



## Dear, Residents, Families, And Friends

Happy July! Summer is such an amazing time to create precious memories with the people we care about. I am delighted to be able to spend time with my family and am so grateful for the time I have with the people I love. Always make the best out of every day. Let your hair down and bask in the shining sun!

Last month in June, we were delighted to be able to honor our veterans during our Memorial Day celebration. Our residents also had a wonderful time bringing in the start of summer with various sweet treats and fun outings to local restaurants. This month in July, I am especially excited to celebrate the summer with residents and family members alike during our Welcome Summer bash on July 8th! We will have tons of great food and good music. Be sure to check on your email for more information. Our residents have a super fun schedule coming up. Our activities team will be keeping them busy with awesome crafts, games, and outings. Regularly review the calendar and weekly reminders to ensure you don't miss out on a single moment of the festivities.



**JULY 2023**

## Employee of the Month!

Ladies and Gentlemen, we would like to announce Nyshia Beard as the Employee of the Month for July! Nyshia has phenomenal work ethic, and it shows that she truly loves what she does! She brings a positive attitude and personal touch to the community. The smiles and happiness the residents give when they see her is amazing! Nyshia is always bubbly and is also very funny whenever she's around. Nyshia, we appreciate you and thank you for being a part of Lewisville Estates!



INDEPENDENT LIVING

JULY 2023

Locations

Parking Lot .....	PL
Bistro .....	B
Community Room .....	CR
Dining Room .....	DR
Fitness Room .....	FR
Garden .....	G
Library .....	LL
Lobby .....	L
Outing .....	O
Route 66 .....	R66
Theater .....	TH

Transportation  
Schedule:

**Monday, 10AM** (Grocery Stores)  
**Tuesday & Thursday, 10AM** (Walmart)  
**Wednesday, 10AM** (Post Office/Bank)  
**Thursday, 2:30PM** (Misc. Errands)  
**Friday, 9:30AM**

Birthdays!

- 4- Nell Boyd
- 4- Bob Moore
- 4- Cinde Reeder
- 15- David Neustupa
- 15- Ginny Crain
- 17- Pam Prater
- 18- Norma Choate
- 19- Larry Dreyer
- 28- Bea Weaver
- 29- Roger Williams
- 30- Gerry Robinson

