



The Lewisville Estates Lifestyle

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

May 2016

Dear Residents, Families and Friends,

"You attract the energy that you give off. Spread good vibes. Think positively. Enjoy life."

At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes that we have for you: Exercise and blood pressure check with Jacque of Advance Rehab Trust, Balance Class and blood pressure checks with Legacy Rehab, Chair Yoga, and Walking Warriors with Cindy at LakeVillage Rehab.



We begin this month with a Kentucky Derby Party. Many residents have decorated or purchased hats for the occasion and the entire day promises to bring you back to the Kentucky days! We will be hosting our Annual Mother's Day Tea Party, May 3, and we encourage you to invite your loved ones! As always, we have many fun and exciting events this month: Cinco de Mayo Social, Cooking Demo with Paul, outings to La Madeline and to Dickey's BBQ, Let's Luau, Main Event and a Memorial Day Cookout. Please check the calendar or see Patty for more details.

Happy May,
Jessica Hazelton, EXECUTIVE DIRECTOR

Resident of The Month

Our L.E.A.P. (Life Enrichment Activity Program) would like to recognize Doris Taylor. Doris always likes to participate in different events like Bingo, Arts and Crafts and Happy Hour, and also likes to be part of our big events. Thank you Doris for your great laugh and contagious smile. We are so happy to have you here at Lewisville Estates.



INDEPENDENT LIVING

MAY 2016

Locations

- Activity Room, AR
- 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

Transportation Schedule

Monday
10 a.m.
Albertsons

Tuesday
10 a.m.
Walmart

Thursday
2 p.m.
Walmart

Friday
TBA
Field Trips/Outing

Birthdays

- George Wilson, 6th
- Stella Menchaca, 6th
- Virginia Toepfer, 7th (Employee)
- Bob Vale, 8th
- Hilda Ibarra, 14th (Employee)
- Dawn Smith, 16th
- Yolanda Bierman, 16th
- Marilyn Good, 20th
- Harrison Strong, 25th
- Alan Burrell, 28th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>3:30 Community Pep Rally, B</p> <p>4:00 Rowdy Ring Toss, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>9:30 Mother's Day Tea Party, G</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:30 Vision Health Talk w/ Encompass, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Cinco de Mayo Celebration, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>1:45 Ear & Hearing Clinic w/Dr. Stuart, B</p> <p>2:00 Express Errands, O</p> <p>3:30 Mother's Day Happy Hour Celebration, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>4:00 Kentucky Derby Red Carpet Celebration, R66</p> <p>5:00 Kentucky Derby Race, R66</p> <p>7:00 Crazy Card Game, B</p>
<p>MOTHER'S DAY</p> <p>8</p> <p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>3:30 Legacy Health Chat, B</p> <p>6:00 Card Games, B</p>	<p>10</p> <p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>10:30 Dress Up Nails w/Avon, R66</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Town Hall Meeting, CR</p> <p>2:30 Art Expression, AR</p> <p>3:15 Mom, You Are My Sunshine Social w/Margaret, CR</p> <p>6:00 Card Games, B</p>	<p>11</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>11:00 Gift Galore (Vendor), L</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>12</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Mother's Day w/ Jacque, B</p> <p>6:00 Card Games, B</p>	<p>13</p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>11:00 Out to La Madeline, O</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Friday the 13th Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>14</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>15</p> <p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>16</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Rowdy Ring Toss, B</p> <p>4:00 Mimosas & Games Social, B</p> <p>6:00 Card Games, B</p>	<p>17</p> <p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>11:00 Nourish Your Skin (Vendor), L</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	<p>18</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:30 Arthritis Health Talk, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>19</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>6:00 Card Games, B</p> <p>6:00 Let's Luau (Big Event), DR</p>	<p>20</p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Pizza Party Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>21</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>22</p> <p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>23</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Game Time at the Garden, G</p> <p>6:00 Card Games, B</p>	<p>24</p> <p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	<p>25</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, B</p> <p>3:30 Book Club, LL</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>26</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>3:45 Cooking Demo With Chef Paul, DR</p> <p>6:00 Card Games, B</p>	<p>27</p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>11:00 Dickey's BBQ, O</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Card Games, B</p>	<p>28</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>29</p> <p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>30</p> <p>MEMORIAL DAY</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>10:30 Memorial Day Wonderword Search</p> <p>2:00 Pokeno for Prizes, AR</p> <p>6:00 Card Games, B</p>	<p>31</p> <p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>				

Literature's Memorable Moms

Throughout literature, mothers are among the many characters beloved by readers. Peruse these memorable moms who come from the pages of classic novels.

Mrs. Bennet: With five daughters, this English matriarch from Jane Austen's "Pride and Prejudice" is anxiously preoccupied with ensuring they all marry well. While her foolish exploits tend to drive suitors away, they also provide comic relief for readers.

Margaret March: Marmee, as she is called by her daughters, is kind and patient and provides wise counsel to Jo, Meg, Beth and Amy, the "Little Women" created by Louisa May Alcott. Unconventional by 19th-century standards, Mrs. March advises her girls to value education and self-reliance.

Caroline Ingalls: This real-life pioneer wife to Charles and "Ma" to five children was immortalized by daughter Laura Ingalls Wilder in her "Little House" children's books. Caroline worked hard alongside her husband, building her family's homesteads in the Midwest during the late 1800s.

Marilla Cuthbert: Living on a farm on Canada's Prince Edward Island, crusty spinster Marilla becomes adoptive mother to fiery young orphan Anne in Lucy Maud Montgomery's "Anne of Green Gables." Stern but fair, Marilla grows to show her love for Anne despite their differences.



Card Game Time!

Come and join us every Monday through Friday at 6 p.m. for a great time with friends, where they play different card games in our Bistro and Library.



Osteoarthritis

Also known as degenerative joint disease and osteoarthritis. Basically, it occurs when the cartilage in your joints wears down over time. Did you know that at least 27 million Americans over the age of 25 suffer with this condition?

There are several risk factors for osteoarthritis, including being born with defective joints, having previous joint injuries, obesity and having had a job or lifestyle that consists of many repetitive movements.

Symptoms can include pain, tenderness, stiffness, loss of flexibility, bone spurs, or deformities of the hands. These symptoms can significantly impact a person's ability to perform his or her activities of daily living.

Right here in this community, you have a team of skilled therapists who are available to evaluate and assess any problems you may have associated with osteoarthritis. Our goal is to help people do the things they love and need to do, so that they have a high quality of life and can stay as independent as possible.

— *Tiffany Littlepage OTR*, REHAB DIRECTOR (972-420-8543)

