



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

Take Me Out to the Ball Game

Get Ready for Baseball Fun!! Join us for a Texas Rangers game on Wednesday, August 13, 2025, at 1:35 PM. Ticket Details: Price: \$17 per person and are non-refundable. Please pay in cash at the front desk by July 17th, 2025, to secure your spot for this exciting baseball outing. Don't miss out on the fun—reserve your seat today!



Tornado Readiness

Each year more than a thousand tornadoes touch down in the U.S. Only a small percentage of these strike occupied buildings, but if one should strike nearby, we want you to know what to do. If there's a tornado warning (which means that a tornado has actually been sighted), the safest places to be is a windowless, interior room or the bathroom (especially in the bathtub). A mattress, blanket or trash can lid over can protect you from flying debris. Having a disaster supply kit in your home is also important.

Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.



Cannonball!

July 11 is National Swimming Pool Day!

JULY 2025

Yankee Doodle Dandies

This Independence Day, tip your top hat to these shining stars who share a birthday with America. *Nathaniel Hawthorne*. His novels and short stories are mainstays of early American literature classes, so it's fitting he was born in 1804 on the nation's day of independence.

Calvin Coolidge. To date, he's the only U.S. president with a July 4 birthday. Born in 1872, he served as the country's 30th president from 1923 to 1929.

Gloria Stuart. Born in 1910, she began her acting career in the 1930s and is best known for her role in 1997's "Titanic," for which she earned a best supporting actress Oscar nomination.

Ann Landers and Abigail Van Buren. Did you know these competing advice columnists were identical twin sisters? They were born Esther and Pauline Friedman in 1918 in Iowa.

Bill Withers. The smooth-voiced singer who gave us hits like "Lean on Me," "Ain't No Sunshine" and "Lovely Day" was born in 1938, and served nine years in the U.S. Navy before beginning his music career.

Andrew Zimmern. Born in 1961 in New York, this celebrity chef has spent years introducing TV audiences to "Bizarre Foods" around the country and the world.

Post Malone. He was born in 1995, and like the nation he shares his birthday with, this bestselling artist's music style has been called a "melting pot" of genres, including rap, hip-hop, pop, country and grunge.

Malia Obama. Did having a patriotic birthday prepare President Barack Obama's oldest daughter for life in the White House? Born in 1998, she turned 16 during her father's second term and learned to drive from the Secret Service.

Have a Good Summer.

Locations

- Parking Lot PL
- Bistro B
- Community Room CR
- Dining Room DR
- Fitness Room FR
- Garden G
- Library LL
- Lobby L
- Outing O
- Route 66 R66
- Theater TH

Monday, 2:00PM (Misc. Errands)
Tuesday & Thursday 9:20AM (Walmart)
Wednesday, 10AM (Post Office/Bank)

HAPPY BIRTHDAY

- 7- Leonard Cooper
- 8- Jane Smith
- 11- Tom Holland
- 11-Jane Weaver
- 15-David Neustupa
- 19- Larry Dreyer
- 21-Louis Goldberg
- 23-Carol Ann Perry
- 29-Roger Willams
- Staff**
- 2-Gema Garcia
- 18-Lakisha Shaw
- 19-Laurie Ray
- 22-Carlos Rodriguez
- 22-Lezlie Regalado
- 29-Jennifer Diaz

