

Main Events!

Come and join us every third Thursday of every month, at 6:30 p.m., for some fun main events.



Safety and Community Outings

A community outing is defined as any trip or social engagement where the destination is outside of one's home setting, in the community. Community outings may vary based on modes of transportation, group sizes, and destinations.

Studies show that there are health benefits associated with participating in one's community. Benefits for seniors may include: Fostering support networks, maintaining physical independence, mental stimulation, preventing social isolation, reducing the risk of depression, and improving quality of life!

There may also be safety issues involved with traveling outside of one's home. Examples of safety issues include: Falls, potential for injury, getting lost, difficulty with community barriers (such as unlevel surfaces, curbs, steps, ramps, and bathroom accessibility), poor endurance/fatigue, difficulties with assistive devices, continence issues, visual deficits, and memory concerns.

Good safety awareness and preparation are essential in assuring that the benefits of community outings outweigh the risks. Therapy can help bridge the gap between a resident wanting to participate (but having safety concerns) and confidently participating in community outings. Physical and occupational therapists are specially trained to help residents maximize their independence and achieve their goals.



Therapy Interventions May Include:

- Safety awareness assessment and interventions
- Community integration training, in order to practice challenging skills that are required during the desired outing. This can include a therapist accompanying you on an outing to assess performance and make real-time safety recommendations.
- Adaptive equipment assessments, attainment, and training
- Balance, strength, and coordination training — for fall prevention
- Caregiver education and hands-on training for a family member or friend who may be accompanying you on an outing.

If you have any questions, feel free to contact your physician or a Legacy Therapist.

Legacy Healthcare Services
972-420-8543



The Lewisville Estates Lifestyle

Independent Living
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LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

JULY 2018

Dear Residents, Family and Friends

We had a great month of June celebrating the start of summer with our Laughapalooza and Summer Fun Happy Hour! Lewisville Estates celebrated our dads with Donuts With Dads and had a great outing to Winstar Casino. 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 plans that include: An outing to Babe's Chicken on Friday, July 13; Coffee With a Cop on Tuesday, July 17; and an Ice Cream Social With Patty on Thursday, July 26. On July 19, we will have our Summer Sock Hop (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 page and website for weekly picture updates.

Happy July! *Erin Montgomery, Executive Director*



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.





INDEPENDENT LIVING

JULY 2018

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
- Friday, 2 p.m. Express Errands

“Far away in the sunshine are my highest aspirations.”

