

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 away. The goal is to score a "ringer" by encircling the stake with the shoe, which earns three points. Landing the shoe within 6 inches scores one point. While official tournaments pitch to a total of 40 points, for those playing for fun, it's usually 21 points, or any predetermined number.

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.



Benefits of Stretching

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.



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		Second Half of the Year 1		2		3		INDEPENDENCE DAY 4		5		6	
		9:30 Exercise w/Jacque of A.R.T., CR		9:30 Chair Zumba Class w/Patty, CR		Wear Patriotic Colors		10:00 4th of July Wonderword Search, L		9:30 Walking Warriors, B		9:30 Walking Warriors	
		10:00 Coffee & Snacks Monday Social, L		10:00 Shopping at Walmart, O		9:30 Exercise w/Jacque of A.R.T., CR				9:30 Express Errands, O		10:30 Coffee & Conversation, L	
		10:00 Dollar Tree, O				10:00 Post Office/Bank, O				10:00 Coffee & Snacks Friday Social, L		1:00 Trivia Pursuit, LL	
		10:30 Blood Pressure Checks w/A.R.T., CR		10:00 Catholic Communion, B		10:00 Current Events Coffee & Snack Wednesday Social, L				10:30 Live Well Strength w/Legacy, CR		1:30 Card Games, B	
		2:00 Pokeno for Prizes, CR		10:30 Rosary Service, B		10:30 Blood Pressure Checks w/A.R.T., CR				1:00 Bridge Club, B		2:30 Fun Flicks and Popcorn, TH	
		2:30 Singalong w/Karen, L		1:00 Bridge Club, B		2:00 Sassy Senior \$1 Bingo, CR				2:00 Wonder Word Challenge		3:30 Billiards (Pool)	
3:00 Star Kids Musical, L		2:30 Art Expression, CR		3:30 Independence Day Social, L				3:30 Red, White and Blue Happy Hour, L		6:00 Chicken Foot			
3:30 Cyber Security and Fraud Presentation, B		6:00 Hand & Foot Card Game, B		6:00 Nickel (Card Game), B				6:00 Mexican Train, LL		7:00 Crazy Card Game, B			
6:00 Hand & Foot Card Game, B				6:45 Bring a Friend Movie Night, TH						6:00 Hand & Foot Card Game, B			
7:30 The Truth in Love (TV Channel 7), R66 7		Coca Cola Day 8		Chick-Fil-A's Appreciation Day 9		Pina Colada Day 10		9:30 Balance Class w/Legacy, CR 11		National Watermelon Month 12		9:30 Walking Warriors 13	
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66		9:30 Exercise w/Jacque of A.R.T., CR		9:30 Chair Zumba Class w/Patty, CR		9:30 Exercise w/Jacque of A.R.T., CR		10:00 Shopping at Walmart, O		9:30 Express Errands, O		10:30 Coffee & Conversation, L	
9:00 Bible Study, CR		10:00 Coffee & Snacks Monday Social, L		10:00 Shopping at Walmart, O		10:00 Post Office/Bank, O		10:00 Blood Pressure Check w/Legacy, CR		10:00 Coffee & Snacks Friday Social, L		1:00 Trivia Pursuit, LL	
1:15 Chicken Foot, LL		10:30 Blood Pressure Checks w/A.R.T., CR		10:30 Rosary Service, B		10:00 Current Events Coffee & Snack Wednesday Social, L		10:15 Bible Study w/Pastor Frances, CR		10:30 Out to Babes Chicken, O		1:30 Card Games, B	
3:00 Resident Choice Game		2:00 Pokeno for Prizes, CR		1:00 Bridge Club, B		10:30 Blood Pressure Checks w/A.R.T., CR		2:00 Busy Hand Club, R66		10:30 Live Well Strength w/Legacy, CR		2:30 Fun Flicks and Popcorn, TH	
6:00 Chicken Foot		2:30 Singalong w/Karen, L		2:30 Art Expression, CR		2:00 Sassy Senior \$1 Bingo, CR		2:30 Misc. Errands, O		1:00 Bridge Club, B		3:30 Billiards (Pool)	
