



## JULY 2024

### Your Executive Director!

As we welcome the warmth and sunshine of July, we hope this newsletter finds you in good spirits and health. This month is a wonderful time to enjoy outdoor activities, connect with loved ones, and savor the simple pleasures that summer brings.

Join us in commemorating the 4th of July! Learn about the history of Independence Day, discover local events, and get inspired with ideas for a patriotic celebration at home.

From flag-raising ceremonies to fireworks, there's something for everyone.

Staying healthy in the summer heat is crucial, staying hydrated, protecting your skin, and enjoying gentle outdoor exercises.

As we soak up the sun and enjoy the longer days, let's embrace the opportunities that July brings to spend time outdoors, connect with others, and nurture our well-being. We are grateful to have you as part of our community and look forward to sharing many more summer moments with you.

Wishing you a joyful and healthy July!



### Wendy Martinez for Employee of the Month!

We are thrilled to announce that our Employee of the Month is none other than Wendy Martinez! As a valued member of our medical technology team, Wendy has consistently demonstrated exceptional dedication and reliability in her work. Wendy is a rock-solid presence in our team, always showing up ready to tackle any challenge that comes her way. She makes even the most complex tasks look easy, handling every responsibility with grace and competence.

Her hard work and positive energy are truly inspiring, and we are incredibly lucky to have her on our team. Congratulations, Wendy, and thank you for all that you do!



**Assisted Living Locations..**

- Activity Room AR
- AL Courtyard ALC
- AL Parking Lot ALPL
- Bistro B
- Independent Living IL
- Library LL
- Lobby L
- Outing O
- Spa Spa
- Garden G

**Transportation Schedule..**

- Monday, 10am
- Grocery Stores 9:45
- Tuesday, 10am
- Walmart 10am
- Wednesday, 10am
- Post Office/Bank 10am
- Thursday, 10am
- Walmart 10am
- Friday, TBA
- Field Trips/Outings

