

Drink Up! It's National Iced Tea Month

The days are getting sunnier, and summer is on its way: It's the perfect season to enjoy a nice, tall glass of iced tea.

We may think of tea as a refreshing treat and nothing more, but the popular beverage holds plenty of benefits.

All teas made from the "Camellia sinensis" plant — which includes black, green, white and oolong teas — are high in antioxidants, which can rid your body of toxins and may help prevent cancer. Home-brewed iced tea has the highest levels, but even bottled teas contain just as many antioxidants as fruits like blueberries and strawberries. Adding lemon or lime to your tea provides even more antioxidants, as well as natural sweetness.

An 8-ounce serving of black iced tea also provides between 20 and 35 percent of the daily recommended amount of manganese, which helps maintain bone strength, heals wounds and supports metabolism.

Heat stroke and dehydration are important concerns during the summer, but drinking unsweetened iced tea can help you stay cool.

So grab a glass, kick back and enjoy a relaxing summer!

Balance Class

Come and join us every Tuesday for balance class and blood pressure checks in the community room.



Resident of the Month!

Our L.E.A.P. (Life Enrichment Activity Program) would like to recognize Mary Dykes. Mary likes to participate in different activities and events like Pokeno, Bingo, Arts and Crafts and she also likes to be part of our Big Events. Thank you Mary for your great laugh and awesome personality. We are so happy that you are part of our family here at Lewisville Estates.



The Lewisville Estates Lifestyle

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

Like Us!

June 2016

Dear Residents, Family, and Friends:

There is much to celebrate this month. After a lovely Mother's Day Tea, we will celebrate fathers with a special meal created by our Dining Director, Paul Delgado.

During our Mother's Day Tea, residents and their guests were treated to entertainment — as he sang, toes were tapping and hands were clapping. Special thanks to our Activity Directors Patty and Dawn for always making Lewisville Estates special!



We have many events planned this month and we look forward to your participation! June 14 we will have doughnuts with Dad and June 16 we will have Elvis in the building so make sure to plan ahead!

We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors, or family members who are interested in senior living, please have them contact Lauren or Cindy. Remember, you will receive a \$500 check if they move here (90 days after their move-in date). Check out our Facebook and website for weekly picture updates. Thanks for spreading the word.

Happy June,
Jessica Hazelton, EXECUTIVE DIRECTOR

Father's Day Celebrations

Father's Day is a festival to honor your father for everything he did for you. This festival is celebrated with immense enthusiasm and lots of charm across the globe.

The date and style of celebrating this festival differs from country to country but one thing that remains noticeably same is the spirit of this occasion. Everybody take the opportunity to honor their father and tell him how much he is loved and appreciated. In today's world, people celebrate this occasion with their grandads, fathers-in-law, uncles, stepfathers or many other men who are as caring and protective as a father.



INDEPENDENT LIVING

JUNE 2016

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

Thursday
2 p.m.
Walmart

Friday
TBA
Field Trips/Outing

Birthdays

- Gema Garcia, 2nd (Employee)
- Virginia Smith, 6th
- Betty Turner, 7th
- Carolyn Tucker, 10th
- Anita Chaplin, 14th
- Charlene Schwab, 15th
- Liia Harmon, 16th (Employee)
- Anna Pipes, 16th
- Erma Stoler, 21st
- Hazel Rickerson, 23rd
- Jerry Kirby, 28th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Rowdy Ring Toss, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>11:00 Gift Galore (Vendor), L</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Father's Day w/Jacque, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors w/Cindy of Lake Village, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Safety First Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>3:30 Legacy Health Chat, B</p> <p>6:00 Card Games, B</p>	<p>FLAG DAY</p> <p>9:30 Chair Yoga Class, CR</p> <p>9:30 Doughnuts With Dad Celebration, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Town Hall Meeting, CR</p> <p>3:15 Dad, You Are My Hero Social w/Sunshine, CR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:00 Wii Games w/Max, F</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>6:00 Card Games, B</p> <p>6:00 Hunk o' Burning' Love (Big Event), DR</p>	<p>Root Beer Day</p> <p>9:30 Walking Warriors w/Cindy of Lake Village, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Father's Day Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>FATHER'S DAY</p> <p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>SUMMER BEGINS</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Rowdy Ring Toss, B</p> <p>4:00 Summer Social & Game, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Watermelon Social & Hydration Education, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors w/Cindy of Lake Village, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>11:00 Out to Saltgrass Steak House, O</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Ring Toss of Fire</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:00 Wii Games w/Max, F</p> <p>3:30 Book Club, LL</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>4:00 Tic Tac Toss, B</p> <p>6:00 Card Games, B</p>		