

## Happy Hour!



## Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered — slowly and ceremoniously — and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.



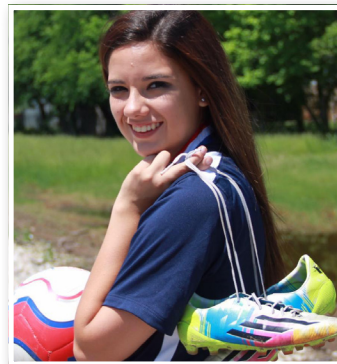
## The Women's World Cup

Women's professional soccer will be in the spotlight this month as teams from around the globe compete in the sport's biggest event, the FIFA Women's World Cup, held June 7 through July 7 in France.

The tournament began in 1991 and is played every four years. Qualifying games take place in the three years prior to the competition. Out of the 152 FIFA national teams, only 24 play in the finals — 23 qualifiers plus the host country's team, which automatically earns a spot.

A total of 52 matches will be played in nine cities across France, with the first one kicking off in Paris and the championship held in Lyon. The winning team receives prize money and a trophy, and the best player, top scorer and best goalkeeper are presented with the Golden Ball, Golden Boot and Golden Glove awards.

Only four countries have won the Women's World Cup. The U.S. leads the pack with three titles and is the defending champion after winning the title in 2015. Germany has two wins, and Japan and Norway each have one.



**The Lewisville Estates Lifestyle**

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JUNE 2019

## Dear Residents, Families and Friends,

First, I would like to give a special thanks to our Activity Team for all the hard work that was put into our Annual Mother's Day Tea last month! This event gets better and better every year, and I am so glad so many of you were able to join us. We celebrated our mothers with tea, snacks and entertainment. Thanks again to our Activities team for always making celebrations at Lewisville Estates special!

It is summer time again, and we have many events planned to celebrate! On June 14, we will be celebrating our Dads with our Annual "Donuts with Dad," and on June 11, we will have our Royal Affair (Main Event), so make sure to plan ahead; we look forward to seeing you all there!

We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors or family members who are interested in senior living, please have them contact Lauren or Coleen. Remember, you will receive a \$500 check if they move here (90 days after their move-in date). Check out our Facebook and website for weekly picture updates. Thanks for spreading the word.

Happy June,

Erin Montgomery, Executive Director



## Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

**Watermelon and tomatoes** — The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

**Cantaloupe and carrots** — These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin's ability to defend against sunburn.

**Vitamin C-rich foods** — Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals.





INDEPENDENT LIVING

## JUNE 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

Lorenzo Martinez, 5th (Employee)  
Sammy Patton, 8th  
Judy Barry, 9th (Employee)  
Kenneth Call, 10th (Employee)  
Carolyn Tucker, 10th  
Sandra Williams, 13th (Employee)  
Anita Chaplin, 14th  
Lily Bozarth, 16th  
Elizabeth Shoven, 16th (Employee)  
Hazel Rickerson, 23rd  
Gary Ryan, 24th  
James Ringerberger, 27th  
Shirley Warren, 28th

### 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
						
7:30 The Truth in Love (TV Channel 7), R66 <b>2</b>	<b>National Men's Health Education &amp; Awareness Month</b> <b>3</b> 9:30 Exercise w/Jacque of A.R.T., CR 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 Star Kids Musical, L 4:00 Washer Toss Game 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR <b>4</b> 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	8:30 Out to Winstar Casino, O <b>5</b> 9:30 Exercise w/Jacque of A.R.T., CR 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 3:15 Cookie Decoration w/Legacy 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR <b>6</b> 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	<b>Donut Day</b> <b>7</b> 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 Donut Worry Be Happy During Our Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors <b>1</b> 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 <b>9</b>	<b>Iced Tea Day</b> <b>10</b> 9:30 Exercise w/Jacque of A.R.T., CR 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 3:00 Star Kids Musical, L 4:00 Iced Tea and Game Social, B 6:00 Hand & Foot Card Game, B	9:00 Podiatry Visit, F <b>11</b> 9:30 Chair Zumba 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 Town Hall Meeting, CR 3:15 Dad You Are My Hero Social w/Sunshine, B 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR <b>12</b> 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:00 Out to Lewisville Library, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Watermelon Social w/Legacy, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR <b>13</b> 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	<b>FLAG DAY</b> <b>14</b> <b>Flag Day</b> 9:00 Donuts w/Dad, CR 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 Saltgrass Steak House, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Father's Day Celebration, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors <b>15</b> 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
<b>FATHER'S DAY</b> <b>16</b> <b>Father's Day</b> 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	<b>Root Beer Day</b> <b>17</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:00 Hearing Aid Clinic, B 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:00 Star Kids Musical, L 4:00 Horseshoe Game, B 6:00 Hand & Foot Card Game, B	<b>Craft Spirit Week</b> <b>18</b> 9:30 Chair Zumba 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 <b>19</b> 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 3:30 Book Club: Wedding Bells, LL 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR <b>20</b> 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 6:00 A Royal Affair (Main Event), DR	<b>SUMMER BEGINS</b> <b>21</b> <b>First Day of Summer</b> 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 A Toast to Summer Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors <b>22</b> 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 <b>23</b>	9:30 Exercise w/Jacque of A.R.T., CR <b>24</b> 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:00 Star Kids Musical, L 4:00 Minute to Win It Games, B 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR <b>25</b> 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 <b>26</b> 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 3:30 Social Hour w/Jason of Lifeway Hospice, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR <b>27</b> 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 3:00 Activity Meeting and Ice Cream Social w/Patty, B 6:00 Mexican Train, LL	<b>National Zoo and Aquarium Day</b> <b>28</b> 9:30 Walking Warriors, B 9:30 Out to Grapevine Aquarium and Rainforest Cafe, 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 Birthday Bash, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors <b>29</b> 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 <b>30</b>	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					