"You cannot swim for new horizons until you have courage to lose sight of the shore." —William Faulkner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:20 Walmart Shopping (O)☒ 10:00 Catholic Communion (B) 10:00 Exercise (CR) 1:30 Hand and Foot (FR) 2:00 Spades (B) 2:00 UNO (B) 3:00 Rummikub (B)	2 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office / Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Bible study W/Linda Abel (CR) 3:00 Bingo (B) 3:00 Mexican Train (CR)	3 9:20 Walmart Shopping (O)☒ 10:00 Exercise (CR) 3:00 Dominoes (B) 3:00 Happy Hour (L) 6:30 Cinema Classics Rooster Cogburn (TH)	4 Independence Day 10:00 Bible Study Rev Laymon (CR) 2:00 Hand & Foot (FR) 2:00 Yankee Doodle Dandy Movie (TH) 3:00 Rummikub (B)	5 9:30 National Geographic Planet Earth Series (TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 3:00 Bingo (B) 4:00 Uno (B)
6 10:00 Community Church (CR) 1:30 Bridge Club 2:00 Movie Matinee The Way We Were (TH) 3:00 UNO (B) 4:00 Puzzle Club (R66)	7 11:00 Morning Devotional (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 3:00 Craft and Chat (CR) 4:00 Country Store Open 4PM-5PM	8 9:00 VA Benefits Aid & Attendance (Griswald Cares) 9:20 Walmart Shopping (O)☒ 10:00 Catholic Communion (B) 10:00 Exercise (CR) 1:30 Hand and Foot (FR) 2:00 Spades (B) 2:00 UNO (B) 2:30 Town Hall Meeting (CR) 3:00 New Resident Social (CR)	9 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office / Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Bible study W/Linda Abel (CR) 3:00 Bingo (B) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	10 9:20 Walmart Shopping (O)☒ 10:00 Exercise (CR) 3:00 Dominoes (B) 3:00 Yahtzee (B) 6:30 Cinema Classics Casablanca (TH)	11 10:00 Bible Study Rev Laymon (CR) 11:30 Pre Planning Seminar (w/ Pam Taylor)(B) 2:00 Hand & Foot (FR) 3:00 Horse Race With Rhonda Bright Star Care (CR)	12 9:30 National Geographic Planet Earth Series (TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 3:00 Bingo (B) 4:00 Uno (B)
13 10:00 Community Church (CR) 1:30 Bridge Club 2:00 Movie Matinee Singin' in the Rain (TH) 3:00 Card Game Mania 4:00 Puzzle Club (R66)	14 10:00 Dollar Tree Shopping (O) 11:00 Morning Devotional (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 3:00 Craft and Chat (CR) 4:00 Country Store Open 4PM-5PM	15 9:20 Walmart Shopping (O)☒ 10:00 Catholic Communion (B) 10:00 Exercise (CR) 1:30 Hand and Foot (FR) 2:00 UNO (B) 3:00 Yahtzee (B) 5:00 Dinner Outing w/ Tom Christinas Mexican Restaurant	16 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office / Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Bible study W/Linda Abel (CR) 2:30 Food Committee w/ Chef Ray (DR) 3:00 Bingo (B) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	17 9:20 Walmart Shopping (O)☒ 10:00 Exercise (CR) 3:00 Dominoes (B) 3:00 Yahtzee (B) 6:30 Cinema Classics An Affair to Remember (TH)	18 10:00 Bible Study Rev Laymon (CR) 2:00 Hand & Foot (FR) 3:00 Painting w/ Laurie (B) 4:00 Fraud Prevention Seminar (Lewisville PD) (CR)	19 9:30 National Geographic Planet Earth Series (TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 3:00 Bingo (B) 4:00 Uno (B)
20 10:00 Community Church (CR) 1:30 Bridge Club 2:00 Movie Matinee The Band Wagon (TH) 3:00 UNO (B) 4:00 Puzzle Club (R66)	21 11:00 Morning Devotional (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 4:00 Country Store Open 4PM-5PM	22 9:20 Walmart Shopping (O)☒ 10:00 Catholic Communion (B) 10:00 Exercise (CR) 1:30 Hand and Foot (FR) 2:00 Happy Hour & Tunes (L) 2:00 Spades (B) 3:00 Qwirkle	23 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office / Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Bible study W/Linda Abel (CR) 3:00 Bingo (B) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	24 9:20 Walmart Shopping (O)☒ 10:00 Exercise (CR) 3:00 Dominoes (B) 4:00 Thursday Night Live Dinner & Music w/ Sam Baker (DR)	25 10:00 Bible Study Rev Laymon (CR) 11:00 Studio Movie Grill Outing 2:00 Hand & Foot (FR) 3:30 Monthly Birthday Party w/ David Adams Music (L)	26 9:30 National Geographic Planet Earth Series (TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 3:00 Bingo (B) 4:00 Uno (B)
27 10:00 Community Church (CR) 1:30 Bridge Club 2:00 Movie Matinee Viva Las Vegas (TH) 3:00 Card Game Mania 4:00 Puzzle Club (R66)	28 11:00 Morning Devotional (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 4:00 Country Store Open 4PM-5PM	29 9:20 Walmart Shopping (O)☒ 10:00 Catholic Communion (B) 10:00 Exercise (CR) 1:30 Hand and Foot (FR) 2:00 Spades (B) 2:00 UNO (B) 3:00 Rummikub (B)	30 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office / Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Bible study W/Linda Abel (CR) 3:00 Bingo (B) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	31 9:20 Walmart Shopping (O)☒ 10:00 Exercise (CR) 3:00 Dominoes (B) 3:00 Reminiscing Board Game (B) 6:30 Cinema Classics Lonesome Dove (TH)	 	



Thursday Night Live!!! Dinner & Music with Sam Baker

There will be one dinner seating at 4PM on July 24th. Join us for an unforgettable evening featuring a delectable dinner crafted by Chef Ray and his team, complemented by the soulful sounds of Sam Baker. This event promises a memorable night of fine dining and live music.



Saturday mornings in July! We will be showing Planet Earth in the Theater. Embark on an extraordinary journey to explore the breathtaking wonders of our planet. Discover the diverse creatures and ecosystems that make Earth truly remarkable. Don't miss this opportunity to witness the beauty and complexity of life on our planet.

Self-Care Corner: Cool Down

We often hear of the winter blues, but hot weather is also linked to mood. High temperatures can cause adrenaline and cortisol to rise, making you feel stressed and short-tempered. If your temper starts to flare, pause for a self-check. Are you really angry, or do you just need to cool down—literally? Find a cool, quiet spot; take some deep breaths; and drink some water. Once your body feels more comfortable, you may find your emotional state is better, too.

Worldly Hot Dogs

From ballpark franks to weenie roasts, nothing says summer quite like hot dogs! That's why July is deemed National Hot Dog Month. If you're tired of your usual toppings, get inspired by these ideas from around the globe:

United States. An all-American staple, hot dogs come in many famous forms throughout the States, but one of the most popular is the Chicago dog. It's nestled in a poppy seed bun with mustard, relish, onions, tomatoes, peppers, celery salt and a pickle spear as garnishes.

Germany. Home to the frankfurter, Germany's choice of toppings—mustard, sauerkraut, onions and relish—may seem simple, but they sure are flavorful.

Mexico. Originating in Hermosillo, a city in northwestern Mexico, the Sonora hot dog is wrapped in bacon and topped with pinto beans, onions, tomatoes and jalapenos.

Colombia. Trying to add some fruit to your diet? The Colombian hot dog packs a punch with a spoonful of pineapple salsa. Bacon, cheese and a quail egg are often added as well.

Thailand. Thai food is known for vibrant flavors, and hot dogs are no exception. They're served sweet, savory and spicy, with typical toppings of chili sauce, peanuts and veggies.

France. Served on a classic French baguette and smothered with melted Gruyère cheese, this seemingly modest presentation may just surprise your taste buds.