Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A widebrimmed hat and sunglasses will provide added sun protection.

Stay hydrated — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.



Social Hour! (Continued)



The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen

because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.





Dear Residents, Families, and Friends

At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes we have for you: Exercise with Jason of Lifeway, Exercise Class with Legacy, and Tone those Bones with Nilly of Senior Helpers.

This month, we will be hosting our annual Mother's Day Tea Party on May 11. Many residents will be wearing hats we have decorated for this very occasion. Also, we encourage you to invite your loved ones! As always, we have many fun and exciting events this month: Let's Talk About It Cinco de Mayo Social Hour, Mother's Day Celebration Social Hour, outings to On the Border and Cracker Barrel, and our Main Event this month Esta Fiesta. Please check the calendar or see Patty for more details.

Нарру Мау,

Erin Montgomery, Executive Director



Social Hour!

Come and join us during our social hours for some fun time with our residents and staff.

(Pictures continue on back.)













ASSISTED LIVING AL#010063

MAY 2019

Locations

Activity Room, AR AL Courtyard, ALC AL Parking Lot, ALPL Bistro, B Dining Room, DR Library, LI Lobby, L Outing, O Spa, Spa

Birthdays

Patricia Kixmiller, 3rd Hope Dugan, 4th Valree Wynn, 9th Sybil Lidster, 22nd Monte Melugin, 26th Jim Hawes, 30th

