

Hello Lewisville Estates Residents!

Hello!, I would like to introduce myself to Lewisville Estates community. My name is Beth Denson I'm the rehab director with Legacy Healthcare. My office is located on **3rd floor suite 336**. I moved here from Greeley Colorado two weeks ago. My husband works for State Farm and his job transferred us to Dallas area. I have been a therapist for 16 years I specialize in Urinary incontinence, pain management, fall prevention and generalized weakness. If you have any questions regarding our specialized programs please feel free to give us a call or stop by our suite.

Legacy Healthcare is continuing our monthly health talk in both IL and AL. We also started a balance clinic that will be held every **Thursday**

at 10:30AM in the **community room**. If you are at risk for falls, been relying on your walker more or have bad ankles or knees this is a class you don't want to miss. Don't forget to dress for exercise, because we will be active.

Finally, for all you Lucky residents in AL, you will continue to see us **every Thursday afternoon at 1:30PM** and **Friday morning at 9:30** in the **activity room** for our 30 minute, ~~habtber~~ ~~is eds ss t& h& go w.~~ Please let us know if we can assist you with anything. We are here to serve you and help you age in place.

Beth Denson and the Legacy Healthcare Team Suite 336 • 972-420-8543

Chefs Corner

August is National Sandwich Month
The Grilled Cheese:

America's Favorite Sandwich

We've all heard the story of how in 1762 John Montague, Earl of Sandwich, ordered some meat stuffed between two pieces of bread in order to continue playing a game of cards. The idea caught on and the sandwich was born.

In the early 1920s, with the advent of affordable bread and processed cheese, the grilled cheese sandwich debuted. At first these sandwiches were cooked open-faced by melting grated "American" cheddar cheese on a single slice of bread. Not only was this sandwich delicious and economical, it also met government nutritional standards, and by the 1950s was served in school cafeterias throughout the country as part of a healthy meal. At some point, a second slice of bread became standard ingredient, most likely because it was the cheapest way to make a sandwich more filling. A curiosity has been raised by some over the name "grilled cheese" sandwich. Prior to the 1960s



recipes in cookbooks and articles referred to them as "toasted cheese" or "cheese dream" sandwiches. And the Preferred cooking method for this sandwich calls for broiling which, although perhaps passé, is a North American term for the "grilling." So while

almost everyone fries their grilled cheese sandwiches in a skillet, or on a griddle, you won't find a recipe named "fried cheese" sandwich.

Today, the classic grilled cheese sandwich has been transformed into gourmet delight. From substituting focaccia, ciabatta, or other artisanal breads for pre-sliced white bread, to using gruyere, Havarti, or smoked Gouda instead of processed American. We've also given this sandwich an extra touch of class by adding such items as bacon, nuts, avocados, tomatoes, and pesto. So whether it's the quintessential version or one of the many gourmet varieties, the fact is more than two billion folks each year crave this iconic wonder making it, without exception, America's favorite sandwich.



Happy August!

This month will be very exciting as we have several planned events that will encourage staff, and resident involvement- which we will refer to as SPIRIT MONTH!! The first week of August we will focus on "Alzheimer's Awareness." More than 5 million Americans are living with the disease. We will tie dye purple shirts to kick off our mini Alzheimer's walk that will be held on campus! Please Save the Date if you would like to participate in the Denton County Walk to End Alzheimer's: on **Saturday, Sept 13th**, more information to follow.

We will be hosting a back to school drive at Lewisville Estates. Please help in supporting our local children that are in need of school supplies. All donations will go to local schools in Lewisville to help the children and families that are less fortunate. Items may be placed in the box near the concierge desk, and will be donated by **August 22nd**.

Please check dates in the calendar so you can join in the festivities!

Come and join us on
Arts & Crafts Day!

Every Thursday
@ 2:30 p.m.



Happy Birthday!

