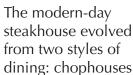
# **Celebrating the American Steakhouse**

A prime cut of beef. a baked potato and a side of greens. Across America, those are the makings of a classic steakhouse meal.





and beefsteak banquets. Originating in 17thcentury London, chophouses arose in New York City in the mid-1800s and served a menu of meats to merchants wanting a hot meal. These all-you-can-eat events were usually political fundraisers and open only to men, who feasted on slice after slice of beef tenderloin.

As more women became involved in business and political affairs, there came the need for a more elegant dining establishment. Menus broadened as the rising cost of prime beef spurred early steakhouses to offer side dishes of shrimp cocktail, potatoes and creamed spinach to help satisfy patrons' appetites while reducing the portions of meat.

Over the decades, steakhouses became the ideal setting for a business meeting or a celebratory meal.

# **Essential Exercise Types**

Exercising regularly provides an abundance of health benefits and varying activities is the key when it comes to physical fitness Here are four types of



exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

**Endurance** — Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength — Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

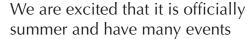
**Balance** — Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

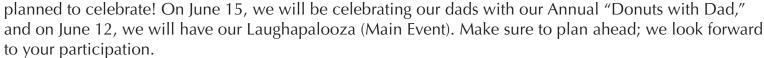
Flexibility — Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.

## **Dear Residents, Families and Friends**

800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com

First, I would like to give a special thanks to our Activity Team for all the hard work that was put in to our Annual Mother's Day Tea last month! Residents and their guests were treated to tea with their loved ones and entertainment; as he sang, toes were tapping and hands were clapping. Thanks again to our Activity team for always making celebrations at Lewisville Estates special!









We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors or family members who are interested in senior living, please have them contact Lauren or Cindy. Remember, you will receive a \$500 check if they move here (90 days after their move-in date). Check out our Facebook and website for weekly picture updates. Thanks for spreading the word.

Happy June, **Erin Montgomery Executive Director** 





**Churro** — A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tubeshaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Jalebi — Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

**Koeksister** — South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

**Loukoumades** — A favorite in Greece and Turkey, these fried dough balls covered with honey and cinnamon were traditionally served to winners in the ancient Olympics.









**JUNE 2018** 





**ASSISTED LIVING** AL#010063

### **JUNE 2018**

#### **Locations**

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

### **Birthdays**

Virginia Smith, 6th Virginia Villarreal, 6th Charles Curtis, 9th Anne Collins, 15th Nita Pond, 23rd Faye Drechshel, 30th

### **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

	SUNDA
7:30	The Truth in (TV Channe
8:30	New Cover Baptist Ch
8:30	In Search o Lord's Way Channel 12
2:00	Church Se Rob Harris
3:00	Cinema Su
7:30	The Truth in (TV Channe
8:30	New Cover Baptist Ch
8:30	In Search o Lord's Way Channel 12
2:00	Church Se Rob Harris
3:00	Cinema Su
FATHER'S	
7:30	The Truth in (TV Channe
8:30	New Coven Baptist Chu
8:30	In Search of Lord's Way ( Channel 12)
2:00	Church Ser Rob Harrise
3:00	Cinema Su
7:30	The Truth in

3:00 Cinema Sundays, L

		1		
7:30	The Truth in Love $3$	9:30	Exercise With 4	
	(TV Channel 7), L		Legacy, AR	9
8:30	New Covenant	10:00	The Prize is Right	9
	Baptist Church, L		and Snack Social, L	10
8:30	In Search of the	10:00	•	10
	Lord's Way (TV KTXA		Art Expression, AR	
2.00	Channel 12), L	3:00	Resident Choice	:
2:00	Church Service w/ Rob Harrison, L	4.00	of Game, LL	
3:00	Cinema Sundays, L	4:00	Adult Coloring Club, AR	
	•		11	
7:30	The Truth in Love 10	9:30	Exercise With	
0.20	(TV Channel 7), L	10:00	<b>Legacy, AR</b> The Prize is Right	
8:30	New Covenant Baptist Church, L	10.00	and Snack Social, L	
8:30	In Search of the	10:00		
0.50	Lord's Way (TV KTXA		Art Expression, AR	
	Channel 12), L	2:30	Ice Cream Social	
2:00	Church Service w/	3:00	w/Evelyn, L Resident Choice	
	Rob Harrison, L	3.55	of Game, LL	
3:00	Cinema Sundays, L	4:00	Wonder Word Search, AR	
FATHER'	S DAY 17	9:30	Exercise With 18	
7:30	The Truth in Love		Legacy, AR	
	(TV Channel 7), L	10:00	The Prize is Right	•
8:30	New Covenant Baptist Church, L		and Snack Social, L	10
8:30	In Search of the	10:00	<b>Dollar Store</b>	10
0.50	Lord's Way (TV KTXA	1:00	Art Expression, AR	'
	Channel 12), L	3:00	Resident Choice	:
2:00	Church Service w/		of Game, LL	
	Rob Harrison, L	4:00	Adult Coloring	•
3:00	Cinema Sundays, L		Club, AR	
7:30	The Truth in Love 24	9:30	Exercise With 25	!
0.20	(TV Channel 7), L	10.00	Legacy, AR	9
8:30	New Covenant	10:00	The Prize is Right and Snack Social, L	10
8:30	<b>Baptist Church, L</b> In Search of the	10:00	Tom Thumb, O	10
0.50	Lord's Way (TV KTXA	1:00	Art Expression, AR	10
	Channel 12), L	3:00	Resident Choice	1
2:00	Church Service w/	3.00	of Game, LL	
	Rob Harrison, L	4:00	Wonder Word	:
	-			

