# **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.



### **Socials!** (Continued)

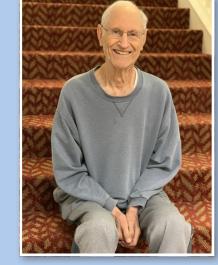


Wine and cheese social with Jason

## **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.







### **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.

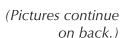
Erin Montgomery, Executive Director



### Socials!

Happy May,

Come and join us at our social events.









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 Cone Wilkins 27th

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

#### **SUNDAY MONDAY TUESDAY** MAY DAY 9:30 Exercise w/Jacque Cinco De Mayo 9:30 Chair Zumba of A.R.T., CR 7:30 The Truth in Love (TV 10:00 Coffee & Snacks Channel 7), R66 Monday Social, L 8:30 In Search of the 10:00 Dollar Tree, O Lord's Way (TV KTXA 10:30 Blood Pressure Channel 12), R66

Checks w/A.R.T., CR

2:00 Pokeno for Prizes, CR

2:30 Singalong w/Karen, L

Card Game, B

9:30 Exercise w/Jacque

of A.R.T., CR

Monday Social, L

Checks w/A.R.T., CR

4:00 Minute to Win It Games, B

6:00 Hand & Foot Card Game, B

Jacque of A.R.T., CR

Monday Social, L

Checks w/A.R.T., CR

Pokeno for Prizes, CR

2:30 Singalong w/Karen, L

2:00 Pokeno for Prizes, CR

2:30 Singalong w/Karen, L

10:00 Coffee & Snacks

10:00 Big Lots, O

10:30 Blood Pressure

9:30 Exercise w/

10:00 Coffee & Snacks

10:00 Dollar Tree, O

10:30 Blood Pressure

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3:00 Trivia Club, R66

6:00 Hand & Foot

	Class w/Patty, CR
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
9:30	Chair Zumba 14
9:30	Chair Zumba 14 Class w/Patty, CR
9:30 10:00	Cildii Zuiliba
	Class w/Patty, CR
10:00	Class w/Patty, CR Shopping at Walmart, O
<b>10:00</b> 10:00	Class w/Patty, CR Shopping at Walmart, O Catholic Communion, B
<b>10:00</b> 10:00 10:30	Class w/Patty, CR Shopping at Walmart, O Catholic Communion, B Rosary Service, B
<b>10:00</b> 10:00 10:30 1:00	Class w/Patty, CR Shopping at Walmart, O Catholic Communion, B Rosary Service, B Bridge Club, 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
9:30	Chair Zumba 21
9:30	
	Class w/Patty, CR
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
0.20	28

		of A.K. I., CK
	10:00	Post Office/Bank, O
mart, O	10:00	Current Events Coffee &
ion, B		Snack Wednesday Social, L
	10:30	Blood Pressure Checks
		w/A.R.T., CR
}	2:00	Sassy Senior \$1 Bingo, CR
ffany	3:30	Social Hour w/Jason of
R		Lifeway Hospice, B
	6:00	Nickel (Card Game), B
	6:45	Bring a Friend
		Movie Night, TH
28	National	Senior Health 29
	and Fitne	
R	9:30	•
	9.30	of A.R.T., CR
		•

