Hello Residents of Lewisville Estates

Legacy Healthcare is continuing our monthly awareness health talks, and this month is "Restless Leg Syndrome Awareness". So come join in on the discussion July 14th at 3:30 in The Bistro at the IL, or July 21st at 3:30 in the Community Room at the AL. For all those who attend, you get to fill out a quick questionnaire for another chance to win a Walmart gift card and maybe even earn some Lewisville Estates bucks for attending!

Are you fearful of falls? Have you noticed your feet just aren't clearing the ground as they once did? We are continuing in our battle with gravity, so if you have a fear of falling or questions about balance, join in on the fight. By popular demand, we will continue to meet every Tuesday in the bistro to host a balance clinic to address the risks

for falls. If you have bad ankles, knees or hips, or just know you've been relying on that walker a little more than usual, please join in. We will be meeting on July 3rd, 10th, 17th, and 24th at **10:30** in the **Community Room**. Don't forget to dress for exercise, because we will be active.

Finally, for all you lucky residents in the AL, you will continue to see us every **Thursday** afternoon at 1:30 and Friday morning at 9:30 in the **Activity Room** for our 30-minute, headto-toe exercise class. Stretch & Grow.

Wishing you a very safe and happy Independence Day, Michael and the Legacy Healthcare Team Suite 336 • 972-420-8543

Chef's Corner **Hamburger History**

An excerpt from America's Favorite Sandwich: The Hamburger

GrubAmericana.com, August 16, 2012

Exactly when and by whom the hamburger was invented seems to depend on who is telling the story. Well known historian Frank Tolbert attributed the honors to Fletcher Davis of Henderson County, Texas. It seems "Old Dave," as he was known to most folks, owned a lunch counter in Athens where he served grilled beef patties topped with a slice of onion between two thick pieces of toasted bread as far back as the late 1880s. Tolbert also credits Davis with being the "unknown" vendor who sold hamburgers at the 1904 St. Louis World's Fair.

Other claimants of the honor include "Hamburger Charlie" Nagreen of Seymoor, Wisconsin and the

Menches brothers of Akron, Ohio, in 1885; and Louis Lassen of New Haven, Connecticut, in 1895.

There is also significant evidence to suggest that it was Oscar Weber Bilby who, on July 4, 1891, at his farm in central Oklahoma, served some ground beef patties on his wife Fanny's home-made sourdough buns (the bun is an essential part of the hamburger) to friends and family. This annual cook-out became a popular Bilby tradition that continued until 1933 when Oscar and his son Leo opened a burger stand in Tulsa and which remains in operation today.

No matter which of these stories you choose to believe, the fact is the hamburger has become the country's favorite sandwich (40% of all sandwiches sold), with more than 13 billion sold each year. And if those numbers are not impressive enough, burgers consume over three-quarters of all beef served by America's food establishments.

Who Am I? Quiz

1) I was Photojournalist famous for my pictures of the Great Depression and migrant labors. I worked for Farm Security Administration, documenting rural America from 1935 to 1942. Who am I?

2) I was the first woman member of a presidential cabinet, serving as secretary of labor. Who am I?

Please take you answer to the front desk for a Prize. (First Person wins)









7/17 USA A OKAY

Place: Dining Room

7/25 Dairy Queen

Time: 6 p.m.

Time: 11 a.m.

Place: Outing

7/29 Studio

Movie Grill

Time: 2:30 p.m.

Place: Outing

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. It's also a time to not only remember America's Founding Fathers, but those who have served this nation since then to keep it free! THANK YOU TO ALL THE MEN & WOMAN WHO HAVE SERVED FOR OUR COUNTRY!

Current Events

7/9 Men's Breakfast

Time: 7:30 a.m. Place: Outing

7/9 Medicare Seminar

Time: 3:15 p.m. Place: Community Room

7/11 George **Bush Library**

Time: 9 a.m. Place: Outing

7/14 Legacy **Health Chat**

Time: 3:30 p.m. Place: Bistro

Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always.