Transportation Schedule

Monday, 10 a.m. **Grocery Stores**

Tuesday, 10 a.m. Walmart

Wednesday, 10 a.m. Post Office/Bank

8:30 New Covenant

8:30 In Search of the

Channel 12), L

Rob Harrison, L

2:00 Church Service w/

3:00 Cinema Sundays, L

Baptist Church, L

Lord's Way (TV KTXA

2:00 Sassy Senior

2:00 Start Kids

Bingo w/

Lifeway, AR

Musical, L

Search, AR

4:00 Wonder Word

Thursday, 10 a.m. Walmart

Friday, TBA Field Trips/Outing

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY MAY DAY 9:30 Senior Fitness, AR ³ **National Day of Prayer** 9:30 Word of the Day! **Lemonade Day** 10:30 Wonder Word 9:00 Chair Exercise, L 9:30 Beauty Salon 9:30 Tone Those Bones, AR Search, AR 9:45 Christian Service Is Open 10:00 Post Office/Bank, O 11:00 Out to on the w/Rev. Mark, L 9:30 Chair Exercise, L Bible Study w/Cliff of Border, O Lifeway Hospice, L 10:00 Shopping at 10:30 Wonder Word 1:00 Bible Study w/Laura 1:30 Card Club, AR Walmart, O Search, AR Let's Talk about 2:00 Snack Attack Bingo, AR 1:00 Storytelling Club, L 2:00 Saturday Bingo, AR Cinco de Mavo 3:15 Lemonade and 2:30 Art Expression, AR 3:30 Resident Choice Social Hour, L Game Social, L 4:00 Rowdy Ring Toss, L of Game, L 4:00 Name Your Game!, AR 4:00 Trivia, L Cinco De Mavo 9:30 Tone Those 9:30 Word of the Day! 11 9:00 Chair Exercise, L 9:30 Senior 9:30 Exercise w/ 9:30 Senior Fitness, AR Bones, AR 7:30 The Truth in Love Fitness, AR 9:30 Beauty Salon 9:45 Christian Service Legacy, AR 9:30 Beauty Salon Is Open (TV Channel 7), L 10:00 Post Office/Bank, O Is Open 10:00 "Family Feud," L w/Rev. Mark, L 10:00 The Prize is Right 10:00 Shopping at 10:00 Bible Study w/Cliff of 8:30 New Covenant 10:30 Wonder Word 9:30 Chair Exercise, L and Snack Social, L 10:00 Shopping at Walmart, O Lifeway Hospice, L Baptist Church, L Search, AR 10:30 Wonder Word In Search of the 10:00 Dollar Tree, O 10:30 Catholic Communion 1:00 Chicken Foot Walmart, O 1:00 Bible Study w/Laura Search, AR Lord's Way (TV KTXA (Dominoes), AR 1:00 Movie & Snack, L 1:00 Giant Crossword 2:00 Sassy Senior Bingo 2:00 Mother's Day 2:00 Mother's Day Channel 12), L 1:30 Card Club, AR 3:00 Game of Choice, L w/Lifeway, AR Puzzle, L Celebration Tea, DR 2:00 Church Service w/ 2:00 Snack Attack Bingo 6:00 Esta Fiesta (Main 4:00 Adult Coloring 2:30 Art Expression, AR Social Hour, L Rob Harrison, L 3:30 Resident Choice w/Lake Village Event), L Club, AR 3:30 Ring Toss of Fire, L 4:00 Name Your Game!, AR 3:00 Cinema Sundays, L 4:00 Spelling Bee, L of Game, L MOTHER'S DAY 13 15 9:30 Exercise w/ 9:30 Tone Those 16 **Nascar Day** 9:30 Word of the Day! 9:30 Senior Fitness, AR 7:30 The Truth in Love 9:00 Chair Exercise, L Bones, AR Legacy, AR 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 9:30 Beauty Salon (TV Channel 7), L 9:45 Christian Service 10:00 The Prize is Right 10:00 Post Office/Bank, O 10:30 Wonder Word 9:45 Blood Pressure Clinic Is Open 8:30 New Covenant w/Rev. Mark, L and Snack Social, L 10:00 Bible Study w/ Search, AR w/Life Way Hospice, L 9:30 Chair Exercise, L Baptist Church, L 10:00 Shopping at **Cliff of Lifeway** 10:00 Shopping at 11:00 Out to Cracker 10:00 Shopping at 8:30 In Search of the 10:30 Wonder Word Walmart, O Hospice, L Walmart, O Barrel, O Big Lots, O Lord's Wav (TV KTXA Search, AR 10:30 Catholic Communion 1:00 Storytelling Club, L 1:30 Card Club, AR 1:00 Bible Study w/Laura 2:00 Sassy Senior Bingo Channel 12), L 2:00 Saturday Bingo, AR 1:00 Popcorn/Movie, L 2:00 Race on Over w/Lifeway, AR 2:00 Snack Attack 2:30 Art Expression, AR 2:00 Church Service w/ 3:30 Resident Choice 2:00 Fancy Nails & Hand Social Hour, L 4:00 Wonder Word Bingo, AR Rob Harrison, L 4:00 Rowdy Ring Toss, L Massage, AR of Game, L 4:00 Name Your Game!, AR Search, AR 3:00 Cinema Sundays, L 4:00 Trivia, L 22 20 21 7:30 The Truth in Love 199:30 Senior 9:30 Tone Those **National Polka Day** 9:30 Word of the Day! 9:30 Exercise w/ 9:00 Chair Exercise, L (TV Channel 7), L Fitness, AR Bones, AR 9:30 Senior Fitness, AR Legacy, AR 9:30 Beauty Salon 9:45 Christian Service 8:30 New Covenant 9:30 Beauty Salon 10:00 Post Office/Bank, O 10:00 "Family Feud," L Is Open 10:00 The Prize is Right w/Rev. Mark, L Is Open Baptist Church, L 10:00 Bible Study w/ 10:30 Wonder Word and Snack Social, L 10:00 Shopping at 9:30 Chair Exercise, L 10:00 Shopping at **Cliff of Lifeway** Search, AR 8:30 In Search of the Walmart, O 10:00 Dollar Tree, O 10:30 Wonder Word Walmart, O Lord's Way (TV KTXA Hospice, L 1:00 Bible Study 1:00 Giant Crossword 2:00 Sassy Senior Bingo Search, AR 10:30 Catholic Channel 12), L 1:30 Card Club, AR w/Laura Puzzle, L w/Lifeway, AR 2:00 Saturday Bingo, AR 2:00 Church Service w/ Communion 2:00 Snack Attack Bingo 2:00 Polka Social Hour, L 2:30 Art Expression, AR 4:00 Adult Coloring 3:30 Resident Choice Rob Harrison, L 1:00 Movie & Snack, L w/Lake Village 4:00 Name Your 3:30 Ring Toss of Fire, L Club, AR of Game, L 3:00 Cinema Sundays, L 3:00 Game of Choice, L 4:00 Spelling Bee, L Game!, AR MEMORIAL DAY 27 29 30 31 28 7:30 The Truth in Love 269:30 Senior 9:30 Senior **National Senior** 10:00 The Prize is Right (TV Channel 7), L Fitness, AR Fitness, AR **Health and Fitness Day** and Snack Social, L

9:30 Tone Those

Bones, AR

10:00 Bible Study w/

1:30 Card Club, AR

Hospice, L

10:00 Post Office/Bank, O

Cliff of Lifeway

9:30 Beauty Salon Is Open

Walmart, O

1:00 Popcorn/Movie, L

10:30 Catholic Communion

2:00 Fancy Nails & Hand

Massage, AR

3:00 Game of Choice, L

10:00 Shopping at

9:00 Chair Exercise, L

9:45 Christian Service

Walmart, O

2:30 Art Expression, AR

10:00 Shopping at

w/Rev. Mark, L

10:30 Wonder Word

1:00 Bible Study

4:00 Name Your

Search, AR

w/Laura

2:00 Birthday Bash, L

Game!, AR