WEDNESDAY

9:30 Exercise w/Jacque

of A.R.T., CR

10:30 Blood Pressure Checks

2:00 Sassy Senior \$1 Bingo, CR

Game Social, B

6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH

9:30 Exercise w/Jacque

of A.R.T., CR

Coffee & Snack

10:00 Current Events

10:30 Blood Pressure

6:45 Bring a Friend

Post Office/Bank, O

Wednesday Social, L

Checks w/A.R.T., CR

2:00 Sassy Senior \$1 Bingo, CR

6:00 Nickel (Card Game), B

Movie Night, TH

of A.R.T., CR

10:00 Post Office/Bank, O

10:00 Current Events Coffee &

10:30 Blood Pressure Checks

2:00 Sassy Senior \$1 Bingo, CR

3:30 Book Club: Biographical

w/A.R.T., CR

Fiction, LL

6:45 Bring a Friend

6:00 Nickel (Card Game), B

Movie Night, TH

9:30 Exercise w/Jacque

9:30 Exercise w/Jacque 15

Snack Wednesday Social, L

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w/A.R.T., CR

4:00 Lemonade and

Post Office/Bank, O

Current Events Coffee &

Snack Wednesday Social, L

emonade Day

	2:00	Busy Hand Club, R66
	2:30	Misc. Errands, O
	6:00	Mexican Train, LL
29	Mint Ind	30
	Mint Jule	ер рау
	9:30	Balance Class w/Legacy, C
	10:00	Shopping at Walmart, O
	10:00	Blood Pressure Check
		w/Legacy, CR

**THURSDAY** 

w/Legacy, CR

10:00 Blood Pressure Check

w/Legacy, CR

10:00 Shopping at Walmart, O

**Pastor Frances, CR** 

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9:30

16 Race on Over

10:00

9:30 Walki

9:30 Expre

1 National Day of Prayer

9:30 Balance Class

10:15 Bible Study w/

9:30 Balance Class w/

Legacy, CR

10:00 Shopping at Walmart, O

**Pastor Frances, CR** 

10:00 Blood Pressure Check

w/Legacy, CR

10:15 Bible Study w/

12:30 Singalong, O

2:30 Misc. Errands, O

6:00 Mexican Train, LL

6:15 Esta Fiesta (Main

Event), DR

w/Legacy, CR

10:00 Blood Pressure Check

w/Legacy, CR

10:00 Shopping at Walmart, O

Pastor Frances, CR

9:30 Balance Class

10:15 Bible Study w/

12:30 Singalong, O

6:00	Mexican Train, LL	
Mint Jule	an Day	9
9:30	Balance Class w/Legacy, CR	9:
10:00	Shopping at Walmart, O	10
10:00	Blood Pressure Check	
	w/Legacy, CR	10:
10:15	Bible Study w/	
	Pastor Frances, CR	
12:30	Singalong, O	1:
2.30	Misc Frrands O	2

12:30 2:30 3:00 6:00	Pastor Frances, CR Singalong, O Misc. Errands, O Trivia Club, R66 Mexican Train, LL	1:00 2:00 <b>3:30</b> 6:00	Bridge Club, B Wonder Word Challenge Let's Talk About Cinco De Mayo Happy Hour, L Hand & Foot Card Game, B
9:30	Balance Class w/Legacy, CR	9:30 <b>9:30</b>	Walking Warriors, B <b>10 Express Errands, O</b>
10:00	Shopping at Walmart, O	9:30	Mother's Day Tea, CR
10:00	Blood Pressure Check w/Legacy, CR	10:00	Coffee & Snacks Friday Social, L
10:15	Bible Study w/ Pastor Frances, CR	10:30	Live Well Strength w/Legacy, CR
12:30	Singalong, O	1:00	Bridge Club, B
2:00 2:30	Busy Hand Club, R66 Misc. Errands, O	2:00 <b>3:30</b>	Wonder Word Challenge Mother's Day Celebration Happy Hour, L
6:00	Mexican Train, LL	6:00	Hand & Foot Card Game, B

