



The Lewisville Estates Lifestyle

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

August 2015

Happy August!

Another summer is about to close as our kiddos, grandkids, some staff and friends head back to school. We will be celebrating "Senior Citizen Spirit Week." Please check your calendars and weekly reminders for what is happening in the community. If you have any suggestions for outings, please let Philip know.

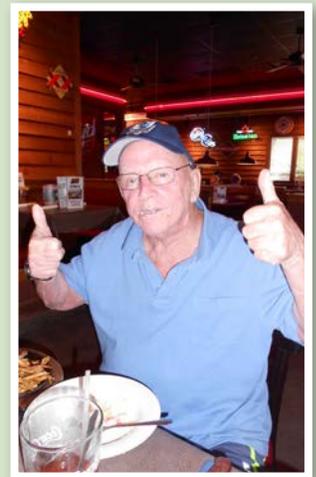
We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors or family members who are thinking about senior living, please send them our way! Remember, you will receive a \$500 check if they are here for 90 days. Look at your address book, there has to be someone who would make a good Lewisville Estates family member. Thanks for spreading the word. Check us out on our website, and don't forget to tell your friends to check us out on the web, too! Also, check out our Facebook for weekly updates and pictures. We are frequently updating our page with fun events happening here!



Senior Citizen Spirit Week

Aug. 10-14

We want to show our love for our seniors this year in the tradition of Homecoming Week. Each day we will have a different theme.



Dressing up and showing support is opened up to everybody! So, if you are a resident, staff, family member, vendor, sponsor, visitor or friend, we want to see your colors. Everyone who participates will be entered into a drawing that will be held at the Friday Social at 2 p.m. for an extra special prize. Here are the themes:

- Monday** — Crazy Socks Day
 - Tuesday** — Twin Day
 - Wednesday** — Crazy Hair & Hat Day
 - Thursday** — Neon Day
 - Friday** — Jeans & Jersey Day
- Dress up and show your spirit!

ASSISTED LIVING

AL#010063

AUGUST 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

Birthdays

- Bobby Robertson, 1st
- Bonnie Pusser, 7th
- Mark Bentley, 16th
- Don Rheinfeldt, 19th

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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>1:30 Games w/Staff, AR</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>Watermelon Day</p> <p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>1:30 Today in History, L</p> <p>2:30 Watermelon in the Garden, ALC</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Exercise w/Zeal Rehab, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>2:00 Bible Study w/Rob Harrison, DR</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>Root Beer Float Day</p> <p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Yoga Gold Chair Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>2:30 Root Beer Floats, L</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>National Beer Day</p> <p>9:45 Exercise Extreme, AR</p> <p>10:30 Lunch at Korner Cafe, O</p> <p>2:00 Beer & Nuts w/J.T. Matthews</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>Crazy Socks Day</p> <p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>1:30 Today in History, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>Twin Day</p> <p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Exercise w/Zeal Rehab, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:00 S'mores Social, AR</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p> <p>5:45 Vintage Circus Main Event Feat. "I Love Lucy," L</p>	<p>Crazy Hair & Hat Day</p> <p>7:00 Men's Breakfast Outing, O</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>2:00 Bible Study w/Rob Harrison, DR</p> <p>3:00 Town Hall Meeting, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>Neon Day</p> <p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Yoga Gold Chair Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>Jeans & Jersey Day</p> <p>9:45 Exercise Extreme, AR</p> <p>10:00 Farkel Fridays, AR</p> <p>2:00 Seniors Rock w/ Eric Andrews, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>1:30 Games w/Staff, AR</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>1:30 Today in History, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Exercise w/Zeal Rehab, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>2:00 Bible Study w/Rob Harrison, DR</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/Rev. Christal Fisher, L</p> <p>1:30 Yoga Gold Chair Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>9:45 Exercise Extreme, AR</p> <p>10:30 Lunch at Tierney's Cafe, O</p> <p>2:00 Bloody Mary Social, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>3:30 Bingo w/New Century Hospice, L</p> <p>4:00 Weekly Wrap Up, L</p>	<p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>Belgian Waffle Day</p> <p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>1:30 Today in History, L</p> <p>2:30 Belgian Waffle Social, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Exercise w/Zeal Rehab, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>2:00 Bible Study w/Rob Harrison, DR</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Yoga Gold Chair Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>9:45 Exercise Extreme, AR</p> <p>10:00 Farkel Fridays, AR</p> <p>2:00 College Game Day Social, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>1:30 Today in History, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>					

Thank you, Sponsors!

July was great, and August is going to be even better. Thank you to all of you who helped make our activities and community the best it could be! (Let me know if I miss you so it won't happen again!)

- ART
- ACT
- Novus
- Encompass
- Ardent
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah's Witnesses
- Rev. Cristal Fisher
- Rob Harrison
- Laura Zuczek
- Colleen Banas
- Seasons
- Hollymead
- Community Care Pharmacy
- New Century
- TX HH
- Patriot
- Senior Helpers
- Mayhill
- Aria



Louise: Sand in a jar w/ CC Pharmacy!

Resident of the Month

For August, we had to think long and hard. After careful consideration, it was decided that June Ramsey is our Resident of the Month. She is a big part of the Lewisville Estates family and really brings joy to everyone!



Pain Management from Legacy

Pain is something everyone will experience at one time or another. Often times, it's an indication that something is wrong. It can range from mild and occasional to severe and constant. Pain has both physical and emotional components and can be temporary or become more chronic in nature.

When we experience pain it can lead to many other issues including depression, decreased independence, increased medical bills and decreased quality of life. There are many causes of pain such as trauma, injury, poor posture, obesity, repetitive stress and disease processes.

The good news is there are many treatment options that can be implemented to address the pain and prevent the pain from worsening. Right here in this community, you have a team of skilled therapists who are available to evaluate and assess any pain you are experiencing. Our goal is to help people do the things they love and need to do, so that they have a high quality of life and can stay as independent as possible. Stop by the Legacy Healthcare Services office if you would like to discuss further. We can help develop a well-rounded treatment plan tailored specifically to your needs!



Performances in August

8/7, at 2 p.m. — J.T. Matthews

8/11, at 5:45 p.m. — The Main Event: "I Love Lucy" at the Circus!

(Please Note: All families and friends are invited to join us! We'll see you there!)

8/14, at 2 p.m. — Eric Andrews

8/28, at 2 p.m. — Cowboy Bob

