



**Independent Living**

800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

**August 2015**

## Happy August!

Another summer is about to close as our kiddos, grandkids some staff, and friends head back to school. This month we will be celebrating "Senior Citizen Spirit Week." We have several fun activities in store! Please check your calendars and weekly reminders for what is happening in the community. If you have any suggestions for outings, please let our Activity Director know. On Aug. 6, we will be having our Root Beer Float social, and we hope to see you all there! Sign up at the front desk to go out to Winstar Casino on Aug. 14. Don't forget to invite your family and friends to our Vintage Circus on Aug. 20. Join us for a sweet treat at Diary Queen on Aug. 28!



*Fourth of July Celebration with great friends*

We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors or family members who are thinking about senior living, please send them our way! Remember, you will receive a \$500 check if they are here for 90 days. Look at your address book, there has to be someone who would make a good Lewisville Estates family member. Thanks for spreading the word. Check us out on our website, and don't forget to tell your friends to check us out on the web, too! Also, check out our Facebook for weekly updates and picture. We are frequently updating our page with fun events happening here!

## Resident of the Month

Our Life Enrichment Activities Program (L.E.A.P) would like to recognize Mr. Howard Guess. Howard likes to participate in different activities and be part of our big events. Howard always has a great smile and funny jokes that will always make you laugh. Thank you, Howard, for your great personality and awesome smile. We are so happy to have you here at Lewisville Estates.



INDEPENDENT LIVING

AUGUST 2015

## Locations

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

Arthur Neal, 1st  
 Robert Stringer, 6th  
 Cindy Bruce, 11th (Employee)  
 Kathy Rodriguez, 13th  
 Doris Hunter, 16th  
 Cleo Prater, 17th  
 Kitty Harrison, 23rd  
 Dorothy Kunkler, 24th  
 Georgia Londrigan, 29th  
 Nancy Benner, 29th

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	<b>Watermelon Day</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss & Watermelon Social, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>10:30 Facials w/Mary Kay, AR</b> 1:45 Line Dancing w/Geri, L 2:00 Spanish Class, AR 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 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>Root Beer Floats Day</b> <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/ Pastor Frances, B</b> 2:00 Shopping at Walmart, O <b>3:30 Root Beer Floats Social, B</b> 6:00 Card Games, B	<b>International Beer Day</b> 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>2:15 Ear &amp; Hearing Clinic w/Dr. Stuart, B</b> <b>3:30 Beer &amp; Nuts Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>Senior Citizen Spirit Week</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	<b>Crazy Socks Day</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR <b>3:30 Legacy Health Chat, B</b> 6:00 Card Games, B	<b>Twin Day S'mores Day</b> <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Dress Up Nails w/Avon, R66 10:30 Rosary Service, B <b>2:30 Town Hall Meeting, CR</b> <b>3:30 S'mores Social, B</b> 6:00 Card Games, B	<b>Crazy Hair &amp; Hat Day</b> <b>7:00 Men's Breakfast, O</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 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Bean Bag Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>Neon Day</b> <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/ Pastor Frances, B</b> 2:00 Shopping at Walmart, O <b>3:30 What to Look for With Jacque of A.R.T., B</b> 6:00 Card Games, B	<b>Jeans &amp; Jersey Day</b> <b>8:30 Out to Winstar, O</b> 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>3:30 Senior Citizen Happy Hour, L</b> <b>4:00 Senior Seminar, CR</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
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# Health and Wellness

## Pain Management

Pain is something everyone will experience at one time or another. Often times, it's an indication that something is wrong. It can range from mild and occasional to severe and constant. Pain has both physical and emotional components and can be temporary or become more chronic in nature.

When we experience pain it can lead to many other issues including depression, decreased independence, increased medical bills and decreased quality of life. There are many causes of pain such as trauma, injury, poor posture, obesity, repetitive stress and disease processes.

The good news is there are many treatment options that can be implemented to address the pain and prevent the pain from worsening. Right here in this community, you have a team of skilled therapists who are available to evaluate and assess any pain you are experiencing. Our goal is to help people do the things they love and need to do, so that they have a high quality of life and can stay as independent as possible. Stop by the Legacy Healthcare Services office if you would like to discuss further. We can help develop a well-rounded treatment plan tailored specifically to your needs!

Tiffani Littlepage, OTR/RD

Rehab Director

Office: 972-420-8543

## Pokeno!

Come and Join us for Pokeno every Monday at 2 p.m. for great prizes and fun times.

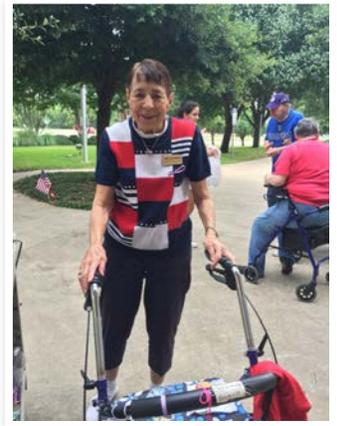


## Step by Step

Walking is one of the best exercises for you: It's low-impact, so it's easy on your joints, and it can be done almost anywhere. Many people use a pedometer, a device that counts steps, to motivate them to walk more. Just clip the pedometer on your waistband or belt and go about your day.

A pedometer lets you know how many steps you take on a typical day and how active you are. The daily average for older adults ranges from 2,000 to 9,000 steps.

Start by walking just 500 or 1,000 extra steps per day. Look for small opportunities to walk more, such as taking a longer route through a store. By instantly showing you how much you are walking, a pedometer can motivate you to keep moving.



*Jean, one of our great walkers here at Lewisville*

## Outings

Come and join us every second and fourth Friday for great outings!



Out to Southfork Ranch



Out to Top Golf