Search, AR

**MONDAY** 

	5		6
9:30	Beauty Salon Is Open	9:30	Tone Those
9:30	Parachuting w/Teresa, L		Bones, AR
10:00	Shopping at Walmart, O	10:00	Post Office/Bank, O
10:00	Family Feud, L		•
10:30	Catholic Communion	10:15	Word of the Day!, L
1:00	Movie & Snack, L	1:30	Card Club, AR
2:00	Fancy Nails & Hand	2:00	<b>Sassy Senior Bingo</b>
_,,	Massage, AR		w/Lifeway, AR
3:00	Game of Choice, L	3:30	Country Store
		3.50	country store
	Mark 2016 12	9:30	Tone Those 13
7:30	Men's Out for Breakfast to IHOP, O	7.50	Bones, AR
9:30	Beauty Salon Is Open	10:00	Post Office/Bank, O
9:30	Parachuting w/Teresa, L	10:15	Spelling Bee, L
9:45	Blood Pressure Clinic w/ Life Way Hospice, L		Chicken Foot
10:00	Men Bible Study w/John	1:00	(Dominoes), AR
10:00	Shopping at Walmart, O	4.20	•
10:30	Catholic Communion	1:30	
1:00 <b>2:00</b>	Popcorn/Movie, L Fancy Nails & Hand	2:00	Sassy Senior Bingo
2.00	Massage, AR		w/Lifeway, AR
3:00	Game of Choice, L	3:00	Town Hall Meeting, L
6:00	Laughapalooza (Main Event), L	3:30	Country Store
9:30	Populty 19		20
9:30	Beauty Salon Is Open	9:30	Tone Those
9:30	Parachuting w/Teresa, L		Bones, AR
10:00	Shopping at Walmart, O	10.00	
10:00	Trivia, L	10:00	
10:30	Catholic Communion	10:15	Word of the Day!, L
1:00	Movie & Snack, L	1:30	Card Club, AR
2:00	Fancy Nails & Hand	2:00	Sassy Senior Bingo
2.00	Massage, AR		w/Lifeway, AR
2:00	Star Kids Musical, L	2.20	•
3:00	Game of Choice, L	3:30	Country Store
9:30	Beauty 26	Nation	al Sunglasses Day 27
	Salon Is Open	9:30	Tone Those
9:30	Parachuting w/Teresa, L	9:30	
10:00	Shopping at Walmart, O		Bones, AR
10:00	Men Bible Study w/John	10:00	
10:00	<b>Men's Open Discussion</b>	10:15	Spelling Bee, L
	/Classife! Dames		

w/Chaplain Darren

**Fancy Nails & Hand** 

Popcorn/Movie, L

Massage, AR

3:00 Game of Choice, L

**Catholic Communion** 

**TUESDAY** 

			0.00	•
2	9:30	Tone Those 13	FLAG DA	Y
		Bones, AR	Family	Hi
	10:00	Post Office/Bank, O	9:45	C
	10:15	Spelling Bee, L		V
	1:00	Chicken Foot	10:45	S
		(Dominoes), AR	1:00	S
	1:30	Card Club, AR	1:45	S
	2:00	Sassy Senior Bingo		۷
		w/Lifeway, AR	2:00	F
L	3:00	Town Hall Meeting, L	2:30	۷
	3:30	Country Store	3:00	S
9		20	SUMMEI	
	9:30	Tone Those	9:45	
L		Bones, AR		V
0	10:00	Post Office/Bank, O	10:45	S
	10:15	Word of the Day!, L	1:00	S
	1:30	Card Club, AR	1:45	S
	2:00	Sassy Senior Bingo		V
		w/Lifeway, AR	2:30	٧
	3:30	<b>Country Store</b>		Ν
		•	3:00	S
6	Nation	al Sunglasses Day 27		
	9:30	Tone Those	9:45	(
L	7.50	Bones, AR		V
) n	10:00		10:45	S
n	10:15		1:00	S
	1:00		1:45	S
		Card Club, AR		V
	2:00	Sassy Senior Bingo	2:30	٧
		w/Lifeway, AR	3:00	S

