

Celebrating the American Steakhouse

A prime cut of beef, a baked potato and a side of greens. Across America, those are the makings of a classic steakhouse meal.

The modern-day steakhouse evolved from two styles of dining: chophouses and beefsteak banquets. Originating in 17th-century London, chophouses arose in New York City in the mid-1800s and served a menu of meats to merchants wanting a hot meal. These all-you-can-eat events were usually political fundraisers and open only to men, who feasted on slice after slice of beef tenderloin.

As more women became involved in business and political affairs, there came the need for a more elegant dining establishment. Menus broadened as the rising cost of prime beef spurred early steakhouses to offer side dishes of shrimp cocktail, potatoes and creamed spinach to help satisfy patrons' appetites while reducing the portions of meat.

Over the decades, steakhouses became the ideal setting for a business meeting or a celebratory meal.



All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.



The World Cup takes place every four years.

Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup — 31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.

Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

Berliner — This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

Churro — A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Youtiao — This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

Jalebi — Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

Koeksister — South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

Loukoumades — A favorite in Greece and Turkey, these fried dough balls covered with honey and cinnamon were traditionally served to winners in the ancient Olympics.

The Lewisville Estates Lifestyle

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

Like Us!

JUNE 2018

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 in to our Annual Mother's Day Tea last month! Residents and their guests were treated to tea with their loved ones and entertainment; as he sang, toes were tapping and hands were clapping. Thanks again to our Activity team for always making celebrations at Lewisville Estates special!

We are excited that it is officially summer and have many events planned to celebrate! On June 15, we will be celebrating our dads with our Annual "Donuts with Dad," and on June 21, we will have our Laughapalooza (Main Event). Make sure to plan ahead; we look forward to your participation.

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 Cindy. 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



INDEPENDENT LIVING

JUNE 2018

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)
Carolyn Tucker, 10th
Sandra Williams, 13th (Employee)
Anita Chaplin, 14th
Hazel Rickerson, 23rd
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, 2 p.m.

Walmart

Friday, TBA

Field Trips/Outing

Friday, 2 p.m.

Express Errands

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Donut Day ¹ 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 2:00 Express Errands, O 3:30 Donuts and Lemonade Happy Hour, L 6:00 Card Games, B 6:30 Piano Recital, L	9:30 Walking Warriors ² 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) 7:00 Crazy Card Game, B
					7:30 The Truth in Love (TV Channel 7), R66 ³ 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 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ⁴ 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 6:00 Card Games, B
7:30 The Truth in Love (TV Channel 7), R66 ¹⁰ 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 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ¹¹ 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 3:30 Legacy Health Chat (Senior Fitness), B 6:00 Card Games, B	7:30 Men's Out for Breakfast to IHOP, O ¹² 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:30 Dad You Are My Hero Social w/Sunshine, B 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ¹³ 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 3:15 Bible Study, TH 3:30 Root Beer Floats Social w/Evelyn, L 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	FLAG DAY ¹⁴ 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:30 What Do You Know About Our Flag Social w/Jacque 6:00 Card Games, B	9:30 Walking Warriors, B ¹⁵ 9:30 Donuts w/Dad, CR 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 2:00 Express Errands, O 3:30 Father's Day Celebration, L 6:00 Card Games, B	9:30 Walking Warriors ¹⁶ 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:00 Arts & Crafts w/Sandra, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
FATHER'S DAY ¹⁷ 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 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ¹⁸ 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Washer Toss, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR ¹⁹ 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ²⁰ 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 3:15 Bible Study, TH 4:00 Bowling, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	SUMMER BEGINS ²¹ 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 3:00 Summer Bingo w/Legacy, CR 6:00 Card Games, B 6:15 Laughapalooza (Main Event), DR	9:30 Walking Warriors, B ²² 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Whataburger, O 2:00 Express Errands, O 3:30 Summer Fun Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors ²³ 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) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 ²⁴ 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 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ²⁵ 10:00 Coffee & Snacks Monday Social, L 10:00 Out to Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Memory Game, B 6:00 Card Games, B 6:00 Outburst Social, R66	9:30 Chair Zumba Class w/Patty, CR ²⁶ 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR ²⁷ 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 3:15 Bible Study, TH 3:30 Watermelon Social w/Jason, B 3:30 Book Club, LL 6:00 Card Games, B 6:00 Quarter Horse Races, CR 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR ²⁸ 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 1:45 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:30 Ice Cream Social w/Patty, B 6:00 Card Games, B	9:00 Out To Ham Peach Orchards, O ²⁹ 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B	9:30 Walking Warriors ³⁰ 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) 7:00 Crazy Card Game, B