



The Lewisville Estates Lifestyle

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

July 2015

Hello, July!

As we kick off July and the lovely Texas torturing temperatures, don't forget we have something great to celebrate! We think of July Fourth as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. It is also a time to not only remember America's Founding Fathers, but also those who have served this nation since then to keep it free! Thank you to all the men and women who have served our country!



Maria and Darlene!

We have several fun events scheduled for this month. Please review the calendar and sign up for our preferred outings at the front desk.

July 7 — We will have our main event at 2:30 p.m.! The theme will be a Backyard Barbecue. Please feel free to invite your family, friends and neighbors to join us for the live entertainment!

July 22 — We will host a "Take Me to the Ball Park" Social, and we are asking everyone to please wear their favorite baseball jersey!

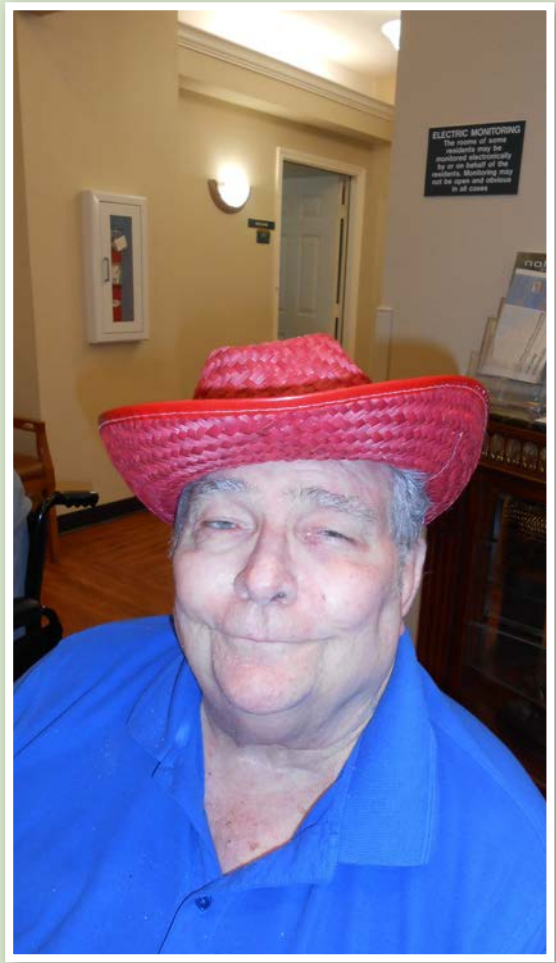
Our July Lunch Outings will be to Logan's Roadhouse and Razoo's. We are open to suggestions, so let Philip know if you have any recommendations for our calendar!

Please help us welcome Maria Santillana, our new AL Resident Care Coordinator. She's just joined our team and is excited to be here!

Thanks,
Jessica Hazelton
Executive Director

Resident of the Month: Doug Douglas

It's a joy to have Doug as our Resident of the Month. He has a great outlook on life and loves to be around the party. With Doug, it's "always a pleasure!"