May this birthday be just the beginning of a year filled with happy memories, wonderful moments and shining dreams! Come and join us for our birthday celebration on **Friday, August 29th at 3:30 p.m.**



Resident Birthdays

8/1 Arthur Neal
8/5 Emogean Carter
8/6 Robert Stringer
8/12 Steve Vloitos
8/16 Doris Hunter
8/23 Kitty Harrison
8/29 Nancy Benner

Employee Birthdays

8/6 Elida Ramirez
8/26 Lilian Lewis

Current Events

8/1 Spirit Month Kick off
Time: 3:30 p.m.
Where: Lobby

8/8 Out to Win Star Casino
Time: 8:30 a.m.
Where: Outing

8/11 Legacy Health Chat
Time: 3:30 p.m.
Where: Bistro

8/13 Men's Breakfast
Time: 7:30 a.m.
Where: Outing

8/21 Cheeseburger in Paradise
Time: 6 p.m.
Where: Dining Room

8/22 Lunch Out: Pizza Hut
Time: 11 a.m.
Where: Outing



Activity Room - <i>AR</i>	Dining Room - <i>DR</i>	Library - <i>LL</i>	Route 66 - <i>R66</i>
AL Parking Lot - <i>ALPL</i>	Fitness Room - <i>FR</i>	Lobby - <i>L</i>	Theater - <i>TH</i>
Bistro - <i>B</i>	Flaggpole - <i>FP</i>	AL Lobby - <i>ALL</i>	
Community Room - <i>CR</i>	Garden - <i>G</i>	Outing - <i>O</i>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <p>Trail Mix Day 10:30am Bible Study, <i>B</i> 1:30pm Chicken Foot, <i>LL</i> 2pm Matinee Movie, <i>TH</i> 3pm Residents Choice Game, <i>B</i> 4pm Resident Meet & Greet with Trail Mix Snack, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>					<p>1</p> <p>Back to School Fundraiser Kick Off 9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10am Garden Club Flower Arranging, <i>B</i> 10:30am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Wonderword Challenge, <i>B</i> 2pm Express Errands, <i>O</i> 3:30pm Spirit Month Happy Hour, <i>L</i> 6pm Card Games, <i>B</i></p>	<p>2</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>
<p>3</p> <p>Sister's Day 10:30am Bible Study, <i>L</i> 1:30pm Chicken Foot, <i>LL</i> 2pm Matinee Movie, <i>TH</i> 3pm Worship Songs, <i>L</i> 3:30pm Write a Letter to your sister, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p>4</p> <p>National Chocolate Chip Day 9:30am Exercise with Jacque, <i>CR</i> 10am Albertson's, <i>O</i> 10am Glitz Blitz, <i>L</i> 10am Coffee & Chocolate Chip Cookies Social, <i>L</i> 10:30am Blood Pressure Checks w/ Legacy, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 4pm Ring of Fire Darts, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>5</p> <p>Sign Up for Bowling Tournament 9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 10:30am Facials w/ Mary Kay, <i>AR</i> 1:30pm Spanish Class w/ Patty, <i>AR</i> 2pm Latin Dance w/ Patty, <i>CR</i> 4pm Popcorn Toss, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>6</p> <p>National Root Beer Float 9:30am Exercise with Jacque, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Games, <i>FR</i> 3:15pm Alzheimer's Awareness Presentation and root beer floats, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>7</p> <p>10am Miscellaneous Errands, <i>O</i> 10am Bible Study/Sing A Long, <i>ALL</i> 10am Gift Galore, <i>L</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 10:30am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression (tie dye purple shirts), <i>AR</i> 6pm Card Games, <i>B</i> 7pm Bring a Friend Movie Night, <i>TH</i></p>	<p>8</p> <p>8:30am Out to Win Star Casino, <i>O</i> 9:30am Walking Warriors 10:30am Blood Pressure Check w/ Otilia, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Wonderword Challenge, <i>B</i> 2pm Express Errands, <i>O</i> 3:30pm Alzheimer's Awareness Happy Hour w/ purple Beer, <i>L</i> 6pm Card Games, <i>B</i></p>	<p>9</p> <p>National Bowling Day 9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Wii Bowling Tournament, <i>FR</i> 7pm Crazy Card Games, <i>B</i></p>
