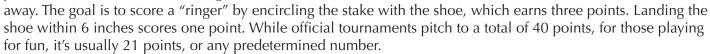
Pitching Horseshoes

For many, the leisurely clank of horseshoes striking a steel stake is a familiar sound at picnics and backyard barbecues.

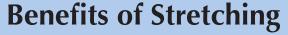
Today's lawn sport of horseshoes likely evolved from the ancient pastime of quoits, in which metal rings were tossed onto a peg. Historians say Greeks and Romans adapted the game by throwing discarded horseshoes onto stakes. European settlers later brought the activity to North America. For centuries, people played with cast-off horseshoes of various sizes, but in the early 1900s, standardized pitching shoes came on the market.

The basic concept of the game is simple. Players pitch horseshoes at a stake in the ground several feet



Friendly and healthy competition, horseshoes is easily modified for people of all ages, abilities and skill levels. Players get a light workout and practice hand-eye coordination as well as enjoy socializing.

It's estimated that 15 million people in North America play horseshoes for fun and in organized leagues and tournaments.



Stretching your muscles on a regular basis can provide a number of health benefits. Be sure to consult your doctor to find out what types of exercises are best for you.

Lowers the risk of falls — Muscles in the legs, hips and lower back help stabilize us when we stand and walk. Doing frequent stretching exercises to engage these muscles can improve balance and coordination and reduce the risk of falls.

Boosts energy — Dynamic stretching consists of low-intensity movements such as arm swings and leg raises. These exercises increase blood flow throughout the body, raising energy levels.

Reduces arthritis pain — Joint stiffness is a common symptom of arthritis. Gentle stretches

can improve elasticity and range of motion and help manage pain.

Increases flexibility — Muscles shorten and become less flexible as we age. Stretching will aid in staying limber, making it easier to perform everyday activities such as bending to tie your shoes.

Improves posture — Many of us catch ourselves slouching, often a result of tight muscles and ligaments in the shoulders and chest. Regularly stretching to loosen these muscles may help correct poor posture.







Dear Residents, Family and Friends We had a great month of

June celebrating National Donut Day, going out to Choctaw Casino and celebrating the official start of summer with our Toast to Summer Happy Hour! Lewisville Estates celebrated our dads with "Donuts with Dad" and had a fun outing to the Grapevine Aquarium with lunch at Rainforest Café after. Remember to look at your

Activity Calendar to see what exciting outings and events are scheduled for this month!

July has lots of exciting things planned that include an

Outing to Babes Chicken on Friday, July 12, and a Watermelon Social with Patty on Thursday, July 24. On July 18, we will have our Uncle Sam's Backyard BBQ (Main Event), so make sure to invite your family and friends. We hope to see you all there!

Also, remember to check out our Facebook and website for pictures and activity updates.

Happy July! **Erin Montgomery Executive Director**



Main Event!

Come and join us every third Thursday of the month for our main event with great music, food and dancing. This month, we will be celebrating Uncle Sam's Backyard BBQ.













INDEPENDENT LIVING

IULY 2019

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, 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

"One flag, one land, one heart, one hand, one nation forevermore!"

