



# The Lewisville Estates Lifestyle

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

June 2015

## Mother's Day Tea

Another great year at our Mother's Day Tea Party. We had a great time listening to Sherrill, our entertainer, and great mother-daughter dances. Can't wait until next year!



## Howdy Y'all!

June is the sixth month of the year, also it's the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere. In the Northern hemisphere, the beginning of the meteorological summer is June 21. In the Southern hemisphere, the beginning of the meteorological winter is June 21. Here at Lewisville Estates we will be having lots of fun activities and events. Also it's the month we will be celebrating our Father's Day Workshop on June 16. We encourage you to invite your loved ones, and also to our Big Event, Outlaw Hoedown Dance on June 18.

Western Theme is one of our big themes this month. We will have western games in the afternoon, arts and crafts, and we will be going out to Southfork Ranch on June 12 and to Winstar Casino on June 26. Please check the calendar or see Patty for more details of this great month.

Happy June,  
Jessica Hazelton  
Executive Director

INDEPENDENT LIVING

JUNE 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

- Eva Ruth Walker, 3rd
- Gregory Martin, 3rd (Employee)
- Virginia Smith, 6th
- Daisy Fernandez, 7th (Employee)
- Carolyn Tucker, 10th
- Jeferson Jatico, 11th (Employee)
- Anne Collins, 15th
- Anna Pipes, 16th
- Liia Harmon, 16th (Employee)
- David Slaughter, 16th
- Erma Stoler, 21st
- Hazel Rickerson, 23rd
- Rita Sulin, 26th
- Jerry Kirby, 28th
- Nellie Florio, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Albertsons, O</b> 10:00 Morning News Coffee & Snacks Social, L 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>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>10:30 Facials w/Mary Kay, AR</b> 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 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	<b>9:30 Balance Class w/Legacy, CR</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>3:15 Pinot Palette: Wine &amp; Painting, AR</b> <b>4:15 Flower Mound Clarinet Choir Group</b> 6:00 Card Games, B	<b>Hot Air Balloon Day</b> 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:15 Crafts: Hot Air Balloons, AR 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 Martini Night Happy Hour, L</b> 6:00 Card Games, 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> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>10:00 Bible Study Singalong, L</b> <b>10:30 Bible Study, B</b> 1:15 Chicken Foot, LL 2:45 Western Matinee, TH 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 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>3:30 Legacy Health Chat: Fall Prevention &amp; Recovery, B</b> 4:00 Rowdy Ring Toss w/Smores, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 10:30 Dress Up Nalis w/Avon, R66 <b>11:00 Gift Galore (Vendor), L</b> <b>2:30 Town Hall Meeting, CR</b> 3:30 Arts & Crafts: Sand Filled Jars, AR 6:00 Card Games, B	<b>Iced Tea Day</b> <b>7:00 Men's Breakfast, O</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>3:30 Sweet Tea Tasting Social, 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>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 Trivia Game w/Jacque of A.R.T., B</b> 6:00 Card Games, B	<b>8:30 Out to Southfork Ranch, O</b> 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>3:30 Moonshine &amp; Lemonade Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Let's Make Cow Chow w/Izzy, B</b> <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>FLAG DAY</b> <b>10:00 Bible Study Singalong, L</b> <b>10:30 Bible Study, B</b> 1:15 Chicken Foot, LL <b>2:45 Western Matinee, TH</b> 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 11:00 Flag Ceremony, FP <b>2:00 Top Golf, O</b> 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>10:30 Father's Day Workshop, CR</b> 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	<b>Root Beer Day</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>3:30 Dehydratin w/Accolade &amp; Root Beer Floats, 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>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 Pictionary Game, L</b> 6:00 Card Games, B <b>6:00 Outlaw Hoedown Dance, DR</b>	<b>Flip Flop Day</b> 9:30 Chair Zumba Class, F 10:00 Comic & Coffee Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Summer Fun Flip Flops Happy Hour, L</b> 6:00 Card Games, 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> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>FATHER'S DAY</b> <b>FIRST DAY OF SUMMER</b> <b>10:00 Bible Study Singalong, L</b> <b>10:30 Bible Study, B</b> 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 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>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 4:00 Volleyball Tournament, B 6:00 Card Games, 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>3:30 Taking Care of Your Vision, 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>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 Watermelon &amp; Game Social, B</b> 6:00 Card Games, B	<b>8:30 Out to Winstar Casino, O</b> 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>3:30 Birthday Bash, L</b> 6:00 Card Games, 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> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>10:00 Bible Study Singalong, L</b> <b>10:30 Bible Study, B</b> 1:15 Chicken Foot, LL <b>2:45 Movie Marathon: Katharine Hepburn, TH</b> 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 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 Tic Tac Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</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 2:30 Art Expression, AR 6:00 Card Games, B				

## Fun Time at Lewisville Estates!

Come and join us for great activities, outings and different socials and events here at Lewisville Estates with amazing residents and staff. Also we would like to give a big thank you to our sponsors: Rehab Trust, Legacy and Accolade.



Second Time Around Senior Prom



Kentucky Derby Social



Cinco De Mayo Celebration

## Resident of the Month

Our L.E.A.P. (Life Enrichment Activities Program) would like to recognize Mrs. Doris Hunter. Doris is very active within the community. She enjoys playing bingo, pokeno and also participating in other activities. Thank you, Doris Hunter, for making a difference with your sweet smile and friendship to other residents and our new residents. We are proud to have you be part of our family here at Lewisville Estates.



## Health and Wellness Osteoarthritis

Osteoarthritis, also known as degenerative joint disease, and osteoarthrosis are very prevalent in our society. Basically, it occurs when the cartilage in your joints wears down over time. Did you know that at least 27 million Americans over the age of 25 suffer with this condition?

There are several risk factors for osteoarthritis, including being born with defective joints, having previous joint injuries, obesity, having had a job or lifestyle that consists of many repetitive movements, as well as the presence of other diseases. Symptoms can include: pain, tenderness, stiffness, loss of flexibility, bone spurs or deformities of the hands, just to name a few. These symptoms can significantly impact a person's ability to perform his or her activities of daily living.

Right here in this community, you have a team of skilled therapists who are available to evaluate and assess any problems you may have associated with osteoarthritis. Our goal is to help people do the things they love and need to do, so that they have a high quality of life and can stay as independent as possible. Stop by the Legacy Healthcare services office if you would like to discuss further. We can help develop a well-rounded treatment plan tailored specifically to your needs!

Tiffany Littlepage, OTR/RD

Rehab Director

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