6:30 Resident Card Games, B		3:00 Star Kids Musical, L		3:15 Chick-Fil-A's Snacks Social w/Sunshine, B		3:30 Pina Colada and Trivia Game Social, B		3:00 Dispatch Health Presentation and Social Hour, B		2:00 Wonder Word Challenge		6:00 Chicken Foot	
		3:30 Coca Cola Floats and Games, B		6:00 Hand & Foot Card Game, B		6:00 Nickel (Card Game), B		6:00 Mexican Train, LL		3:30 You Are One in a Melon Happy Hour, L		7:00 Crazy Card Game, B	
		6:00 Hand & Foot Card Game, B				6:45 Bring a Friend Movie Night, TH				6:00 Hand & Foot Card Game, B			
7:30 The Truth in Love (TV Channel 7), R66 14		9:30 Exercise w/Jacque of A.R.T., CR 15		9:30 Chair Zumba Class w/Patty, CR 16		9:30 Exercise w/Jacque of A.R.T., CR 17		9:30 Balance Class w/Legacy, CR 18		National Hot Dog Day Wear Baseball Jersey Day 19		9:30 Walking Warriors 20	
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66		10:00 Coffee & Snacks Monday Social, L		10:00 Shopping at Walmart, O		10:00 Post Office/Bank, O		10:00 Shopping at Walmart, O		9:30 Express Errands, O		10:30 Coffee & Conversation, L	
9:00 Bible Study, CR		10:30 Blood Pressure Checks w/A.R.T., CR		10:00 Catholic Communion, B		10:00 Current Events Coffee & Snack Wednesday Social, L		10:00 Blood Pressure Check w/Legacy, CR		10:00 Coffee & Snacks Friday Social, L		1:00 Trivia Pursuit, LL	
1:15 Chicken Foot, LL		2:00 Pokeno for Prizes, CR		10:30 Rosary Service, B		10:30 Blood Pressure Checks w/A.R.T., CR		10:15 Bible Study w/Pastor Frances, CR		10:30 Live Well Strength w/Legacy, CR		1:30 Card Games, B	
3:00 Resident Choice Game		2:30 Singalong w/Karen, L		1:00 Bridge Club, B		2:00 Sassy Senior \$1 Bingo, CR		2:30 Misc. Errands, O		1:00 Bridge Club, B		2:30 Fun Flicks and Popcorn, TH	
6:00 Chicken Foot		3:00 Star Kids Musical, L		2:30 Art Expression, CR		3:30 Book Club: Cival War		6:00 Mexican Train, LL		2:00 Wonder Word Challenge		3:30 Billiards (Pool)	
6:30 Resident Card Games, B		4:00 Rowdy Ring Toss, B		6:00 Hand & Foot Card Game, B		3:30 Seated Volleyball w/Legacy, CR		6:15 Uncle Sam's Backyard BBQ (Main Event), DR		3:30 Hot Dogging Around Happy Hour, L		6:00 Chicken Foot	
		6:00 Hand & Foot Card Game, B				6:00 Nickel (Card Game), B				6:00 Hand & Foot Card Game, B		7:00 Crazy Card Game, B	
						6:45 Bring a Friend Movie Night, TH							
7:30 The Truth in Love (TV Channel 7), R66 21		10:00 Coffee & Snacks Monday Social, L 22		Gorgeous Grandma Day 23		10:00 Post Office/Bank, O 24		National Refreshment Day 25		9:30 Walking Warriors, B 26		9:30 Walking Warriors 27	
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66		10:00 Tom Thumb, O		9:30 Chair Zumba Class w/Patty, CR		10:00 Current Events Coffee & Snack Wednesday Social, L		9:30 Balance Class w/Legacy, CR		9:30 Express Errands, O		10:30 Coffee & Conversation, L	
9:00 Bible Study, CR		2:00 Pokeno for Prizes, CR		10:00 Shopping at Walmart, O		10:00 Current Events Coffee & Snack Wednesday Social, L		10:00 Shopping at Walmart, O		10:00 Coffee & Snacks Friday Social, L		1:00 Trivia Pursuit, LL	
1:15 Chicken Foot, LL		3:00 Star Kids Musical, L		10:30 Catholic Communion, B		2:00 Sassy Senior \$1 Bingo, CR		10:00 Blood Pressure Check w/Legacy, CR		10:30 Live Well Strength w/Legacy, CR		1:30 Card Games, B	
3:00 Resident Choice Game		4:00 Minute to Win It Games, B		10:30 Rosary Service, B									