

Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

"America" ("My Country 'Tis of Thee") — This song's lyrics, set to the melody of "God Save the King," were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until "The Star-Spangled Banner" was officially given that honor in 1931.

"America the Beautiful" — According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado, where she gazed upon the breathtaking beauty of the countryside below. The music was composed in 1882 by Samuel Augustus Ward, a church organist and choirmaster.

"You're a Grand Old Flag" — Written by George M. Cohan for his 1906 stage show "George Washington Jr.," this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

"Yankee Doodle" — Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen. But in true American style, this parody has been embraced as a patriotic classic.



Resident of the Month!

Our L.E.A.P (Life Enrichment Activity Program) would like to recognize Betty Turner.

Betty likes everyone! She is always participating in different activities and events like Happy Hour, line dancing, and she also likes to be part of our Big Events. Thank you, Betty, for your fun personality and great smile. We are so happy to have you here at Lewisville Estates.



Arts and Crafts!

Come and join us every Tuesday at 2:30 p.m. for a creative, fun time during Arts and Crafts.



Dear Residents, Families and Friends,

As we kick off July with the Texas torturing temperatures, we have something great to celebrate each day at Lewisville Estates. I wish everyone a happy and healthy Independence Day. Get out your Red, White and Blue, and make a statement of your own! We have a "booming" month planned for you, so make sure you check the calendar for dates and event times. July 21, we will have our main event at 6 p.m. in the Dining Room! The theme will be Summer Sock Hop! Join us for an evening of entertainment, a photo booth and laughter. Please feel free to invite family and friends. Poodle skirts and scarves are optional, but you just may see some!



Our July Lunch Outings will be Babes Chicken and Mama's Daughters Diner.

We are so fortunate for the many volunteers we have! They bring entertainment, smiles, fitness, fun and so much more. As Summer Vacation starts, we look forward to the young volunteers being involved in our community!

— Jessica Hazelton, EXECUTIVE DIRECTOR

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
- Isolation
- Lack of mobility
- Medical Conditions
- Incontinence

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.

Tiffany Littlepage, OTR / Rehab Director

972-420-8543



Locations

- | | |
|----------------------|-----------------|
| Activity Room, AR | Fitness Room, F |
| AL Parking Lot, ALPL | Flagpole, FP |
| Bistro, B | Garden, G |
| Community Room, CR | Library, LL |
| Dining Room, DR | Lobby, L |
| Dog Park, DG | Outing, O |
| | Route 66, R66 |
| | Theater, TH |

Transportation Schedule

- | | |
|---------------------------|-------------------------------|
| Monday 10 a.m. Albertsons | Thursday 2 p.m. Walmart |
| Tuesday 10 a.m. Walmart | Friday TBA Field Trips/Outing |

Birthdays

- Dorothy Evans, 1st
- Fay Gonzalez, 1st
- Gema Garcia, 2nd (Employee)
- Ralph Prater, 3rd
- Albert Pursell, 4th
- Lu Cinde Reeder, 4th
- Nell Boyd, 4th
- Tessie Quick, 5th (Employee)
- Riley Laymon, 7th
- Mildred Kitchen, 7th
- Dolores Etling, 7th
- Tory Gonerway, 9th (Employee)
- Helen Wilson, 10th
- Doris Taylor, 14th
- Christine Kovach, 15th Employee
- Larry Dreyer, 19th
- Bill Cade, 20th
- Elvia Cantor, 21st (Employee)
- Carlos Rodriguez, 22nd (Employee)
- Jerry Sprading, 23rd
- Jean Harvill, 28th (Employee)
- Jennifer Diaz, 29th (Employee)

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|--|
|  |  |  | | | | |
| 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | INDEPENDENCE DAY 10:00 Coffee & Snacks Monday Social, L 10:30 4th of July Wonderword Search, L 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B | 9:30 Chair Yoga Class, CR 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 | 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 Kids Musical, L 3:00 Wii Games w/Max, F 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | Chocolate Day 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:00 Out to Thrift Shop, O 10:30 Bible Study w/Pastor Frances, B 1:45 Ear and Hearing Clinic w/Dr. Stuart, B 2:00 Shopping at Walmart, O 3:30 Chocolate Goodies Social, B 6:00 Card Games, B | 9:30 Walking Warriors w/Cindy of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 4th of July Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 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 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | Slurpee Day 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 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B | 9:30 Chair Yoga Class, CR 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 Town Hall Meeting, CR 2:30 Art Expression, AR 3:15 Watermelon Social w/Sunshine, CR 6:00 Card Games, B | 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 Kids Musical, L 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 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 3:30 Smoothies With Jacque, B 6:00 Card Games, B | Coca Cola Day 9:30 Walking Warriors w/Cindy of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Coca Cola Floats Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 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 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | 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 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B | 9:30 Chair Yoga Class, CR 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 3:00 Frozen Yogurt, O 6:00 Card Games, B | 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 Kids Musical, L 3:00 Wii Games w/Max, F 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 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 Summer Sock Up (Big Event), DR | National Ice Cream Month 9:30 Walking Warriors w/Cindy of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Ice Cream Time Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 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 |
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