3:30 Country Store

WEDNESDAY

plasses Day 27 Those		Christian Service w/Rev. Mark, L
try Store	3:00	News, L Singalong, L
Senior Bingo eway, AR	2:30	Walmart, O What's in the
Club, AR	1:45	Shopping at
of the Day!, L	1:00	Storytelling Club
s, AR Office/Bank, O	10:45	w/Rev. Mark, L Senior Fitness, L
20 Those		R BEGINS  Christian Service
ry Store	3:00	Singalong, L

		w/Rev. Mark, L	
, O	10:45	Senior Fitness, L	
L	1:00	Storytelling Club	
	1:45	Shopping at	
op		Walmart, O	
	2:30	What's in the	
		News, L	
	3:00	Singalong, L	
27			28
	9:45	<b>Christian Service</b>	
		w/Rev. Mark, L	
)	10:45	Senior Fitness, L	

1:00 Storytelling Club

Walmart, O

2:30 What's in the News, L

1:45 Shopping at

3:00 Singalong, L

**THURSDAY** 

9:45 Christian Service

10:45 Senior Fitness, L

1:00 Storytelling Club

Walmart, O

2:30 What's in the News, L

6:00 Wheel of Fortune, L

9:45 Christian Service

10:45 Senior Fitness, L

1:00 Storytelling Club

Walmart, O

2:00 Family History Chat, L

2:30 What's in the News, L

1:45 Shopping at

w/Rev. Mark, L

14

21

1:45 Shopping at

3:00 Singalong, L

**Family History Day** 

w/Rev. Mark, L

10:00 1:00	Family Feud, L Bible Study w/Laura
2:00	Summer Fun
	Social Hour, L
3:00	Name Your
	Game!, AR
9:30	Senior Fitness,
1:00	Bible Study w/Laura
2:00	Birthday Bash

3:00 Name Your

Game!, AR

10:30 Word of the Day, L

**FRIDAY** 

9:30 Senior Fitness, AR

10:30 Out to Dairy, O

w/Laura 2:00 Donuts and

1:00 Bible Study

**Donut Day** 

2:00	Donuts and Lemonade	10:30	Wonderword Search, AR
3:00	<b>Social Hour, L</b> Name Your Game!, AR	<b>2:00</b> 3:30	<b>Saturday Bingo, AR</b> Resident Choice of Game, L
Banan	a Split Day 8		Word of the Day!
	Senior Fitness, AR	9:30	Beauty Salon Is Open
	Family Feud, L Bible Study	9:30	Chair Exercise
	w/Laura	10:30	w/Teresa, L Wonderword
2:00	Banana Split	10:30	Search, AR
	Social Hour, L	2:00	•
3:00	Name Your	3:30	, ,
	Game!, AR		of Game, L
9:30	Senior 15	9:30	Word of the Day!
	Fitness, AR	9:30	Beauty Salon Is Open
10:30	Big Jack BBQ, O	9:30	Chair Exercise w/
1:00	Bible Study w/Laura	10.20	Teresa, L Wonderword Search, AR
2:00	Father's Day	1:00	Root Beer Floats
	Celebration, L		Social, L
	Name Your Game!, AR	2:00	3.,
6:00	Dad You Are My Hero Special	3:00	Country Store Resident Choice
	Celebration, L	3.30	of Game, L
	22		Word of the Dayl 23
9:30	Senior	9:30	Word or the bay.
	Fitness, AR	9:30	Beauty Salon Is Open
10:00	Family Feud, L	9:30	Chair Exercise
1:00	Bible Study	9.50	w/Teresa, L
	w/Laura	10:30	Wonderword
2:00	Summer Fun		Search, AR
	Social Hour, L	2:00	Saturday Bingo, AR
3:00	Name Your	3:30	Resident Choice
	Game!, AR		of Game, L
	29	9:30	Word of the Day! 30
9:30	Senior Fitness, AR	9:30	Beauty Salon
	Bible Study		Is Open
	/1	9:30	Chair Exercise

w/Teresa, L

Search, AR

3:30 Resident Choice

of Game, L

2:00 Saturday Bingo, AR

10:30 Wonderword

**SATURDAY** 

9:30 Word of the Day!

9:30 Beauty Salon Is Open

9:30 Chair Exercise

w/Teresa, L