**"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."**  
—Maria Sharapova

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<div>2</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>3</div> <div>10:00 Coffee &amp; News..(R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 12:30 Piece It Together 2:00 Cup Tower Shooting 3:30 Hand &amp; Foot</div>	<div>HAPPY INDEPENDENCE DAY! 4</div> <div></div>	<div>5</div> <div>10:00 “Get Your Exercise On” (CR) 10:00 Bible Study by Richard N. (Theater) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 12:00 Puzzle Mania (R66) 3:00 Dominos/42/Mexican Train (CR) 4:00 “Country Store Is Open”</div>	<div>6</div> <div>9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 11:00 Puzzle Table (R66) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:00 Uno &amp; Buds Before Dinner</div>	<div>7</div> <div>9:00 Walks &amp; Talks 10:00 Bible Study (CR) 10:30 “Get Your Exercise On” (CR) 11:00 Puzzle Table (R66) 1:30 Wahoo Board Game (B) 2:00 Hand &amp; Foot (FR) 2:00 Trip to the Lake! 3:00 Skip-Bo</div>	<div>8</div> <div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 12:00 Summer Bash Lunch! 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div>
<div>9</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>10</div> <div>10:00 Coffee &amp; News..(R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Pizza Party and Remember When Game (R66) 3:30 Hand &amp; Foot 4:00 Uno &amp; Buds Before Dinner</div>	<div>11</div> <div>9:00 News &amp; Coffee 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting &amp; Crochet (L) 12:00 Puzzle Mania (R66) 2:00 Hand &amp; Foot (B) 2:30 Town Hall Meeting (CR) 3:30 Epic Fish Bowl Game</div>	<div>12</div> <div>10:00 “Get Your Exercise On” (CR) 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 12:00 Puzzle Mania (R66) 2:00 Outburst Game 3:00 Dominos/42/Mexican Train (CR)</div>	<div>13</div> <div>9:00 Walks &amp; Talks ... 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 11:00 Puzzle Table (R66) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:00 Watermelon Picnic (O)</div>	<div>14</div> <div>10:00 Bible Study (CR) 10:30 “Get Your Exercise On” (CR) 11:00 Puzzle Table (R66) 1:30 Wahoo Board Game (B) 2:00 Hand &amp; Foot (FR) 3:00 Uno &amp; Friends (B)</div>	<div>15</div> <div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div>
<div>16</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>17</div> <div>9:00 Take a Walk Around L.E. 10:00 Coffee &amp; News..(R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Pokeno for Prizes (CR) 3:00 Let’s Make Smoothies 3:30 Hand &amp; Foot</div>	<div>18</div> <div>10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting &amp; Crochet (L) 12:00 Puzzle Mania (R66) 2:00 Hand &amp; Foot (B) 3:00 Pool Table Party 4:00 Uno Before Dinner</div>	<div>19</div> <div>10:00 “Get Your Exercise On” (CR) 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 12:00 Puzzle Mania (R66) 3:00 Dominos/42/Mexican Train (CR)</div>	<div>20</div> <div>Chess Day 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 11:00 Puzzle Table (R66) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:00 Summer Ball Fun Main Event!</div>	<div>21</div> <div>10:00 Bible Study (CR) 10:30 “Get Your Exercise On” (CR) 11:00 Puzzle Table (R66) 1:30 Wahoo Board Game (B) 2:00 Hand &amp; Foot (FR) 3:00 Uno &amp; Friends (B)</div>	<div>22</div> <div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div>
<div>23</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>24</div> <div>10:00 Coffee &amp; News..(R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Pokeno for Prizes (CR) 3:30 Hand &amp; Foot</div>	<div>25</div> <div>10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting &amp; Crochet (L) 12:00 Puzzle Mania (R66) 2:00 Hand &amp; Foot (B)</div>	<div>26</div> <div>10:00 “Get Your Exercise On” (CR) 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 12:00 Puzzle Mania (R66) 3:00 Dominos/42/Mexican Train (CR)</div>	<div>27</div> <div>9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 11:00 Puzzle Table (R66) 2:00 Euchre (CR) 2:30 Misc. Errands (O)</div>	<div>28</div> <div>10:00 Bible Study (CR) 10:30 “Get Your Exercise On” (CR) 11:00 Puzzle Table (R66) 1:30 Wahoo Board Game (B) 2:00 Hand &amp; Foot (FR) 3:00 Uno &amp; Friends (B)</div>	<div>29</div> <div>10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It’s Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie</div>
<div>30</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>31</div> <div>10:00 Coffee &amp; News..(R66) 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Pokeno for Prizes (CR) 3:30 Hand &amp; Foot</div>	<div>32</div> <div>10:00 Walmart Shopping (O) 11:00 Knitting &amp; Crochet (L) 12:00 Puzzle Mania (R66) 2:00 Hand &amp; Foot (B)</div>	<div>33</div> <div>10:00 Walmart Shopping (O) 11:00 Morning Devotional (CR) 12:00 Puzzle Mania (R66) 3:00 Dominos/42/Mexican Train (CR)</div>	<div>34</div> <div>10:00 Walmart Shopping (O) 11:00 Puzzle Table (R66) 2:00 Euchre (CR) 2:30 Misc. Errands (O)</div>	<div>35</div> <div>10:00 Walmart Shopping (O) 11:00 Puzzle Table (R66) 2:00 Euchre (CR) 2:30 Misc. Errands (O)</div>	<div>36</div> <div>10:00 Walmart Shopping (O) 11:00 Puzzle Table (R66) 2:00 Euchre (CR) 2:30 Misc. Errands (O)</div>



## An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.

The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw "U.S." stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the U.S. government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption "I Want You for U.S. Army" on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg's Uncle Sam were also used as a call to action during World War II.

In 1961, Congress passed a resolution recognizing Samuel Wilson as Uncle Sam's namesake.

