm</b> Matinee Movie, <i>TH</i> <b>3pm</b> Residents Choice Game, <i>B</i> <b>4pm</b> Resident Meet & Greet, <i>L</i> <b>7pm</b> Resident Comedy Hour, <i>L</i>	<b>8</b> <b>Men's Health Week</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Albertson's, <i>O</i> <b>10am</b> Café Latte Monday Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks, <i>CR</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Pokeno for Prizes, <i>AR</i> <b>3:15pm</b> Reading Time w/ Jane, <i>AR</i> <b>3:30pm</b> Legacy Health Chat, <i>B</i> <b>6pm</b> Card Games, <i>B</i>	<b>9</b> <b>Ice Tea Day</b> <b>9:30am</b> Walking Warriors <b>10am</b> Walmart, <i>O</i> <b>10am</b> Catholic Communion, <i>B</i> <b>10am</b> Rosary Service, <i>B</i> <b>1:30pm</b> Spanish Class w/ Patty, <i>AR</i> <b>2:30pm</b> Town Hall Meeting, <i>CR</i> <b>3:30pm</b> Cookies and Ice Tea Social, <i>G</i> <b>6pm</b> Card Games, <i>B</i>	<b>10</b> <b>7:30am</b> Men's Breakfast, <i>O</i> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Post Office/Bank, <i>O</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks, <i>CR</i> <b>2pm</b> Sassy Senior Bingo, <i>CR</i> <b>3pm</b> Wii Games, <i>FR</i> <b>3:30pm</b> Rowdy Ring Toss, <i>R66</i> <b>6pm</b> Card Games, <i>B</i>	<b>11</b> <b>9:30am</b> Walking Warriors <b>10am</b> Gift Galore, <i>L</i> <b>10am</b> Miscellaneous Errands, <i>O</i> <b>10am</b> Bible Study/Sing A Long, <i>ALL</i> <b>10:30am</b> Wonderword Challenge, <i>B</i> <b>2pm</b> Walmart, <i>O</i> <b>2:30pm</b> Peaches & Cream Social w/ Harry, <i>B</i> <b>5:30pm</b> Out to the Horse Races, <i>O</i> <b>7pm</b> Bring a Friend Movie Night, <i>TH</i> <b>6pm</b> Card Games, <i>B</i>	<b>12</b> <b>Duct Tape Day</b> <b>9:30am</b> Zumba, <i>CR</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30</b> Father's Day Workshop, <i>CR</i> <b>2pm</b> Ring of Fire Darts, <i>L</i> <b>2pm</b> Express Errands, <i>O</i> <b>3:30pm</b> Happy Hour: Father's Day Celebration, <i>L</i> <b>6pm</b> Card Games, <i>B</i>	<b>13</b> <b>Flag Day</b> <b>9:30am</b> Coffee and Conversation, <i>L</i> <b>1pm</b> Residents Choice Games, <i>AR</i> <b>1:30pm</b> Trivia Pursuit, <i>LL</i> <b>2pm</b> Fun Flicks and Popcorn, <i>TH</i> <b>3pm</b> Billiards/Pool <b>7pm</b> Crazy Card Games, <i>B</i>
<b>Father's Day</b> <b>10:30am</b> Bible Study, <i>B</i> <b>1:30pm</b> Chicken Foot, <i>LL</i> <b>2pm</b> Matinee Movie, <i>TH</i> <b>3pm</b> Residents Choice Game, <i>B</i> <b>4pm</b> Resident Meet & Greet, <i>L</i> <b>7pm</b> Resident Comedy Hour, <i>L</i>	<b>15</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>9:30am</b> Walking Warriors <b>10am</b> Albertson's, <i>O</i> <b>10am</b> Café Latte Monday Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks w/ Legacy, LR 336, <i>IL</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Pokeno for Prizes, <i>AR</i> <b>4pm</b> Rowdy Ring Toss, <i>B</i> <b>6pm</b> Card Games, <i>B</i>	<b>16</b> <b>9:30am</b> Walking Warriors <b>10am</b> Walmart, <i>O</i> <b>10am</b> Catholic Communion, <i>B</i> <b>10am</b> Rosary Service, <i>B</i> <b>1:30pm</b> Spanish Class, <i>AR</i> <b>2pm</b> Line Dance w/ Carole, <i>CR</i> <b>4pm</b> Toss Across Bean Bags, <i>B</i> <b>6pm</b> Card Games, <i>B</i>	<b>17</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Post Office/Bank, <i>O</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks, <i>CR</i> <b>2pm</b> Sassy Senior Bingo, <i>CR</i> <b>3pm</b> Wii Games, <i>FR</i> <b>3:30pm</b> Tic Tac Toss, <i>B</i> <b>6pm</b> Card Games, <i>B</i>	<b>18</b> <b>9:30am</b> Walking Warriors <b>10am</b> Miscellaneous