

Happy July!

As we kick off July and the lovely Texas torturing temperatures, don't forget we have something great to celebrate! We think of July Fourth as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. It is also a time to not only remember America's Founding Fathers, but also those who have served this nation since then to keep it free! Thank you to all the men and women who have served our country! We have several fun events scheduled for this month. Please review the calendar and sign up for our preferred outings at the front desk.

July 4 — We will have a small July Fourth celebration in the front of the building with lemonade and fireworks!

July 16 — We'll have our main event at 6 p.m.! The theme will be an Uncle Sam's Backyard Barbecue. Please feel free to invite your family, friends and neighbors to join the live entertainment and cocktails!

July 17 — We will be attending the horse races as well. There will be limited seats, so please sign up ASAP!

July 22 — We will host a "Take Me to the Ball Park" Social on second floor, and we are asking everyone to please wear their favorite baseball jersey!

July 23 — We will have a cooking demo with our Chef Monte.

Our July Lunch Outings will be to Olive Garden and Mamma's Daughters' Diner. We are open to suggestions, so let Patty know if you have any recommendations for our calendar!

Thanks,
Jessica Hazelton
Executive Director

Resident of the Month

Our L.E.A.P. (Life enrichment Activities Program) would like to recognize Mrs. Omeda "Ida" Ekern. Omeda likes to participate in different activities in our community. She enjoys playing games in the afternoon, arts and crafts and Pokeno. She is also one of our new Ambassadors. Thank you, Omeda, for helping other residents and welcoming our new residents with your beautiful smile and kind heart. We are so proud to have you here at Lewisville Estates.







INDEPENDENT LIVING

JULY 2015

Locations

AL Parking Lot, ALPL Bistro, B Community Room, CR Dining Room, DR Dog Park, DG

Fitness Room, F

Activity Room, AR

Garden, G Library, LL Lobby, L Outing, O Route 66, R66 Theater, TH

Flagpole, FP

Transportation Schedule

Monday 10 a.m. Albertsons

Tuesday 10 a.m. Walmart

Wednesday 10 a.m. Post Office/Bank

> Thursday 2 p.m. Walmart

Thursday 10 a.m.

Miscellaneous Errands Friday

> TBA Field Trips/Outing **Friday**

Express Errands

Birthdays

Dorothy Evans, 1st Fay Gonzalez, 1st Ralph Prater, 3rd Jesse Smith, 4th Jane Watson, 6th Dolores Etling, 7th Mildred Kitchen, 7th Helen Wilson, 10th

