

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 wide-brimmed 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.



Socials! (Continued)



Wine and cheese social with Jason

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.



The Lewisville Estates Lifestyle

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

Like Us!

MAY 2019

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 and Blood Pressure Checks with Jacque of Advance Rehab Trust, Balance Class and Blood Pressure Checks with Legacy, Chair Zumba with our Activity Director Patty, and Walking Warriors with Lake Village Rehab.

This month, we will be hosting our annual Mother's Day Tea Party on May 10. 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 Happy Hour, outing to On The Border, Out to Dinner at Red Lobster, Out to Lunch at Mama's Daughters' Diner and an Esta Fiesta Main Event. Please check the calendar or see Patty for more details.

Happy May,
Erin Montgomery, Executive Director



Socials!

Come and join us at our social events.

(Pictures continue on back.)



Gospel song with Andy



Ice cream cone social with Sunshine

INDEPENDENT LIVING

MAY 2019

Locations

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


Birthdays

- Susanne Ness, 1st
- Bob Vale, 8th
- Hilda Ibarra, 14th (Employee)
- Billy Bush, 20th
- John Wilkins, 20th
- Harrison Strong, 25th
- Monte Melugin, 26th
- Gene Wilkins, 27th
- Margaret Garrett, 31st

Transportation Schedule

- Monday, 10 a.m.**
Grocery Stores
- Tuesday, 10 a.m.**
Walmart
- Wednesday, 10 a.m.**
Post Office/Bank
- Thursday, 10 a.m.**
Walmart
- Thursday, 2:30 p.m.**
Misc. Errands
- Friday, 9:30 a.m.**
Express Errands
- Friday, TBA**
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Cinco De Mayo 5 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	Exercise w/Jacque of A.R.T., CR 6 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:00 Trivia Club, R66 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 7 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	MAY DAY 1 Lemonade Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 4:00 Lemonade and Game Social, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	National Day of Prayer 2 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 3:00 Trivia Club, R66 6:00 Mexican Train, LL	9:30 Walking Warriors, B 3 9:30 Express Errands, O 9:30 Grand Reopening of Our Walking Warriors w/Tiffany, B 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Let's Talk About Cinco De Mayo Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors 4 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
MOTHER'S DAY 12 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	Exercise w/Jacque of A.R.T., CR 13 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Minute to Win It Games, B 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 14 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 2:30 Art Expression, CR 3:15 Mom You Are My Sunshine Social w/Margaret, B 6:00 Hand & Foot Card Game, B	Exercise w/Jacque of A.R.T., CR 15 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:30 Book Club: Biographical Fiction, LL 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	Balance Class w/Legacy, CR 16 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 6:00 Mexican Train, LL 6:15 Esta Fiesta (Main Event), DR	Race on Over Happy Hour 17 9:30 Walking Warriors, B 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Nascar Day 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors 18 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 19 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	Exercise w/Jacque of A.R.T., CR 20 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 21 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 2:30 Crafts Class w/Tiffany of Lake Village, CR 6:00 Hand & Foot Card Game, B	Exercise w/Jacque of A.R.T., CR 22 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:30 Social Hour w/Jason of Lifeway Hospice, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	Balance Class w/Legacy, CR 23 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 6:00 Mexican Train, LL	National Polka Day, L 24 9:30 Walking Warriors, B 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Mama's Daughter's Diner, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 It's Time to Polka Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors 25 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 26 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	MEMORIAL DAY 27 10:00 Coffee & Snacks Monday Social, L 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:00 Start Kids Musical, L 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 28 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	National Senior Health and Fitness Day 29 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 4:30 Out to Red Lobster, O 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	Mint Julep Day 30 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 3:30 Activity Meeting and Mint Julep Social w/Patty, B 6:00 Mexican Train, LL	9:30 Walking Warriors, B 31 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 6:00 Hand & Foot Card Game, B	