Errands, <i>O</i> <b>10am</b> Bible Study/Sing A Long, <i>ALL</i> <b>10:30am</b> Wonderword Challenge, <i>B</i> <b>2pm</b> Walmart, <i>O</i> <b>6:00pm</b> Country Western Wedding, <i>DR</i> <b>7pm</b> Bring a Friend Movie Night, <i>TH</i>	<b>19</b> <b>National Flip Flop Day</b> <b>9:30am</b> Zumba, <i>CR</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30am</b> Sign Language Class, <i>AR</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Roll to Play, <i>L</i> <b>2pm</b> Express Errands, <i>O</i> <b>3:30pm</b> Happy Hour: Summer Fun Flip Flops, <i>L</i> <b>6pm</b> Card Games, <i>B</i>	<b>20</b> <b>Summer Begins</b> <b>9:30am</b> Coffee and Conversation, <i>L</i> <b>1pm</b> Residents Choice Games, <i>AR</i> <b>1:30pm</b> Trivia Pursuit, <i>LL</i> <b>2pm</b> Fun Flicks and Popcorn, <i>TH</i> <b>3pm</b> Billiards/Pool <b>7pm</b> Crazy Card Games, <i>B</i>
<b>CNA Week</b> <b>10:30am</b> Bible Study, <i>B</i> <b>1:30pm</b> Chicken Foot, <i>LL</i> <b>2pm</b> Matinee Movie, <i>TH</i> <b>3pm</b> Residents Choice Game, <i>B</i> <b>4pm</b> Resident Meet & Greet, <i>L</i> <b>7pm</b> Resident Comedy Hour, <i>L</i>	<b>22</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Albertson's, <i>O</i> <b>10am</b> Café Latte Monday Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks, <i>CR</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Pokeno for Prizes, <i>AR</i> <b>3:15pm</b> Reading Time w/ Jane, <i>AR</i> <b>4pm</b> Ring of Fire Darts, <i>L</i> <b>6pm</b> Card Games, <i>B</i>	<b>23</b> <b>9:30am</b> Walking Warriors <b>10am</b> Walmart, <i>O</i> <b>10am</b> Catholic Communion, <i>B</i> <b>10am</b> Rosary Service, <i>B</i> <b>10:30am</b> Word Scramble <b>1:30pm</b> Spanish Class, <i>AR</i> <b>2pm</b> Latin Dance w/ Patty, <i>CR</i> <b>4pm</b> Power Tower, <i>L</i> <b>6pm</b> Card Games, <i>B</i>	<b>24</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Post Office/Bank, <i>O</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks, <i>CR</i> <b>10:30am</b> Dominoes, <i>B</i> <b>2pm</b> Sassy Senior Bingo, <i>CR</i> <b>3pm</b> Wii Games, <i>FR</i> <b>4pm</b> Senior Volleyball, <i>CR</i> <b>6pm</b> Card Games, <i>B</i>	<b>25</b> <b>9:30am</b> Walking Warriors <b>10am</b> Miscellaneous Errands, <i>O</i> <b>10:30am</b> Wonderword Challenge, <i>B</i> <b>10am</b> Bible Study/Sing A Long, <i>ALL</i> <b>2pm</b> Walmart, <i>O</i> <b>2:30pm</b> Art Expression, <i>AR</i> <b>7pm</b> Bring a Friend Movie Night, <i>TH</i> <b>6pm</b> Card Games, <i>B</i>	<b>26</b> <b>9:30am</b> Zumba, <i>CR</i> <b>10am</b> Coffee & Snack Social, <i>L</i> <b>10:30</b> Lunch Out: Babe's Chicken, <i>O</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Express Errands, <i>O</i> <b>3:30pm</b> Birthday Bash with Sherrill Douglas, <i>L</i> <b>6pm</b> Card Games, <i>B</i>	<b>27</b> <b>9:30am</b> Coffee and Conversation, <i>L</i> <b>1pm</b> Residents Choice Games, <i>AR</i> <b>1:30pm</b> Trivia Pursuit, <i>LL</i> <b>2pm</b> Fun Flicks and Popcorn, <i>TH</i> <b>3pm</b> Billiards/Pool <b>7pm</b> Crazy Card Games, <i>B</i>
<b>10:30am</b> Bible Study, <i>B</i> <b>2pm</b> Matinee Movie, <i>TH</i> <b>3pm</b> Residents Choice Game, <i>B</i> <b>4pm</b> Resident Meet & Greet, <i>L</i> <b>7pm</b> Resident Comedy Hour, <i>L</i>	<b>29</b> <b>9:30am</b> Exercise with Jacque, <i>CR</i> <b>10am</b> Albertson's, <i>O</i> <b>10am</b> Café Latte Monday Social, <i>L</i> <b>10:30am</b> Blood Pressure Checks, <i>CR</i> <b>1pm</b> Bridge, <i>B</i> <b>2pm</b> Pokeno for Prizes, <i>AR</i> <b>3:30pm</b> Tic Tac Toss, <i>B</i> <b>6pm</b> Card Games, <i>B</i>	<b>30</b> 				