

L.E.A.P Resident of the Month

L.E.A.P recognizes Lewisville Estates April Resident of the month for encouraging others to get involved and staying active daily. Mrs. Helen Bradshaw is always the one to be seen at an activity and always in encouraging others to play games and stay active. She is always the one to remind others that exercise is good for us and playing games is better than sitting on the couch. Thank you Helen for encouraging others and staying active.

Celebrating Mother's Day



Origin of Mother's Day goes back to the era of ancient Greek and Romans. But the roots of Mother's Day history can also be traced in UK where a Mothering Sunday was celebrated much before the festival saw the light of the day in US. However, the celebration of the festival as it is seen today is a recent phenomenon and not even a hundred years old. Thanks to the hard work of the pioneering women of their times, Julia Ward Howe and Anna Jarvis that the day came into existence. Today the festival of Mother's day is celebrated across 46 countries (though on different dates) and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well wisher.

Legacy Health Chat

Last month our big winner in the gift card raffle was Judy Schultz. For the month of May, our health talk will cover Women's Health Awareness. So come join in on the discussion May 12th at 3:30 in The Bistro at the IL, or May 19th at 3:30 in the Activity Room at the AL. For all those who attend, you get to fill out a quick questionnaire for another chance to win a Walmart gift card!

Are you fearful of falls? Have you noticed your feet just aren't clearing the ground as they once did? We are continuing in our battle with gravity,


so if you have a fear of falling or questions about balance, join in on the fight. Every other Tuesday, Legacy is hosting a balance clinic to address the risks for falls. If you have bad ankles, bad knees or just know you've been relying on that walker just a little more than usual, please stop by. We will be meeting on May 8th and May 22nd at 10:30 in the Community Room.

Legacy Healthcare is also providing complimentary Blood Pressure checks, every other Monday in the Community Room immediately following Exercise with Jacque. Just stop by May 12th and the 26th at 10:30 in the Community Room, on the 3rd floor. Better yet, join in the Exercise Class with Jacque and see what all the fun is about.

Finally, for all you lucky residents in the AL, you will continue to see us every Friday morning at 9:30 in the Activity Room for our 30-minute, head-to-toe exercise class, Stretch & Grow.

Wishing you a Happy Mother's Day,
Michael and the Legacy Healthcare Team
Suite 336
972-420-8543

Current events


 **5/2 Lunch at El Fenix**
10:30am
Outing

 **5/9 Mother's Day Tea**
10am
IL Friendship Garden


 **5/14 Men's Breakfast**
7am
Outing

5/14 Town Hall Meeting
3pm
Lobby

5/15 Luau
6:30pm
IL Dining Room

 **5/16 Lunch at Steak & Shake**
10:30am
Outing

5/19 Legacy Health Talk
3pm
Activity Room

 **5/20 Family Game Night**
6:30pm
Activity Room

5/29 Welcome Home Party
6pm
AL Private Dining Room



May 2014 is Older Americans Month

This year's theme is "Safe Today. Healthy Tomorrow."

A Proclamation

Whereas, Lewisville Estates Senior Living includes over 100 citizens ages 60 and older; and

Whereas, Lewisville Estates Senior Living is committed to helping all individuals live longer, healthier lives; and

Whereas, the older adults in Lewisville Estates Senior Living have made countless contributions and sacrifices to ensure a better life for future generations; and

Whereas, we recognize the value of injury prevention and safety awareness in helping older adults remain healthy and active; and

Whereas, our community can provide opportunities to enrich the lives of individuals young and old by:

Emphasizing the need to take action to safeguard themselves from unintentional injuries where they live, work and socialize. Providing information on avoiding leading causes of injury for older adults – falls, motor vehicle-related incidents, suffocation, medication overdose, and fire/burns. Helping older adults take control of their safety and wellbeing.

Now therefore, We of Lewisville, TX do hereby proclaim May 2014 to be Older Americans Month. We urge every resident to take time this month to recognize older adults and the people who serve and support them as powerful and vital individuals who greatly contribute to the community.

Dated this 1st day of May, 2014
Lewisville Estates Senior Living.