Oliver Wendell Holmes

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY 3 INDEPENDENCE DAY 2 Second Half of the Year 9:30 Chair Zumba **Wear Patriotic Colors** 9:30 Exercise w/Jacque of A.R.T., CR Class w/Pattv, CR 9:30 Exercise w/Jacque 10:00 4th of July Coffee & Snacks of A.R.T., CR 10:00 Shopping at Wonderword Monday Social, L 10:00 Post Office/Bank, O Walmart, O Dollar Tree, O Current Events Coffee & 10:00 10:00 Search, L 10:00 Catholic Communion, B Snack Wednesday Social, L 10:30 **Blood Pressure Checks** 2:30 Independence w/A.R.T., CR 10:30 Blood Pressure Checks 10:30 Rosary Service, B Pokeno for Prizes, CR w/A.R.T., CR 2:00 1:00 Bridge Club, B Day Movie, TH 2:00 Sassy Senior \$1 Bingo, CR 2:30 Singalong w/Karen, L 2:30 Art Expression, CR 3:00 Trivia Club, R66 3:30 Independence Day Social, L 3:00 Star Kids Musical, L 3:30 Cyber Security and 6:00 Hand & Foot 6:00 Nickel (Card Game), B 6:00 Mexican Train, LL Fraud Presentation, B 6:45 Bring a Friend Movie Night, TH Card Game, B 6:00 Hand & Foot Card Game, B 8 Chick-Fil-A's Appreciation Day 9 10 9:30 Balance Class w/ Coca Cola Day Pina Colada Day 7:30 The Truth in Love Legacy, CR 9:30 Chair Zumba 9:30 Exercise w/Jacque 9:30 Exercise w/Jacque (TV Channel 7), R66 10:00 Shopping at Walmart, O Class w/Patty, CR of A.R.T., CR of A.R.T., CR 10:00 Blood Pressure Check In Search of the Coffee & Snacks 10:00 Shopping at Walmart, O Post Office/Bank, O 10:00 w/Legacy, CR Lord's Way (TV KTXA Monday Social, L 10:00 Current Events Coffee & 10:00 Catholic Communion, B 10:00 Big Lots, O 10:15 Bible Study w/ Snack Wednesday Social, L Channel 12), R66 10:30 Rosary Service, B 10:30 Blood Pressure Checks 10:30 Blood Pressure Checks **Pastor Frances, CR** 9:00 Bible Study, CR 1:00 Bridge Club, B w/A.R.T., CR w/A.R.T., CR 2:00 **Busy Hand Club, R66** 1:15 Chicken Foot, LL 2:30 Art Expression, CR Pokeno for Prizes, CR 2:00 2:00 Sassy Senior \$1 Bingo, CR 2:30 Misc. Errands, O 2:30 Singalong w/Karen, L 3:15 Chick-Fil-A's Snacks 3:30 Pina Colada and Trivia 3:00 Resident Choice Game 3:00 Dispatch Health Game Social, B 3:00 Star Kids Musical, L Social w/Sunshine, B Chicken Foot **Presentation and** 6:00 Nickel (Card Game), B 3.30 Coca Cola Floats and Games, B 6:00 Hand & Foot Social Hour, B 6:30 Resident Card Games, B 6:45 Bring a Friend Movie Night, TH 6:00 Hand & Foot Card Game, B 6:00 Mexican Train, LL Card Game, B 16 14 15 17 9:30 Exercise w/ 9:30 Exercise w/ 9:30 Balance Class 7:30 The Truth in Love 9:30 Chair Zumba Jacque of A.R.T., CR Jacque of A.R.T., CR w/Legacy, CR (TV Channel 7), R66 Class w/Patty, CR Coffee & Snacks 10:00 10:00 Post Office/Bank, O 10:00 Shopping at Walmart, O 8:30 In Search of the 10:00 Shopping at 10:00 Current Events Coffee & Monday Social, L 10:00 Blood Pressure Check Walmart, O Snack Wednesday Social, L Lord's Way (TV KTXA Dollar Tree, O 10:00 w/Legacy, CR 10:30 Blood Pressure Checks Channel 12), R66 10:00 Catholic Communion, B 10:30 Blood Pressure w/A.R.T., CR 10:15 Bible Study w/ Checks w/A.R.T., CR 9:00 Bible Study, CR 10:30 Rosary Service, B 2:00 Sassy Senior \$1 Bingo, CR Pastor Frances, CR Pokeno for Prizes, CR Chicken Foot, LL 1:00 Bridge Club, B 3:30 Book Club: Cival War 2:30 Misc. Errands, O 2:30 Singalong w/Karen, L Seated Volleyball 3:00 Resident Choice Game 2:30 Art Expression, CR 6:00 Mexican Train, LL Star Kids Musical, L w/Legacy, CR Chicken Foot 6:00 Hand & Foot 6:15 Uncle Sam's Backyard 6:00 Nickel (Card Game), B 4:00 Rowdy Ring Toss, B 6:30 Resident Card Games, B Card Game, B BBQ (Main Event), DR 6:45 Bring a Friend Movie Night, TH 6:00 Hand & Foot Card Game, B 23 **National Refreshment Day** 10:00 Coffee & Snacks **Gorgeous Grandma Day** 10:00 Post Office/Bank, O 7:30 The Truth in Love 9:30 Balance Class 9:30 Chair Zumba Class Monday Social, L 10:00 Current Events (TV Channel 7), R66 w/Legacy, CR w/Patty, CR 10:00 Tom Thumb, O Coffee & Snack 8:30 In Search of the 10:00 Shopping at Walmart, O 10:00 Shopping at Walmart, O Wednesday Social, L 10:00 Blood Pressure Check Lord's Way (TV KTXA 2:00 Pokeno for Prizes, CR 10:00 Catholic Communion, B 2:00 Sassy Senior \$1 Bingo, CR w/Legacy, CR Channel 12), R66 2:30 Singalong w/Karen, L 10:30 Rosary Service, B 3:30 Activity Meeting 10:15 Bible Study w/ Bible Study, CR 3:00 Star Kids Musical, L and Watermelon **Pastor Frances, CR** 1:00 Bridge Club, B Chicken Foot, LL 4:00 Minute to Win 2:00 Busy Hand Club, R66 Social w/Patty, B 2:30 Makeover and 3:00 Resident Choice Game 2:30 Misc. Errands, O It Games, B 6:00 Nickel (Card Game), B Wine Time, B 3:30 Guess What You Are Chicken Foot 6:00 Hand & Foot 6:45 Bring a Friend 6:00 Hand & Foot Drinking Game, B Resident Card Games, B Movie Night, TH Card Game, B Card Game, B 6:00 Mexican Train, LL 30 31 29 Friendship Day 9:30 Exercise w/ 9:30 Exercise w/ 7:30 The Truth in Love Jacque of A.R.T., CR 9:30 Chair Zumba Class Jacque of A.R.T., CR (TV Channel 7), R66 Ann Francis, 2nd 10:00 Coffee & Snacks 10:00 Post Office/Bank, O w/Patty, CR 8:30 In Search of the Monday Social, L 10:00 Current Events Coffee & Gema Garcia, 10:00 Shopping at Lord's Way (TV KTXA Snack Wednesday Social, L 10:00 Dollar General, O 2nd (Employee) Walmart, O 10:30 Blood Pressure Checks Channel 12), R66 10:30 Blood Pressure Blance Collins, 3rd 10:00 Catholic Communion, B w/A.R.T., CR Bible Study, CR Checks w/A.R.T., CR 9:00 Lu Cinde Reeder, 4th 2:00 Sassy Senior \$1 Bingo, CR

