

Looking Back at Summer Camps

For over a century, summer camps have provided countless children the opportunity to connect with nature, learn valuable skills and create memories.

In the late 1800s, overnight camps began popping up in the northeastern U.S. as a means for boys to break away from city life and build character, and were generally geared toward those from wealthy families. By the early 1900s, summer camps grew in number and diversity. National organizations like the YMCA and Boy Scouts catered adventures for boys from all social classes. Many of these camps focused on military basics and survival skills.

At about the same time, summer sleep-away camps for girls were established to teach life skills and encourage independence. The Camp Fire Girls and Girl Scouts were among the programs that provided these outdoor experiences for young women.

Starting in the 1950s, specialty camps began to concentrate on specific pursuits, such as academics, art, sports and music. Camps were also created for children with special needs and medical conditions. Today, there is a camp for nearly every interest.

A trend of traditional, rustic outdoor camps has emerged, as well as camps for adults who yearn to relive their childhood.



Resident of the Month

Our L.E.A.P. year would like to recognize Sharon Henson. Sharon likes to participate in different activities like Bingo, Arts & Crafts, Socials, Happy Hour and she also likes to be part of our Main Events. Thank you, Sharon, for your participation and nice personality. We are so glad you are here at Lewisville Estates.



Art Expression

Come and join us every Tuesday for some fun creations and a great time with your friends at our arts & crafts class.



The Lewisville Estates Lifestyle

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

LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

July 2017

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 3, we will be having a red, white and blue celebration, and July 20, we will have our main event at 6 p.m. in the Dining Room! The theme will be Murder on the Grill. Join us for an evening of entertainment, a photo booth and laughter. Please feel free to invite family and friends. Come and join us to solve the mystery. Our July Lunch Outings will be Korner Café and Red Lobster.

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 are looking forward to the young volunteers being involved in our community!

Erin Montgomery,
BUSINESS OFFICE DIRECTOR



Understanding Sunscreen

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun’s ultraviolet rays before they reach your skin. Choose products labeled as broad-spectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).



The Food and Drug Administration recommends sunscreens with a sun protection factor of at least 15, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun’s rays that the sunscreen blocks. SPF 15 filters out 93 percent of incoming rays, and SPF 30 filters out 97 percent.

About 15-30 minutes before you go outside, apply 1 ounce — about a full shot glass — of sunscreen to the parts of your body not covered by clothing.



INDEPENDENT LIVING

JULY 2017

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**
2 p.m.
Walmart
- Friday**
TBA
Field Trips/Outing

Birthdays

- Dorothy Evans, 1st
- Barbara Ann Francis, 2nd
- Blance Collins, 3rd
- Nell Boyd, 4th
- Albert Pursell, 4th
- Lu Cinde Reeder, 4th
- Tessie Quick, 5th (Employee)
- Dolores Etling, 7th
- Bill Nicholson, 9th
- Ed Eting, 9th
- Doris Taylor, 14th
- Kitty Achilles, 15th
- Christine Kovach, 15th (Employee)
- Barbara Jones, 17th
- Mildred Kitchens, 17th
- Larry Dreyer, 19th
- Carlos Rodriguez, 22nd (Employee)
- Jerry Sprading, 23rd
- Jennifer Diaz, 29th (Employee)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:30 Walking Warriors 1 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love 2 (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 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 3 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:30 Red, White & Blue Social, B 6:00 Card Games, B	INDEPENDENCE DAY 4 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	5 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 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, TH 4:00 Bean Bag Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	6 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/ Pastor Frances, CR 2:00 Shopping at Walmart, O 2:30 Busy Hands Club, R66 6:00 Card Games, B	Coca Cola Day 7 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 1:45 Ear & Hearing Clinic, B 3:30 Coca Cola Floats, L 6:00 Card Games, B	8 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 2:30 Movie Time With Pastor Frances, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love 9 (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 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 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:30 Legacy Health Chat, B 6:00 Card Games, B	Chick Fil A's Day 11 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:15 Chick Fil A's Social w/Sunshine, CR 6:00 Card Games, B	12 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 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, TH 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	13 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/ Pastor Frances, CR 2:00 Shopping at Walmart, O 3:30 Summer Social w/Jacque, B 6:00 Card Games, B	National Macaroni & Cheese Day 14 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Korner Cafe, O 1:00 Bridge, CR 3:30 Macaroni & Cheese Happy Hour, L 6:00 Card Games, B	15 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love 16 (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 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 17 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	18 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	19 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 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, TH 3:30 Minute to Win It! w/Legacy, CR 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	20 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/ Pastor Frances, CR 2:00 Shopping at Walmart, O 6:00 Card Games, B 6:00 Murder on the Grill, DR	Wear Your Favorite Baseball Jersey Day 21 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 3:30 Home Run Happy Hour, L 6:00 Card Games, B	22 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love 23 (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	National Tequila Day 24 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Shopping at Aldi, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Ring Toss of Fire, B 6:00 Card Games, B	25 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	26 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 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, TH 3:30 6 Things You Should Know About Hearing, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	27 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/ Pastor Frances, CR 2:00 Shopping at Walmart, O 2:30 Knitting Club Social, R66 6:00 Card Games, B	28 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Mama's Daughters Diner, O 1:00 Bridge, CR 3:30 Birthday Bash, L 6:00 Card Games, B	29 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love 30 (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	31 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 6:00 Card Games, B					