

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

Helps prevent illness — High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy — The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood — Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep — A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest.

Reduces fall risk — Exercise strengthens muscles and bones, increases flexibility, and improves balance — all benefits that are key to preventing falls and broken bones.

Enhances social life — Walking with a friend, taking a group fitness class offers the opportunity to have fun and connect with others.



Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof — Called the "garden of Europe," this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles — this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles.

Nong Nooch Tropical Botanical Garden — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants.

Villa d'Este — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.



Social Hour!

Come and join us during our social hours. See your calendar for more details.



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 with Legacy, Chair Zumba with our Activity Director Patty and Walking Warriors.

As always, we have many fun and exciting events this month: Let's Taco Bout Cinco De Mayo Happy Hour, Mother's Day Celebration, Mimosa Social Hour and Pizza Party. Please check the calendar or see Patty for more details.

Happy May,
Erin Montgomery,
Executive Director



Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.



INDEPENDENT LIVING

MAY 2020

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
Jim Cox, 6th
Bob Vale, 8th
Hilda Ibarra, 14th (Employee)
Betty Bruen, 19th
John Wilkins, 20th
Billy Bush, 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 3	National Family Month 9:30 Exercise w/Jacque of A.R.T., CR 4	Cinco De Mayo 9:30 Chair Zumba Class w/Patty, CR 5	National Golf Day 9:30 Exercise w/Jacque of A.R.T., CR 6	Cosmopolitan (Drink) Day 9:30 Balance Class w/Legacy, CR 7	MAY DAY 10:00 Current Events 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 Taco Bout Cinco De Mayo Happy Hour, L 6:00 Hand & Foot Card Game, B	National Scrapbooking Day 2 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
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	10:00 Coffee & Snacks Monday Social, L 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	10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Margarita Time, L 6:00 Hand & Foot Card Game, B	10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 3:30 Let's Have a Cosmo, B 6:00 Mexican Train, LL	10:00 Current Events 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 Mother's Day Celebration, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors 9 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
MOTHER'S DAY 10 8:30 In Search of the Lord's Way (KDFID Channel 7), 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	9:30 Exercise w/Jacque of A.R.T., CR 11 10:00 Coffee & Snacks Monday Social, L 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 12 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 3:15 Mom You Are My Sunshine Social w/Sunshine, B 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR 13 10:00 Post Office/Bank, O 10:00 Word of the Day, 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 Chair Volleyball w/Legacy, CR 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	9:30 Balance Class w/Legacy, CR 14 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:30 Social Hour w/Jacque, B 6:00 Mexican Train, LL	Nascar Day 15 10:00 Current Events 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 Race Your Way to Happy Hour, L 6:00 Hand & Foot Card Game, B	Mimosa Day 16 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 17	I Love Reese's Day 18 9:30 Exercise w/Jacque of A.R.T., CR	9:30 Chair Zumba Class w/Patty, CR 19	9:30 Exercise w/Jacque of A.R.T., CR 20	9:30 Balance Class w/Legacy, CR 21	Sherlock Holmes Day 22	9:30 Walking Warriors 23
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	10:00 Coffee & Snacks Monday Social, L 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	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	10:00 Word of the Day, 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: Mothers, LL 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 6:00 You Had Me at Aloha (Luuu Main Event), DR 6:00 Mexican Train, LL	10:00 Current Events 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 Elementary My Dear Watson, It is Happy Hour, L 6:00 Hand & Foot Card Game, B	10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 24	MEMORIAL DAY 25	9:30 Chair Zumba Class w/Patty, CR 26	National Senior Health and Fitness Day 27	9:30 Balance Class w/Legacy, CR 28	10:00 Current Events Coffee & Snacks Friday Social, L 29	9:30 Walking Warriors 30
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	10:00 Coffee & Snacks Monday Social, L 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	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 Word of the Day, 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 Nutrition Health Talk: Reading Food Labels, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:00 Activity Meeting & Snack Social w/Patty, B 6:00 Mexican Train, LL	10:00 Current Events 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 Birthday Bash, L 6:00 Hand & Foot Card Game, B	10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 31						
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						