



The Lewisville Estates Lifestyle

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

July 2015

Happy July!

As we kick off July and the lovely Texas torturing temperatures, don't forget we have something great to celebrate! We think of July Fourth as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. It is also a time to not only remember America's Founding Fathers, but also those who have served this nation since then to keep it free! Thank you to all the men and women who have served our country! We have several fun events scheduled for this month. Please review the calendar and sign up for our preferred outings at the front desk.

July 4 — We will have a small July Fourth celebration in the front of the building with lemonade and fireworks!

July 16 — We'll have our main event at 6 p.m.! The theme will be an Uncle Sam's Backyard Barbecue. Please feel free to invite your family, friends and neighbors to join the live entertainment and cocktails!

July 17 — We will be attending the horse races as well. There will be limited seats, so please sign up ASAP!

July 22 — We will host a "Take Me to the Ball Park" Social on second floor, and we are asking everyone to please wear their favorite baseball jersey!

July 23 — We will have a cooking demo with our Chef Monte.

Our July Lunch Outings will be to Olive Garden and Mamma's Daughters' Diner. We are open to suggestions, so let Patty know if you have any recommendations for our calendar!

Thanks,
Jessica Hazelton
Executive Director

Resident of the Month

Our L.E.A.P. (Life enrichment Activities Program) would like to recognize Mrs. Omeda "Ida" Ekern. Omeda likes to participate in different activities in our community. She enjoys playing games in the afternoon, arts and crafts and Pokeno. She is also one of our new Ambassadors. Thank you, Omeda, for helping other residents and welcoming our new residents with your beautiful smile and kind heart. We are so proud to have you here at Lewisville Estates.



INDEPENDENT LIVING

JULY 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 Field Trips/Outing
- Friday 2 p.m. Express Errands

Birthdays

- Dorothy Evans, 1st
- Fay Gonzalez, 1st
- Ralph Prater, 3rd
- Jesse Smith, 4th
- Angelica Valdez, 5th (Employee)
- Jane Watson, 6th
- Dolores Etling, 7th
- Mildred Kitchen, 7th
- Helen Wilson, 10th
- Larry Dreyer, 19th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
10:00 Bible Study Singalong, L 5	National Kissing Day 6 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 11:30 Kissing Gram Delivery, DR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 7 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 10:30 Facials w/Mary Kay, AR 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 1 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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 4:00 Red, White & Blue Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 2 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 2:30 Crafts: Summer Wreaths, AR 6:00 Card Games, B	Wear Red, White & Blue 3 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 2:15 Ear & Hearing Clinic w/Dr. Stuart, B 3:30 Stars & Stripes Happy Hour, L 6:00 Card Games, B	INDEPENDENCE DAY 4 9:30 Walking Warriors 10:00 Fireworks Sparklers Social, FP 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 12	9:30 Exercise w/ Jacque of A.R.T., CR 13 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 14 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 10:30 Dress Up Nails w/Avon, R66 2:30 Town Hall Meeting, CR 3:30 Chick-fil-A Social, B 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 15 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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 4:00 Ring Toss of Fire, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 16 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B 6:00 Uncle Sam's Backyard Barbecue, DR	9:30 Walking Warriors 17 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Let's Cruise to the Bahamas Happy Hour, L 5:30 Out to the Horse Races, O 6:00 Card Games, B	9:30 Walking Warriors 18 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 19	9:30 Exercise w/ Jacque of A.R.T., CR 20 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 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	9:30 Chair Yoga Class, CR 21 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Arts & Crafts Tie Dye Shirts, AR 6:00 Card Games, B	Wear Your Favorite Baseball Jersey 22 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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:00 Take Me to the Ball Park Social, R66 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 23 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 3:00 Cooking Demo w/Chef Monte, DR 6:00 Card Games, B	9:30 Chair Zumba Class, F 24 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 11:00 Mama's Daughter's Diner, O 1:00 Bridge, CR 2:00 Express Errands, O 6:00 Card Games, B	9:30 Walking Warriors 25 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 26	9:30 Exercise w/ Jacque of A.R.T., CR 27 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Ring Toss of Fire, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 28 10:00 Shopping at Walmart, O 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	National U.S. Postal Day 29 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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:30 Writers' Corner, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 30 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B	9:30 Chair Zumba Class, F 31 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B	

Health and Wellness: Hydration

Dehydration is a common condition that afflicts many persons over the age of 65.

Dehydration occurs when the body loses more water than it takes in. Our bodies can lose water for a number of reasons. If left untreated, dehydration can become severe and result in serious illness. In fact, it can even be life threatening. Dehydration is ranked among the top 10 reasons people on Medicare are hospitalized. The good news is dehydration can be prevented.

Causes of Dehydration

- Medications
- Lack of mobility
- Incontinence
- Isolation
- Medical Conditions

There are things you can do to reduce your risk of dehydration. If you are interested in finding out more about dehydration and the steps you can take to reduce your risk, stop by the Legacy Healthcare Services Therapy Department and we can develop a personalized plan to assist you.

Tiffani Littlepage, OTR/RD

Rehab Director

Office: 972-420-8543



Exercise With Jacque!

Come and join us every Monday and Wednesday morning for exercise class with Jacque of Advanced Rehab Trust — a great workout and some fun too!



Arts and Crafts Time!

Come and join us every Tuesday afternoon for Arts and Crafts.



Hot air balloons made in Arts and Crafts!

