



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

May 2015

Dear Residents, Families and Friends,

May is Older Americans Month, which was first issued on April 18, 1963. At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes that we have for you: Exercise with Erin of Advance Rehab Trust, Exercise Extreme, Chair Yoga and more.

We begin this month with a Kentucky Derby Party. Many residents have decorated or purchased hats for the occasion and the entire day promises to bring you back to the Kentucky days of old. As always, we have many fun and exciting events this month: Cinco de Mayo Social, a field trip to the museum, themed lunch outings, our own Dancing With the Seniors Main Event and a Memorial Day Cookout. Please check the calendar or see Philip for more details.

Let's have a big, warm welcome to our new fantastic Assisted Living Director, Melinda. Please feel free to stop by her office anytime!

Happy May,
Jessica



Resident of the Month: Frances Wright

Frances has been a proud part of Lewisville Estates since April 2014. She has a sweet, honest personality and she loves music and bingo. Here she is at our Royal Party!



ASSISTED LIVING

AL#010063

MAY 2015

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

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 2 p.m. Express Errands

Birthdays

- Philip Jones, 6th (Employee)
- Mariana Dunlop, 9th
- Betty Daughtry, 18th
- Charles Chowning, 25th
- Bill Newman, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
8:30 New Covenant Baptist Church, L 3 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	9:45 Exercise Extreme, AR 4 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Mexican Maracas Crafts, ALC 2:30 Garden Meditation, ALC 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 5 10:00 Shopping at Walmart, O 10:00 Cinco de Mayo Social, L 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club 3:30 Small Group Time 4:00 What's Happening?!, L	No Diet Day 6 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 10:15 Hot Fudge Sundae Social, L 2:00 Bible Study w/Rob Harrison, DR 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 7 9:30 Men's Coffee Group, B 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Exercise w/Legacy, AR 2:00 Shopping at Walmart, O 2:30 Flowers in a Jar Crafts, AR 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would..., L	9:45 Exercise Extreme, AR 8 10:00 Farkel Fridays, AR 2:00 Cosmos & Cupcakes Social, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 2 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L 3:00 141st Kentucky Derby on NBC
MOTHER'S DAY 10 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR 3:00 Famous Mothers, L	9:45 Exercise Extreme, AR 11 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 2:00 Family Tree Social, L 2:45 Remembering Fred Astaire's Birthday, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 12 10:00 Shopping at Walmart, O 10:00 High Tea w/Jackie from Accolade, ALC 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club 3:30 Small Group Time 4:00 What's Happening?!, L 5:45 AL Main Event Dancing With the Seniors, L	Wait Staff Appreciation Day 13 7:00 Men's Breakfast Outing, O 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Famous Criminals: Share & Tell, L 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, DR 3:00 Town Hall Meeting, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 14 9:30 Men's Coffee Group, B 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Exercise w/Legacy, AR 2:00 Shopping at Walmart, O 2:30 Salad Bar Social, L 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would..., L	9:45 Exercise Extreme, AR 15 10:30 Lunch at Tierney's Cafe, O 2:00 Meet & Greet Featuring Cowboy Bob 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 16 10:30 Word Find Challenge 1:00 Cannes Film Festival Review, L 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 17 9:30 Sit and Be Fit, L 1:00 Shake Rattle & Roll Games, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	9:45 Exercise Extreme, AR 18 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 2:30 N.Y.S.E. Ticker Social, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 19 10:00 Shopping at Walmart, O 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club 3:00 Trip to the Museum, O 3:30 Small Group Time 4:00 What's Happening?!, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 20 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, DR 2:45 Movies w/Jimmy Stewart, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 21 9:30 Men's Coffee Group, B 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Exercise w/Legacy, AR 2:00 Shopping at Walmart, O 2:30 Backyard Games, ALC 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would..., L	Wig Out Day 22 9:45 Exercise Extreme, AR 10:00 Farkel Fridays, AR 2:00 Memorial Weekend Cookout Featuring Paul Anderson, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 23 10:30 Word Find Challenge 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 24 9:30 Sit and Be Fit, L 11:00 99th Indy 500 on ABC 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	MEMORIAL DAY 25 10:00 Sit Down & Tone Up, L 10:15 Walking Club 1:30 Today in History, L 3:00 Scrabble Party, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 26 10:00 Shopping at Walmart, O 10:00 Crafty Craft Time w/Philip, AR 1:30 Yoga Gold Chair Exercise, AR 2:30 Bible Stories Reading Club 3:30 Small Group Time 4:00 What's Happening?!, L	7:00 Eat a Healthy Breakfast, DR 27 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, DR 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L 4:00 Walk a Thon	8:00 Beauty Salon Is Open 28 9:30 Men's Coffee Group, B 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Exercise w/Legacy, AR 2:00 Shopping at Walmart, O 2:00 90 & Over Social, L 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would..., L	9:45 Exercise Extreme, AR 29 10:30 Lunch at It's Greek to Me, O 2:00 Get Into the Greek Social, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 30 10:30 Word Find Challenge 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 31 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR						

This Month in Activities

Socials and Musical Performances:

Friday, May 1 — May Day Social With JT Matthews

Friday, May 15 — Meet & Greet Social With Cowboy Bob

Friday, May 22 — Wig Out Day With Paul Anderson



Lunch Outings:

Friday, May 15 — Tierney's Cafe: In honor of Famous Criminals week, we're going to the restaurant in the house where the good doctor of Bonnie & Clyde lived.

Friday, May 29 — It's Greek to Me: A wonderful cuisine here in Lewisville that keeps with our theme of getting "Into the Greek."

Main Event:

This month's theme is "Dancing with the Seniors." This will not be your ordinary party or social gathering. There will be a DJ, live music, dancing, our own hosts and it's going to be our own little personalized "ABC" special. Who will get the mirror ball trophy? You'll have to be there to find out! Bring the family and let's do this!

To Our Partners, We Give Thanks

Last month we had a Royal Party, Easter Egg Hunt, a Texas Freedom Day Concert, and so much more that everyone helped out with so much. You made each of these events special. As always, if I miss you, let me know!

- Advanced Rehab Trust
- ACT
- Accolade
- Ardent
- Altesse
- Encompass
- Hollymead
- Hospice Plus
- Mayhill
- Legacy Healthcare
- New Covenant Baptist
- Novus
- Rev. Cristal Fisher
- Rob Harrison
- Senior Select
- Trio Healthcare

Savor Springtime Activities

If you're longing to bid the wintertime blues goodbye as warmer, sunny weather returns, there's no better cure for cabin fever than to spend time outdoors on a bright and breezy spring day. Consider these ideas for enjoying the season.



Let's get growing: Get back in touch with nature by planting flowers or vegetables. Whether it's a community garden or a small pot for your windowsill, tending plants can be therapeutic.

A bird's-eye view: Spring is prime time for bird-watching since many species of our feathered friends are returning from winter migration, as well as building nests to raise their hatchlings.

Pack a picnic: Whether you enjoy a full meal or just some seasonal snacks, dining outside on a beautiful day is the perfect way to take in the season.

Sponsored by Legacy Healthcare

Memorial Day, May 25

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day.



Regardless of the exact date or location of its origins, one thing is clear — Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on May 5, 1868, by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.