Resident Birthdays

1 - David Griffin

1 - Jean Hammons

1 - Fay Gonzalez 3 - Dorothy Ann Walthall

10 - Helen Wilson

22 - Raymond Windell

23 - Jane McHugh

Employee Birthdays

5 - Angelica Valdez

8 - Reyna Zavala

10 - Rochelle Barton

14 - Tanekia Calhoun

16 - Luz Peralta

19 - Iuliana Torres

21 - Elvia Cantor

29 - Penny Kamau





July 2014

Location Key

Activity Room - AR
AL Parking Lot - ALPL Bistro - B Community Room - CR

Dining Room - DR Fitness Room - FR Flagpole - FP Garden - G

Library - LL Lobby - L AL Lobby - ALL Outing - O

Route 66 - R66 Theater - TH

Sunday_	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	* * * *	US Postage Stamp Day 9am Podiatrist Visit, AR 9:30am Chair Yoga Class, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30am Facial w/ Mary Kay, AR 1:30pm Spanish Class w/ Patty, AR 2pm Latin Dance w/ Patty, CR 4pm Rowdy Ring Toss, B 6pm Card Games, B	9:30am Exercise with Jacque, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10am Dream of Jewelry & Accessories, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Games, <i>FR</i> 3:30pm Rubber Horseshoe Toss, <i>B</i> 6pm Card Games, <i>B</i>	10am Miscellaneous Errands, O 10am Pedicure & Spa Day, O 10am Bible Study/Sing A Long, ALL 10:30am Balance Class w/ Legacy, CR 10:30am Blood Pressure Check w/ Legacy, CR 2pm Walmart, O 2:30pm Art Expression, AR 6pm Card Games, B 7pm Bring a Friend Movie Night, TH	Independence Day 9:30am Walking Warriors 10am Coffee & Snack Social, L 10:30am Wonderword Challenge, B 10:30am Flag Ceremony and toast, FP 3pm Independence Day Movie w/ Popcorn, TH 6pm Card Games, B	9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
10:30am Bible Study, <i>L</i> 1:30pm Chicken Foot, <i>LL</i> 2pm Matinee Movie, <i>TH</i> 3pm Worship Songs, <i>L</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i>	Chocolate Day 9:30am Exercise with Jacque, CR 10am Albertson's, O 10am Café Latte Monday Social, L 10:30am Blood Pressure Checks w/ Legacy, LR 336, IL 1pm Bridge, B 2pm Pokeno for Prizes, AR 4pm Ring of Fire Darts, B 6pm Card Games, B	9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 10:30am Dress Up Nails w/ Avon, <i>AR</i> 1:30pm Spanish Class w/ Patty, <i>AR</i> 2:30pm Town Hall Meeting, <i>CR</i> 3:30pm Popcorn Toss, <i>B</i> 6pm Card Games, <i>B</i>	7:30am Men's Breakfast, O 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:15pm Medicare Seminar w/ June, CR 6pm Card Games, B	10 10am Miscellaneous Errands, O 10am Bible Study/Sing A Long, ALL 10:30am Balance Class w/ Legacy, CR 10:30am Blood Pressure Check w/ Legacy, CR 2pm Walmart, O 2:30pm Art Expression, AR 7pm Bring a Friend Movie Night, TH 6pm Card Games, B	Piña Colada Day 9am Out to the George Bush Library, O 9:30am Walking Warriors 10am Blood Pressure Check w/ Otilia, AR 10am Coffee & Snack Social, L 10:30am Wonderword Challenge, B 2pm Express Errands, O 3:30pm Piña Colada Happy Hour, L 6pm Card Games, B	9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