**Happy Birthday!**

Paul Thorp-July 14  
Martha Davis-July 27

**"Even the smallest victory is never to be taken for granted. Each victory must be applauded."  
—Audre Lorde**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Wake and Shake(Exercise w/Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Bowling 3:00 July Trivia 3:30 Cup and plate towers and pyramids	2 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 3:30 Afternoon Outburst! 4:00 Word Searches Before Dinner 6:00 Movie Night !	3 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Wellness Wednesday (Nutrition) 3:30 Indoor Golf 4:00 Word Searches Before Dinner	4 	5 10:00 Curls and Crunches (Exercise with Allison) 10:30 Culinary Corner : Celebration of National Graham Cracker Day 1:30 Puzzle Mania! 2:00 Outing to Yogurt Zone 3:30 Group Sing Along 4:00 Word Searches Before Dinner	6 10:00 Residents Choice Independent Activities 11:30 Lunch w/Friends 1:30 Puzzles Galore! 2:30 Uno or Mexican Train
7 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	8 10:00 Wake and Shake(Exercise w/Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Air Hockey! 3:00 Whack a mole! (Come to Activities to find out what that is. 3:30 Watermelon Fest !	9 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 3:30 Parachute Fun ! 4:00 Word Searches Before Dinner	10 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Town Hall 3:30 Cup towers and Target practice 4:00 Word Searches Before Dinner	11 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle Mania !~ 2:00 Art w/Friends 3:30 Bowling Tournament w/Prizes 4:00 Word searches Before Dinner	12 10:00 Curls and Crunches (Exercise with Allison) 10:30 Culinary Corner: Celebration of National French Fry day 1:30 Puzzle Mania! 2:00 Wine and Cheese Tasting/Happy Hour 3:30 Uno Crew! 4:00 Word Searches Before Dinner	13 10:00 Residents Choice Independent Activities 11:30 Lunch w/Friends 1:30 Puzzles Galore! 2:30 Uno or Mexican Train
14 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	15 10:00 Wake and Shake(Exercise w/Jada) 10:30 Outing to Chick-Fil-A 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Pictionary ! 3:30 Flyswatter Balloon Volleyball 4:00 Word Searches Before Dinner	16 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 3:30 Patriotic Penny Pitching 4:00 Word Searches Before Dinner	17 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Wellness Wednesday (Financial Well Being) 3:30 Water Gun Fight! 4:00 Word Searches Before Dinner	18 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle Mania ! 2:00 Art w/Friends 3:00 Movie and Pizza	19 10:00 Curls and Crunches (Exercise with Allison) 10:30 Morning Outburst! 1:30 Puzzle Mania 2:00 Nachos and Margaritas/Happy Hour 3:30 Noodle Ball 4:00 Word Searches before Dinner	20 10:00 Residents Choice Independent Activities 11:30 Lunch w/Friends 1:30 Puzzles Galore! 2:30 Uno or Mexican Train
21 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	22 10:00 Wake and Shake(Exercise w/Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Noodle Ball 3:30 Group Sing Along 4:00 Word Searches Before Dinner	23 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 3:30 Activities Meeting 4:00 Word Searches Before Dinner	24 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Charades 3:30 Wheel of Fortune ! 4:00 Word Searches before Dinner	25 10:00 Walmart Shopping (O) 10:30 Watercolor painting (Independent Activities) 1:30 Puzzle mania 2:00 Art w/Friends 3:30 Indoor Golf 4:00 Word Searches Before Dinner	26 10:00 Curls and Crunches (Exercise with Allison) 10:30 Conversation Ball Toss 1:30 Puzzle Mania ! 2:00 July Birthday Party/Happy Hour 3:30 Table Game Extravaganza! 4:00 Word Searches Before Dinner	27 10:00 Residents Choice Independent Activities 11:30 Lunch w/Friends 1:30 Puzzles Galore! 2:30 Uno or Mexican Train
28 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	29 10:00 Wake and Shake(Exercise w/Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Jeopardy 3:30 Parachute Fun 4:00 Word Searches Before Dinner	30 10:00 Walmart Shopping (O) 1:30 Piecing It Together! (Puzzles) 2:00 Bingo Rounds w/ Allison (AR) 3:30 Bowling Tournament w/prizes ! 4:00 Word Searches Before Dinner	31 3:30 Let's Have a Ball ! 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:00 Wellness Wednesday (Brain Health) 3:00 Ring Toss 4:00 Word Searches Before Dinner			



Meet Jake! He is our new therapy dog who will be making regular visits. The residents got to meet him on May 31. There was lots of love exchanged both ways.



Flag Cake Yum! Many patriotic opportunities will be offered in Assisted Living here at Lewisville Estates, ranging from culinary treats, crafts, music and much more. July celebrates National Blueberry month, National Hot Dog month, National Ice cream month, and even National Gummi Worm Day on July 15th. There is something for everyone, young and old. Come join us as we celebrate this special month. Happy Birthday America and God Bless the USA!

## Live Healthier With Friends

July is Social Wellness Month, an opportunity to focus on this important facet of overall health. Referring to a person's capability to bond and build relationships with others, social wellness is about having positive interactions with your friends, family and community.

Your circle of peers should be a good support system, offering assistance and perspective when needed. Those with a solid social network are able to handle stress better, can navigate the world more easily and have higher self-esteem. In addition, they are proven to live longer lives and have lower cholesterol, healthier hearts and higher levels of immunoglobulin A—an antibody that fights respiratory sickness and cavities.

Humans are inherently social, but a study by Harvard found that more than 1 in 3 Americans consider themselves lonely. Especially after the pandemic, people are struggling with their social wellness.

This month, put a new focus on reaching out to old and new friends. Practice empathy and active listening, and offer support to those going through difficult times. Set up friend "dates" and weekly check-ins with those you love.

If you're looking to make new friends and don't know where to get started, try an exercise class, a volunteer group or a hobby-related course.