— Louisa May Alcott

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Halfway Through the Year Day 1 7:30 The Truth in Love (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	Exercise w/Jacque of A.R.T., CR 2 9:30 10:00 Coffee & Snacks Monday Social, L Dollar Tree, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Star Kids Musical, L 3:00 Trivia Club, B 3:15 What's the Buzz, B 3:30 Rowdy Ring Toss, B 4:00 Card Games, B 6:00	Wear Patriotic Colors 3 Chair Zumba Class w/Patty, CR 9:30 Shopping at Walmart, O 10:00 Catholic Communion, B 10:00 Rosary Service, B 10:30 Independence Day Celebration, L 2:30 Card Games, B 6:00	INDEPENDENCE DAY 4 Independence Day 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 4th of July Wonder Word, L Independence Day Movie, TH 2:00 Bible Study, TH 3:15 Card Games, B 6:00 Bring a Friend Movie Night, TH 6:45	Balance Class w/Legacy, CR 5 9:30 10:00 Blood Pressure Check w/Legacy, CR Shopping at Walmart, O 10:00 Bible Study w/Pastor Frances, CR 10:15 Bridge Club, CR 1:00 Misc. Errands, O 2:00 Strawberry Shortcake Social w/Liia, B 3:00 Card Games, B 6:00	National Watermelon Month 6 9:30 Walking Warriors, B Express Errands, O 9:30 Coffee & Snacks Friday Social, L 10:00 Live Well Strength w/Legacy, CR 10:30 Hearing Aid Clinic, B 1:45 Wonder Word Challenge 2:00 You Are One in a Melon Happy Hour, L 3:30 Card Games, B 6:00	9:30 Walking Warriors 7 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 2:30 Billiards (Pool) 3:30 Crazy Card Game, B 7:00
7:30 The Truth in Love (TV Channel 7), R66 8 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	Exercise w/Jacque of A.R.T., CR 9 9:30 10:00 Coffee & Snacks Monday Social, L Big Lots, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Star Kids Musical, L 3:00 Trivia Club, B 3:15 Legacy Health Chat (Safety), B 3:30 Card Games, B 6:00	Pina Colada Day 10 Men's Out for Breakfast to Mama's Daughters' Diner, O 7:30 Chair Zumba Class w/Patty, CR 9:30 Shopping at Walmart, O 10:00 Catholic Communion, B 10:00 Rosary Service, B 10:30 Town Hall Meeting, CR 2:30 Pina Colada Social, B 3:30 Card Games, B 6:00	Exercise w/Jacque of A.R.T., CR 11 9:30 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:00 Blood Pressure Checks w/A.R.T., CR 10:30 <i>Sassy Senior \$1 Bingo, CR</i> 2:00 Bible Study, TH 3:15 Fun Facts About Fruits, B 3:30 Card Games, B 6:00 Bring a Friend Movie Night, TH 6:45	Balance Class w/Legacy, CR 12 9:30 10:00 Blood Pressure Check w/Legacy, CR Shopping at Walmart, O 10:00 Bible Study w/Pastor Frances, CR 10:15 Gift Galore (Vendor), L 11:00 Bridge Club, CR 1:00 Misc. Errands, O 2:00 Busy Hand Club, B 2:30 Hydration Presentation With Jacque, B 3:00 Card Games, B 6:00	Jersey Day 13 9:30 Walking Warriors, B Express Errands, O 9:30 Coffee & Snacks Friday Social, L 10:00 Live Well Strength w/Legacy, CR 10:30 Out to Babe's Chicken, O 10:30 Wonder Word Challenge 2:00 You Want Fries With That? Happy Hour, L 3:30 Card Games, B 6:00	9:30 Walking Warriors 14 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 2:30 Billiards (Pool) 3:30 Crazy Card Game, B 7:00
7:30 The Truth in Love (TV Channel 7), R66 15 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	Chef's Day 16 Exercise w/Jacque of A.R.T., CR 9:30 10:00 Coffee & Snacks Monday Social, L Dollar Tree, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Star Kids Musical, L 3:00 Trivia Club, B 3:15 Tic Tac Toss, B 4:00 Card Games, B 6:00	Coffee With a Cop, B 8:30 Chair Zumba Class w/Patty, CR 9:30 Shopping at Walmart, O 10:00 Catholic Communion, B 10:00 Rosary Service, B 10:30 Art Expression, CR 2:30 Card Games, B 6:00	Exercise w/Jacque of A.R.T., CR 18 9:30 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:00 Blood Pressure Checks w/A.R.T., CR 10:30 <i>Sassy Senior \$1 Bingo, CR</i> 2:00 Bible Study, TH 3:15 Card Games, B 6:00 Bring a Friend Movie Night, TH 6:45	Balance Class w/Legacy, CR 19 9:30 10:00 Blood Pressure Check w/Legacy, CR Shopping at Walmart, O 10:00 Bible Study w/Pastor Frances, CR 10:15 Bridge Club, CR 1:00 Misc. Errands, O 2:00 Social Hour With Legacy, B 3:00 Quilt Your Way to Happy Hour, L 3:30 Card Games, B 6:00 Summer Sock Hop (Main Event), L 6:15	9:30 Walking Warriors, B 20 Express Errands, O 9:30 Coffee & Snacks Friday Social, L 10:00 Live Well Strength w/Legacy, CR 10:30 Wonder Word Challenge 2:00 Card Games, B 6:00	9:30 Walking Warriors 21 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 2:30 Billiards (Pool) 3:30 Crazy Card Game, B 7:00
7:30 The Truth in Love (TV Channel 7), R66 22 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	Exercise w/Jacque of A.R.T., CR 23 9:30 10:00 Coffee & Snacks Monday Social, L Out to Tom Thumb, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Star Kids Musical, L 3:00 Trivia Club, B 3:15 Rowdy Ring Toss, L 4:00 Card Games, B 6:00	Chair Zumba Class w/Patty, CR 24 9:30 Shopping at Walmart, O 10:00 Catholic Communion, B 10:00 Rosary Service, B 10:30 Art Expression, CR 2:30 Card Games, B 6:00 Let's Find the Missing Piece to Our Puzzle Social, R66 6:00	Exercise w/Jacque of A.R.T., CR 25 9:30 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:00 Blood Pressure Checks w/A.R.T., CR 10:30 <i>Sassy Senior \$1 Bingo, CR</i> 2:00 Bible Study, TH 3:15 Card Games, B 6:00 Bring a Friend Movie Night, TH 6:45	Balance Class w/Legacy, CR 26 9:30 10:00 Blood Pressure Check w/Legacy, CR Shopping at Walmart, O 10:00 Bible Study w/Pastor Frances, CR 10:15 Bridge Club, CR 1:00 Misc. Errands, O 2:00 Busy Hand Club, B 2:30 Ice Cream Social With Patty, B 3:00 Card Games, B 6:00	9:30 Walking Warriors, B 27 Express Errands, O 9:30 Coffee & Snacks Friday Social, L 10:00 Live Well Strength w/Legacy, CR 10:30 Out to Soulman's Barbeque, O 11:00 Wonder Word Challenge 2:00 Birthday Bash, L 3:30 Card Games, B 6:00	9:30 Walking Warriors 28 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 2:30 Billiards (Pool) 3:30 Crazy Card Game, B 7:00
7:30 The Truth in Love (TV Channel 7), R66 29 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	Exercise w/Jacque of A.R.T., CR 30 9:30 10:00 Coffee & Snacks Monday Social, L Out to Dollar General, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Star Kids Musical, L 3:00 Trivia Club, B 3:15 Horseshoes Toss, B 4:00 Card Games, B 6:00	Chair Zumba Class w/Patty, CR 31 9:30 Shopping at Walmart, O 10:00 Catholic Communion, B 10:00 Rosary Service, B 10:30 Art Expression, CR 2:30 Out for Dinner to Macaroni Grill, O 4:30 Card Games, B 6:00	Birthdays Dorothy Evans, 1st Ann Francis, 2nd Gema Garcia, 2nd (Employee) Blance Collins, 3rd Nell Boyd, 4th Albert Pursell, 4th Lu Cinde Reeder, 4th Tessie Quick, 5th (Employee) Dolores Etling, 7th Ed Hunter, 9th Michael Jimenez, 12th (Employee) Doris Taylor, 14th Kitty Achilles, 15th Christine Kovach, 15th (Employee) Mildred Kitchens, 17th Barbara Jones, 17th Larry Dreyer, 19th Vanessa Reyes, 20th (Employee) Carlos Rodriguez, 22nd (Employee) Sam Pugh, 24th Jennifer Diaz, 29th (Employee)			