<p>10</p> <p>S'mores Day 10:30am Bible Study, <i>B</i> 1:30pm Chicken Foot, <i>LL</i> 2pm Matinee Movie, <i>TH</i> 3pm S'more time w/ Patty, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p>11</p> <p>Elvis Week 9:30am Burning Love Exercise w/Jacque, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 3:15pm Reading Time w/ Jane, <i>AR</i> 3:30pm Legacy Health Chat, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>12</p> <p>9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 10:30am Dress Up Nails w/ Avon, <i>R66</i> 1:30pm Spanish Class, <i>AR</i> 2:30pm Town Hall Meeting, <i>CR</i> 3:30pm Name that Tune Elvis Style w/popcorn, <i>L</i> 6pm Card Games, <i>B</i></p>	<p>13</p> <p>7:30am Men's Breakfast, <i>O</i> 9:30am Exercise with Jacque, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social w/ Elvis Trivia, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Games, <i>FR</i> 3:15pm Meet & Greet w/ Legacy, <i>B</i> 4pm Latter Toss, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>14</p> <p>10am Miscellaneous Errands, <i>O</i> 10am Bible Study/Sing A Long, <i>ALL</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 10:30am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression (Making Cards w/ June), <i>AR</i> 6pm Card Games, <i>B</i> 7pm Elvis Movie & Popcorn Night, <i>TH</i></p>	<p>15</p> <p>Dress Up Like Elvis (50's Dress) 9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10am Garden Club Flower Arranging, <i>B</i> 10:30am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Wonderword Challenge Elvis Style, <i>B</i> 1pm Bridge, <i>B</i> 2pm Express Errands, <i>O</i> 3:30pm Elvis Hound Dog Happy Hour, <i>L</i> 6pm Card Games, <i>B</i></p>	<p>16</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>
<p>17</p> <p>Back To School Supply Fundraising Week 10:30am Bible Study, <i>B</i> 1:30pm Chicken Foot, <i>LL</i> 2pm Matinee Movie, <i>TH</i> 3pm Residents Choice Game, <i>B</i> 3pm North Dallas Chapel Choir, <i>L</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p>18</p> <p>Cupcake Day 9:30am Exercise with Jacque, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks w/ Legacy, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 4pm Cupcake Decoration, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>19</p> <p>9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 10am Dream Jewelry w/ Celsa, <i>L</i> 1:30pm Spanish Class w/ Patty, <i>AR</i> 2pm Line Dance w/ Geri, <i>CR</i> 4pm Tic Tac Toss, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>20</p> <p>9:30am Exercise with Jacque, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Games, <i>FR</i> 4pm Story Time, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>21</p> <p>Senior Citizen Day 10am Miscellaneous Errands, <i>O</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 10:30am Blood Pressure Check w/ Legacy, <i>CR</i> 10am Bible Study/Sing A Long, <i>ALL</i> 2pm Walmart, <i>O</i> 6pm Cheeseburger In Paradise, <i>DR</i></p>	<p>22</p> <p>9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10:30am Wonderword Challenge, <i>B</i> 10am Blood Pressure Check w/ Otilia, <i>AR</i> 11am Lunch Out: Pizza Hut, <i>O</i> 1pm Bridge, <i>B</i> 2pm Express Errands, <i>O</i> 3:30pm School Memories Happy Hour, <i>L</i> 6pm Card Games, <i>B</i></p>	<p>23</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>
<p>24</p> <p>Sing Up for Golf Tournament 10:30am Bible Study, <i>B</i> 1:30pm Chicken Foot, <i>LL</i> 2pm Matinee Movie, <i>TH</i> 3pm Residents Choice Game, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p>25</p> <p>9:30am Exercise with Jacque, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 3:15pm Reading Time w/ Jane, <i>AR</i> 4pm Ring of Fire Darts, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>26</p> <p>National Dog Day 9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 10:30am Pampering your Pet Day, <i>DP</i> 1:30pm Spanish Class, <i>AR</i> 2pm Latin Dance w/ Patty, <i>CR</i> 3pm Mini Golf Tournament, <i>L</i> 6pm Card Games, <i>B</i></p>	<p>27</p> <p>9:30am Exercise with Jacque, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Tournament, <i>FR</i> 4pm Latter Toss, <i>B</i> 6pm Card Games, <i>B</i></p>	<p>28</p> <p>10am Miscellaneous Errands, <i>O</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 10:30am Blood Pressure Check w/ Legacy, <i>CR</i> 10am Bible Study/Sing A Long, <i>ALL</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression, <i>AR</i> 7pm Bring a Friend Movie Night, <i>TH</i> 6pm Card Games, <i>B</i></p>	<p>29</p> <p>Wear your Favorite College Jersey 9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Wonderword Challenge, <i>B</i> 1pm Bridge, <i>B</i> 2pm Express Errands, <i>O</i> 3:30pm Birthday Bash with Tonya, <i>L</i> 6pm Card Games, <i>B</i></p>	<p>30</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>