SUNDAY MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY SATURDAY** 3 INDEPENDENCE DAY 9:30 Exercise w/Jacque 2 | Wear Red, White & Blue 9:30 Balance Class of A.R.T., CR 9:30 Chair Zumba Class, F w/Legacy, CR 9:30 Walking Warriors Post Office/Bank, O 10:00 Coffee & Snacks 10:00 Misc. Errands, O 10:00 Fireworks Sparklers Coffee & Snack Friday Social, L 10:00 Blood Pressure Check Social, FP Wednesday Social, L 10:30 Wonderword Challenge w/Legacy, CR Coffee & Conversation, L 10:30 **Blood Pressure Checks** 1:00 Bridge, CR w/A.R.T., CR 10:30 Bible Study w/ 1:00 Trivia Pursuit, LL 2:00 **Express Errands, O** Sassy Senior \$1 Bingo, CR Card Games, B Pastor Frances, B 1:30 2:15 Ear & Hearing Clinic Wii Games w/Max, F 2:45 Fun Flicks and 2:00 Shopping at Walmart, O w/Dr. Stuart, B Red, White & Blue Toss, B Popcorn, TH 2:30 Crafts: Summer **Stars & Stripes** 3:30 Card Games, B 3:30 Billiards (Pool) Wreaths, AR Bring a Friend Happy Hour, L 7:00 Crazy Card Game, B 6:00 Card Games, B Movie Niaht, TH Card Games, B 11 6 8 10 10:00 Bible Study 9:30 Chair Yoga 9:30 Walking 9:30 Balance Class Chair Zumba 9:30 **National Kissing Day** 7:00 Men's Breakfast, O Class, CR w/Legacy, CR Exercise w/ Class, F Warriors Singalong, L 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Misc. Errands, O Jacque of A.R.T., CR 10:00 Shopping at 10:00 Coffee & Snacks 10:30 Coffee & 10:30 Bible Study, B 10:00 Post Office/Bank, O 10:00 Blood Pressure Check 10:00 Coffee & Snacks Walmart, O Friday Social, L Conversation, L 1:15 Chicken Foot, LL 10:00 Coffee & Snack Monday Social, L w/Legacy, CR 10:30 Wonderword Challenge 10:00 Catholic Communion, B Wednesday Social, L 1:00 Trivia Pursuit, LL 2:45 Independence 10:00 Albertsons, O 10:30 Bible Study w/ 10:30 Rosary Service, B 10:30 Blood Pressure Checks Out to Olive Garden, O 10:30 Blood Pressure Checks Pastor Frances, B Day Movie 1:30 Card Games, B w/A.R.T., CR 1:00 Bridge, CR 10:30 Facials w/Mary w/A.R.T., CR 11:00 Gift Galore (Vendor), L 2:00 Sassy Senior \$1 Bingo, CR 2:45 Fun Flicks and 3:00 Resident Choice 2:00 Express Errands, O Kav, AR 11:30 Kissing Gram Delivery, DR Shopping at Walmart, O 3:00 Wii Games w/Max, F Game Popcorn, TH 3:30 Summer Block 1:45 Line Dancing w/Geri, L 2:00 Pokeno for Prizes, AR 4:00 Tic Tac Toss, B 3:30 Facts or Fiction w/ 6:30 Resident Card 4:00 Rowdy Ring Toss, B Happy Hour, L 3:30 Billiards (Pool) 2:30 Art Expression, AR 6:00 Card Games, B Jacque of A.R.T., B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH 6:00 Card Games, B Games, B 6:00 Card Games, B 6:00 Card Games, B 7:00 Crazy Card Game, B 12 13 14 16 17 18 9:30 Exercise w/Jacque 15 9:30 Walking 9:30 Balance Class 9:30 Chair Yoga 9:30 Walking Warriors 9:30 Exercise w/ 10:00 Bible Study of A.R.T., CR Warriors w/Legacy, CR Class, CR 9:30 Chair Zumba Class, F Jacque of A.R.T., CR 10:00 Post Office/Bank, O Singalong, L 10:00 Shopping at 10:00 Misc. Errands, O 10:30 Coffee & 10:00 Coffee & Snacks 10:00 Coffee & Snacks 10:00 Coffee & Snack Walmart, O 10:00 Blood Pressure Check 10:30 Bible Study, B Friday Social, L Conversation, L Wednesday Social, L Monday Social, L 10:00 Catholic Communion, B w/Legacy, CR 10:30 Wonderword Challenge 10:30 Blood Pressure Checks Chicken Foot, LL 1:00 Trivia Pursuit, LL Albertsons, O 10:00 10:30 Rosary Service, B w/A.R.T., CR 10:30 Bible Study w/ 1:00 Bridge, CR 10:30 Blood Pressure 1:30 Card Games, B 3:00 Resident Choice 2:00 Sassy Senior \$1 Bingo, CR Pastor Frances, B Express Errands, O 10:30 Dress Up Nails w/ 2:00 Checks w/A.R.T., CR 3:00 Wii Games w/Max, F 2:45 Fun Flicks and Game 3:30 Let's Cruise to the 2:00 Shopping at Walmart, O Avon, R66 2:00 Pokeno for Prizes, AR 4:00 Ring Toss of Fire, B Bahamas Happy Hour, L Popcorn, TH 2:30 Town Hall Meeting, CR 6:30 Resident Card 6:00 Card Games, B 3:30 Legacy Health Chat, B 6:00 Card Games, B Out to the Horse Races, O 3:30 Chick-fil-A Social, B 6:00 Uncle Sam's Backyard 3:30 Billiards (Pool) Games, B 6:00 Card Games, B 6:45 Bring a Friend 6:00 Card Games, B Barbecue, DR 6:00 Card Games, B Movie Night, TH 7:00 Crazy Card Game, B 25 19 20 21 **Wear Your Favorite** 22 23 24 9:30 Exercise w/ 9:30 Chair Zumba 9:30 Walking 9:30 Balance Class 9:30 Chair Yoga **Baseball Jersey** 10:00 Bible Study Jacque of Class, F w/Legacy, CR Warriors Class, CR 9:30 Exercise w/Jacque of A.R.T., CR A.R.T., CR Singalong, L 10:00 Coffee & Snacks 10:00 Misc. Errands, O 10:30 Coffee & 10:00 Post Office/Bank, O 10:00 Shopping at 10:00 Coffee & Snacks Friday Social, L 10:00 Blood Pressure Check 10:00 Coffee & Snack 10:30 Bible Study, B Conversation, L Walmart, O Wednesday Social, L Monday Social, L 10:30 Wonderword w/Legacy, CR Chicken Foot, LL 10:00 Catholic Communion, B 1:00 Trivia Pursuit, LL 10:30 Blood Pressure Checks Challenge 10:00 Albertsons, O 10:30 Bible Study w/ w/A.R.T., CR 10:30 Rosary Service, B 1:30 Card Games, B 3:00 **Resident Choice** 10:30 Blood Pressure Pastor Frances, B 11:00 Mama's Daughter's 2:00 Sassy Senior \$1 Bingo, CR 1:45 Line Dancing w/Geri, L 2:45 Fun Flicks and Game Checks w/A.R.T., CR 2:00 Shopping at Walmart, O Diner, O 3:00 Wii Games w/Max, F 2:30 Arts & Crafts Tie Popcorn, TH 3:00 Take Me to the Ball 6:30 Resident Card Pokeno for Prizes, AR 3:00 Cooking Demo w/ 1:00 Bridge, CR Dye Shirts, AR Park Social, R66 Chef Monte, DR 3:30 Billiards (Pool) 4:00 Rowdy Ring Toss, B 2:00 Express Errands, O Games, B 6:00 Card Games, B 7:00 Crazy Card Game, B 6:45 Bring a Friend Movie Night, TH 31 26 27 30 9:30 Exercise w/ 9:30 Balance Class 9:30 Chair Zumba National U.S. Postal Day 9:30 Chair Yoga 10:00 Bible Study Jacque of Class, F 9:30 Exercise w/ w/Legacy, CR Class, CR Jacque of A.R.T., CR A.R.T., CR Singalong, L 10:00 Misc. Errands, O 10:00 Coffee & Snacks 10:00 Shopping at 10:00 Post Office/Bank, O 10:00 Coffee & Snacks 10:30 Bible Study, B Friday Social, L Walmart, O 10:00 Blood Pressure 10:00 Coffee & Snack Monday Social, L Wednesday Social, L 10:30 Wonderword Chicken Foot, LL 10:00 Catholic Check w/Legacy, CR 10:00 Albertsons, O 10:30 Blood Pressure Checks Communion, B Challenge 3:00 Resident Choice 10:30 Bible Study w/ w/A.R.T., CR 10:30 Blood Pressure 10:30 Rosary Service, B 2:00 Sassy Senior \$1 Bingo, CR Pastor Frances, B 1:00 Bridge, CR Game Checks w/A.R.T., CR 3:00 Wii Games w/Max, F 1:45 Line Dancing w/Geri, L 2:00 Shopping at **Express Errands, O** 6:30 Resident Card Pokeno for Prizes, AR 3:30 Writers' Corner, B 2:30 Art Expression, AR Walmart, O 3:30 Birthday Bash, L 4:00 Ring Toss of Fire, B 6:00 Card Games, B Games, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH 6:00 Card Games, B 6:00 Card Games, B 6:00 Card Games, B

Health and Wellness: Hydration

Dehydration is a common condition that afflicts many persons over the age of 65.

Dehydration occurs when the body loses more water than it takes in. Our bodies can lose water for a number of reasons. If left untreated, dehydration can become severe and result in serious illness. In fact, it can even be life threatening. Dehydration is ranked among the top 10 reasons people on Medicare are hospitalized. The good news is dehydration can be prevented.

Causes of Dehydration

- Medications
- Lack of mobility
- Incontinence
- Isolation
- Medical Conditions

There are things you can do to reduce your risk of dehydration. If you are interested in finding out more about dehydration and the steps you can take to reduce your risk, stop by the Legacy Healthcare Services Therapy Department and we can develop a personalized plan to assist you.

Tiffani Littlepage, OTR/RD

Rehab Director

Office: 972-420-8543



Exercise With Jacque!

Come and join us every Monday and Wednesday morning for exercise class with Jacque of Advanced Rehab Trust — a great workout and some fun too!



Arts and Crafts Time!

Come and join us every Tuesday afternoon for Arts and Crafts.



Hot air balloons made in Arts and Crafts!