ASSISTED LIVING

AL#010063

JULY 2015

Locations

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

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

- Harry Simons, 3rd
- John Richardson, 5th
- Jane McHugh, 23rd

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				9:45 Tone Those Bones w/Erin (Rehab Trust), AR 1 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 10:30 Community Pep Rally, L 2:00 Bible Study w/Rob Harrison, DR 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 2 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Zeal Rehab, AR 2:00 Shopping at Walmart, O 2:00 Crafts: Summer Wreaths, AR 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	9:45 Exercise Extreme, AR 3 10:30 Lunch at Logan's Roadhouse, O 2:00 Independence Day Social w/J.T. Matthews, L 3:30 Fireworks Extreme!, ALC 4:00 Weekly Wrap Up, L	INDEPENDENCE DAY 4 9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
				8:30 New Covenant Baptist Church, L 5 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	National Kissing Day 6 9:30 Exercise w/ Legacy, AR 10:00 Shopping at Albertsons, O 10:00 Tribute to Working Women, L 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 7 10:00 Shopping at Walmart, O 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 2:30 Main Event: Uncle Sam's Barbecue, L 3:30 Small Group Time 4:00 What's Happening?!, L	7:00 Men's Breakfast Outing, O 8 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, DR 3:00 Town Hall Meeting, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L
8:30 New Covenant Baptist Church, L 12 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	9:30 Exercise w/ Legacy, AR 13 10:00 Shopping at Albertsons, O 10:15 Walking Club 10:15 Speaker Series: Social Wellness Month, L 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	Chick-fil-A: Cow Appreciation Day 14 9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:00 Chick-fil-A: Cow Costume Contest, L 3:30 Small Group Time 4:00 What's Happening?!, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 15 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 10:15 Crafts: Summer Tie Dye, ALC 2:00 Bible Study w/Rob Harrison, DR 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 16 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Zeal Rehab, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	17 9:45 Exercise Extreme, AR 2:00 Cruisin' Bahamas Social, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	18 9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L	
8:30 New Covenant Baptist Church, L 19 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	National Joke Day 20 9:30 Exercise w/ Legacy, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 21 10:00 Shopping at Walmart, O 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:15 All Scream for Ice Cream!, L 3:30 Small Group Time 4:00 What's Happening?!, L	Baseball Day! Wear Jerseys & Jeans 22 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, DR 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 23 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Zeal Rehab, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	National Grilling Day 24 9:45 Exercise Extreme, AR 10:00 Farkel Fridays, AR 2:00 Grilled Fruit Social, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	25 9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 2:00 Dominoes, AR 3:00 Fun Flicks, L	
8:30 New Covenant Baptist Church, L 26 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	National Parents' Day 27 9:30 Exercise w/ Legacy, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 28 10:00 Shopping at Walmart, O 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Men's Club: 19th Hole Social, L 4:00 What's Happening?!, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 29 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, DR 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 30 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Zeal Rehab, AR 2:00 Shopping at Walmart, O 2:00 Chili Dog Social, ALC 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	National Day to Make a Difference 31 9:45 Exercise Extreme, AR 10:30 Lunch at Razoo's, O 2:00 Garden Party Social, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L		

Hydration by Legacy

Dehydration is a common condition that afflicts many persons over the age of 65.

Causes of Dehydration:

- Medications
- Isolation
- Lack of mobility
- Medical Conditions
- Incontinence

Drink plenty of water before, during and after exercise. Take a container of water or sports drink with you when you exercise, and try to drink at least every 15 to 20 minutes. Use a sports drink if you will be exercising for longer than one hour. Contact Legacy Health Services for more details!



Dog Days of Summer

Dog Days is the name for the most sultry period of summer, from about July 3 to Aug. 11. Named in early times by observers in countries bordering the Mediterranean, the period was reckoned as extending from 20 days before to 20 days after the conjunction of Sirius (the dog star) and the sun.

This July we are featuring many different activities to keep us cool, including ice cream socials, special musical performances and so much more! All of our parties are family friendly, and we love it when the kids come out. Join us!



Performances in July

July 3: J.T. Matthews, 2 p.m.

July 7: AL Main Event — Uncle Sam’s Backyard Barbecue, 2:30 p.m.

July 10: Ric Hobscheid, 2 p.m.

And more to come!



Hoedown with Dolly Parton!

Vendors, Sponsors, Activities!

A big thank you for all of our sponsors in the month of June! A special shout out for Erin from Advanced Rehab Trust for your help and sponsorship of our Hoedown! We enjoyed activities with the help of these companies!

(Let me know if I forget to list you!)

- ART
- ACT
- Novus
- Encompass
- Ardent
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah’s Witnesses
- Rev. Cristal Fisher
- Rob Harrison
- Donna May
- Laura Zuczek
- Seasons
- Hollymead
- Community Care Pharmacy
- New Century
- TX HH