10:30am Bible Study, B 1:30pm Chicken Foot, LL 2pm Matinee Movie, TH 3pm Residents Choice Game, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	Travel Week to China 9:30am Exercise with Jacque, CR 10am Albertson's, O 10am Tea Time Social & Chinese Trivia, L 10:30am Blood Pressure Checks, CR 1pm Bridge, B 2pm Fortune Pokeno for Prizes, AR 3:15pm Reading Time w/ Jane, AR 3:30pm Legacy Health Chat, B 6pm Card Games, B	Travel Week to Mexico 9:30am Latin Chair Yoga Class, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 1:30pm Spanish Class, AR 2pm Latin Dance w/ Patty, CR 3:30pm Happy Hour w/ Margaritas & chips & salsa, B 6pm Card Games, B	Travel Week to France 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 10:30am French Monalisa Painting, AR 2pm French Senior Bingo, CR 3pm Wii Games, FR 3:30pm Paris Power Tower, B 6pm Card Games, B	Travel Week Back to the USA 10am Miscellaneous Errands, O 10am Bible Study/Sing A Long, ALL 10:30am Balance Class w/ Legacy, CR 10:30am Blood Pressure Check w/ Legacy, CR 2pm Walmart, O 6:00pm USA A OKAY, DR 7pm Bring a Friend Movie Night, TH	Wear USA Jersey 9:30am Walking Warriors 10am Coffee & Snack Social, L 10am Blood Pressure Check w/ Otilia, AR 10:30am Wonderword Challenge, B 1pm Bridge, B 2pm Roll to Play, L 2pm Express Errands, O 3:30pm Happy Hour: USA dance L 6pm Card Games, B	9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
National Lollipop Day 10:30am Bible Study, B 1:30pm Chicken Foot, LL 2pm Matinee Movie, TH 3pm Residents Choice Game, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise with Jacque, CR 10am Albertson's, O 10am Café Latte Monday Social, L 10:30am Blood Pressure Checks w/ Legacy, LR 336, /L 1pm Bridge, B 2pm Pokeno for Prizes, AR 4pm Rowdy Ring Toss, B 6pm Card Games, B	National Ice Cream Day 9:30am Chair Yoga Class, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 1:30pm Spanish Homework, AR 2pm Line Dance w/ Geri, CR 4pm Tic Tac Toss, B 6pm Card Games, B	Gorgeous Grandma Day 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Ring of Fire Darts, B 6pm Card Games, B	Tequila Day 10am Miscellaneous Errands, O 10:30am Balance Class w/ Legacy, CR 10:30am Blood Pressure Check w/ Legacy, CR 10am Bible Study/Sing A Long, ALL 2pm Walmart, O 2:30pm Art Expression, AR 7pm Bring a Friend Movie Night, TH 6pm Card Games, B	Tell an old Joke Day 9:30am Walking Warriors 10am Blood Pressure Check w/ Otilia, AF 10am Coffee & Snack Social, L 10:30am Wonderword Challenge, B 11am Lunch Out: Dairy Queen, O 1pm Bridge, B 2pm Express Errands, O 3:30pm Birthday Bash with Tonya, L 6pm Card Games, B	9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
10:30am Bible Study, <i>B</i> 1:30pm Chicken Foot, <i>LL</i> 2pm Matinee Movie, <i>TH</i> 3pm Residents Choice Game, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i>	9:30am Exercise with Jacque, CR 10am Albertson's, O 10am Café Latte Monday Social, L 10:30am Blood Pressure Checks, CR 1pm Bridge, B 2pm Pokeno for Prizes, AR 3:15pm Reading Time w/ Jane, AR 4pm Ring of Fire Darts, B 6pm Card Games, B	9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 1:30pm Spanish Class, <i>AR</i> 2pm Latin Dance w/ Patty, <i>CR</i> 2:30pm Out to the Movies, <i>O</i> 6pm Card Games, <i>B</i>	Ventriloquism Day 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Latter Toss, B 6pm Card Games, B	Wheelchair Beautification Day 10am Miscellaneous Errands, O 10:30am Balance Class w/ Legacy, CR 10:30am Blood Pressure Check w/ Legacy, CR 10am Bible Study/Sing A Long, ALL 2pm Walmart, O 2:30pm Art Expression, AR 7pm Bring a Friend Movie Night, TH 6pm Card Games, B	X X X X	* * * * * * * * * * * * * * * * * * *