Friday Social, L

w/Legacy, CR

Card Game, B

9:30 Walking Warriors, B

9:30 Express Errands, O

Friday Social, L

w/Legacy, CR

Out to Mama's

Daughter's Diner, O

Wonder Word Challenge

10:00 Coffee & Snacks

1:00 Bridge Club, B

3:30 It's Time to Polka

2:00

10:30 Live Well Strength

2:00 Wonder Word Challenge

10:30 Live Well Strength

1:00 Bridge Club, B

3:30 Nascar Day

National Polka Day, L

6:00 Hand & Foot

**FRIDAY** 

**Grand Reopening of** 

**Our Walking Warriors** 

9:30 Walking Warriors, B

9:30 Express Errands, O

w/Tiffany, B

Friday Social, L

10:00 Coffee & Snacks

10:30 Live Well Strength

Mayo Happy Hour, L	6:00	Chicken
Hand & Foot Card Game, B	7:00	Crazy Ca
Walking Warriors, B 10	9:30	Walking
Express Errands, O	10:30	Coffee &
Mother's Day Tea, CR		Conversa
Coffee & Snacks Friday Social, L	1:00	Trivia Pu
Live Well Strength	1:30	Card Gar
w/Legacy, CR	2:30	<b>Fun Flicl</b>
Bridge Club, B		_
Bridge Club, B Wonder Word Challenge <b>Mother's Day Celebration</b>		<b>Popcorn</b> Billiards
Wonder Word Challenge		<b>Popcorn</b> Billiards
Wonder Word Challenge Mother's Day Celebration	3:30	Popcorn Billiards Chicken
Wonder Word Challenge Mother's Day Celebration Happy Hour, L	3:30 6:00 7:00	Popcorn Billiards Chicken
Wonder Word Challenge Mother's Day Celebration Happy Hour, L Hand & Foot Card Game, B	3:30 6:00 7:00 9:30	Popcorn Billiards Chicken Crazy Ca
Wonder Word Challenge Mother's Day Celebration Happy Hour, L Hand & Foot Card Game, B	3:30 6:00 7:00 9:30	Popcorn Billiards Chicken Crazy Ca Walking

nge	3:30	Billiards (Pool)	
co De	6:00	Chicken Foot	
me, B	7:00	Crazy Card Game,	В
10	9:30	Walking Warriors	11
)	10:30	Coffee &	
CR		Conversation, L	
	1:00	Trivia Pursuit, LL	
	1:30	Card Games, B	
	2:30	<b>Fun Flicks and</b>	
enge		Popcorn, TH	
bration	3:30	Billiards (Pool)	
	6:00	Chicken Foot	
iame, B	7:00	Crazy Card Game,	В
17	9:30	Walking Warriors	18

**SATURDAY** 

10:30 Coffee &

9:30 Walking Warriors 4

Conversation, L

1:00 Trivia Pursuit, LL

1:30 Card Games, B

2:30 Fun Flicks and

Popcorn, TH

1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool)

Conversation, L

6:00 Chicken Foot 7:00 Crazy 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



## 6:00 Chicken Foot 6:30 Resident Card Games, B

Gene Wilkins, 27th Margaret Garrett, 31st	7:30	The Truth in Love (TV Channel 7), R66
	8:30	In Search of the
Transportation Schodulo		Lord's Way (TV KTXA
Transportation Schedule		Channel 12), R66
Monday, 10 a.m.	9:00	Bible Study, CR
Grocery Stores	1:15	Chicken Foot, LL
Tuesday, 10 a.m.	3:00	Resident Choice Game
Walmart	6:00	Chicken Foot

6:00	Chicken Foot
6:30	Resident Card Games, B
	26
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

9:00 Bible Study, CR

1:15 Chicken Foot, LL

6:30

MOTHER'S DAY

Chicken Foot

7:30 The Truth in Love (TV

Channel 7), R66

Lord's Way (TV KTXA

Resident Choice Game

Channel 12), R66

8:30 In Search of the

9:00 Bible Study, CR

1:15 Chicken Foot, LL

Resident Choice Game

Resident Card Games, B

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6:00	Hand & Foot Card Game, B	
MEMOR	IAL 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 28
9:30	Class w/Patty, CR
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

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	Sassy Senior \$1 Bingo, CR
4:30	Out to Red Lobster, O
6:00	Nickel (Card Game), B
6:45	Bring a Friend Movie Night, TH

3:30 Activity Meeting and Mint Julep Social w/Patty, B 6:00 Mexican Train, LL

Happy Hour, L 6:00 Hand & Foot Card Game, B 9:30 Walking Warriors, B 31:30 Express Errands, O 0:00 Coffee & Snacks Friday Social, L :30 Live Well Strength w/Legacy, CR :00 Bridge Club, B 2:00 Wonder Word Challenge 6:00 Hand & Foot Card Game, B

Activities Subject to Change