10:30 Rosary Service, B

2:30 Art Expression, CR

Card Game, B

1:00 Bridge Club, B

6:00 Hand & Foot

3:30 Social Hour w/Jason of

4:30 Out to Macaroni Grill

6:00 Nickel (Card Game), B

Lifeway Hospice, B

6:45 Bring a Friend Movie Night, TH

Pokeno for Prizes, CR

6:00 Hand & Foot Card Game, B

2:30 Singalong w/Karen, L

3:30 Legacy Health Chat, B

3:00 Star Kids Musical, L

2:00

1:15 Chicken Foot, LL

6:00 Chicken Foot

Resident Choice Game

Resident Card Games, B

3:00

Activities Subject to Change

Ted Colby, 6th Bruce Bachelder, 14th Doris Taylor, 14th Harriet Schalk, 14th David Neustupa, 15th Christine Kovach, 15th (Employee) Barbara Jones, 17th

Larry Dreyer, 19th

Vanessa Reyes, 20th (Employee) Carlos Rodriguez, 22nd (Employee) Kenneth Call, 24th Sam Pugh, 24th Bea Weaver, 28th Jennifer Diaz, 29th (Employee)

SATURDAY

9:30 Walking Warriors

1:00 Trivia Pursuit, LL

1:30 Card Games, B

2:30 Fun Flicks and

3:30 Billiards (Pool)

6:00 Chicken Foot

10:30 Coffee &

Popcorn, TH

7:00 Crazy Card Game, B

9:30 Walking Warriors 13

Conversation, L

1:00 Trivia Pursuit, LL

1:30 Card Games, B

2:30 Fun Flicks and

3:30 Billiards (Pool)

6:00 Chicken Foot

10:30 Coffee &

Popcorn, TH

7:00 Crazy Card Game, B

9:30 Walking Warriors 20

Conversation, L

1:00 Trivia Pursuit, LL

1:30 Card Games, B

2:30 Fun Flicks and

3:30 Billiards (Pool)

6:00 Chicken Foot

10:30 Coffee &

Popcorn, TH

7:00 Crazy Card Game, B

9:30 Walking Warriors 27

Conversation, L

1:00 Trivia Pursuit, LL

1:30 Card Games, B

2:30 Fun Flicks and

3:30 Billiards (Pool)

6:00 Chicken Foot

Popcorn, TH

7:00 Crazy Card Game, B

Conversation, L

10:30 Coffee &

FRIDAY

4 Wear Red, White and Blue Colors 5

9:30 Walking Warriors, B

9:30 Express Errands, O

Coffee & Snacks

Friday Social, L

w/Legacy, CR

2:00 Wonder Word Challenge

3:30 Red, White and Blue

Happy Hour, L

6:00 Hand & Foot Card Game, B

10:30 Live Well Strength

1:00 Bridge Club, B

National Watermelon Month

9:30 Walking Warriors, B

9:30 Express Errands, O

Coffee & Snacks

Friday Social, L

w/Legacy, CR

Bridge Club, B

Live Well Strength

2:00 Wonder Word Challenge

Happy Hour, L

6:00 Hand & Foot Card Game, B

Out to Babes Chicken, O

You Are One in a Melon

10:00

10:00

10:30

10:30

1:00

3:30

18 National Hot Dog Day

Wear Baseball Jersey Day

9:30 Walking Warriors, B

9:30 Express Errands, O

10:30 Live Well Strength

Friday Social, L

w/Legacy, CR

2:00 Wonder Word Challenge

3:30 Hot Dogging Around

Happy Hour, L

9:30 Express Errands, O

Friday Social, L

w/Legacy, CR

2:00 Wonder Word Challenge

Birthdays

Birthday Bash, L

11:00 Out to Big Jack BBQ

Hand & Foot

Card Game, B

1:00 Bridge Club, B

6:00

10:30 Live Well Strength

10:00 Coffee & Snacks

6:00 Hand & Foot Card Game, B

9:30 Walking Warriors, B 26

10:00 Coffee & Snacks

1:00 Bridge Club, B

11

25

Nell Boyd, 4th

Albert Pursell, 4th

Tessie Quick, 5th

(Employee)