May Birthdays

5/25 Charles Chowning
5/25 Sandy Atlas
5/29 Dorothy Radil



LOCATIONS KEY

Activity Room - AR
AL Parking Lot - ALPL
Country Store - CS
Dining Room - DR
IL Dining Room - ILDR

Library - LL
IL Lobby - ILL
Outing - O
Spa - Spa
Theater - TH

Lobby - L
Assisted Living Court Yard - ALCY

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				May Day 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2pm Rowdy Ring Toss, AR 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, L	9:30am Stretch & Grow w/ Legacy, AR 10:30am Lunch at El Fenix, O 1pm Penny Pitch, AR 2pm Chips & Salsa Fiesta, L 2:30pm Resident Room Visits 3:30pm Sassy Senior Bingo, AR	Kentucky Derby 9:30am Price is Right!, L 10:30am Word find challenge, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Dominoes Club, AR
4 Drink Water Week 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Uno, AR 1pm Sassy Senior Bingo, AR 2pm Bible Study w/ Rob Harrison, L 3pm Dominoes, AR	5 Cinco de Mayo! Nurses Week 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Toss a Tic-Tac-Toe, L 1:30pm Battleship, AR 3:30pm Sassy Senior Bingo, AR	6 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2pm Ring of Fire Darts, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	7 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Connect 4, AR 10:30am Game with Country Store Shopping, CS 1:30pm Bucket Bonanza, L 2:30pm Pieces to Pieces, LL 3:30pm Sassy Senior Bingo, AR	8 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2pm Gutter Gang Bowling, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR	9 9:30am Stretch & Grow w/ Legacy, AR 10am Mother's Day Tea Party, ILFG 1pm Janga, L 2pm Mother's Day Celebration, L 2:30pm Resident Room Visits 3:30pm Sassy Senior Bingo, AR	10 9:30am Price is Right!, L 10:30am Word find challenge, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Dominoes Club, AR
11 Mother's Day 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Skip-Bo, AR 1pm Words with Friends, AR 3pm Dominoes, AR	12 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Landslide, AR 1:30pm Balloon Paddle, L 3:30pm Sassy Senior Bingo, AR	13 9-11am Blood Pressure & Weight Checks 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2pm Power Tower, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	14 7am Men's Breakfast, O 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Steady Operation, AR 10:30am Game with Country Store Shopping, CS 1:30pm Yahtzee, AR 3pm Town Hall Meeting, L 3:30pm Sassy Senior Bingo, AR	15 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2pm Basketball Shoot Out, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR 6:30pm Luau, ILDR	16 9:30am Stretch & Grow w/ Legacy, AR 10:30am Lunch at Steak & Shake, O 1pm Go Fish, AR 2pm Luau Fun, L 2:30pm Resident Room Visits 3:30pm Sassy Senior Bingo, AR	17 Armed Forces Day 9:30am Price is Right!, L 10:30am Word find challenge, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Dominoes Club, AR
18 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Farkle, AR 1pm Connect 4, AR 2pm Bible Study w/ Rob Harrison, L 3pm Dominoes, AR	19 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Beach Ball Toss, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Legacy Health Talk, AR	20 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2pm Slap Volleyball, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR 6:30pm Family Game Night, AR	21 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Game with Country Store Shopping, CS 1:30pm Mexican Train, AR 2:30pm Pieces to Pieces, LL 3:30pm Sassy Senior Bingo, AR	22 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2pm Frisbee Golf, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR	23 9:30am Stretch & Grow w/ Legacy, AR 10:30am A to Z, AR 1pm Heavenly Hands & Nails, AR 2pm Yogurt Chiller, L 2:30pm Resident Room Visits 3:30pm Sassy Senior Bingo, AR	24 9:30am Price is Right!, L 10:30am Word find challenge, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Dominoes Club, AR
25 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Sorry, AR 1pm Janga, AR 3pm Dominoes, AR	26 EMS Week Memorial Day 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Uno, AR 1:30pm Power Tower, L 3:30pm Sassy Senior Bingo, AR	27 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2pm Rowdy Ring Toss, AR 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	28 National Senior Health & Fitness Day! 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Game with Country Store Shopping, CS 1:30pm Ring of Fire Darts, L 2:30pm Pieces to Pieces, LL 3:30pm Sassy Senior Bingo, AR	29 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2pm Bucket Bonanza, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR 6pm Welcome Home Party, ALPD	30 9:30am Stretch & Grow w/ Legacy, AR 10:30am Rowdy Ring Toss, L 2pm Birthday Bash, L 2:30pm Resident Room Visits 3:30pm Sassy Senior Bingo, AR	31 9:30am Price is Right!, L 10:30am Word find challenge, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Dominoes Club, AR