



Independent Living  
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

## 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!



## JULY 2024

## Maria Medel

We are thrilled to recognize our Housekeeper, Maria Medel, as our Employee of the Month. Maria's dedication, attention to detail, and unwavering commitment to maintaining the highest standards of cleanliness have not only made our environment more pleasant, but have also set a shining example for her peers.

Her positive attitude, strong work ethic, and ability to go above and beyond in her duties have not gone unnoticed. Maria consistently delivers exceptional service, ensuring every corner is immaculate and welcoming. Her contributions are invaluable, and we are incredibly fortunate to have her on our team. Thank you, Maria, for your hard work and for making a difference every day. Your efforts are truly appreciated and celebrated.



**Locations**

- Parking Lot ..... PL
- Bistro ..... B
- Community Room ..... CR
- Dining Room ..... DR
- Fitness Room ..... FR
- Garden ..... G
- Library ..... LL
- Lobby ..... L
- Outing ..... O
- Route 66 ..... R66
- Theater ..... TH

**Transportation**

- Monday, 10AM** (Grocery Stores)
- Tuesday & Thursday, 10AM** (Walmart)
- Wednesday, 10AM** (Post Office/Bank)
- Thursday, 2:30PM** (Misc. Errands)
- Friday, 9:30AM**

**Happy Birthday!**

- 4-Bob Moore
- 8-Jane Smith
- 11-Tom Holden
- 15-David Neustupa
- 17-Pam Prater
- 18-Norma Choate
- 19-Larry Dreyer
- 21-Louis Goldberg
- 28-Bea Weaver
- 29-Roger Williams

**“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 <b>9:45 Big Lots shopping (O)</b> 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades 2:30 Ball Roll game (CR) 3:30 Uno & Ice cream (B) 6:30 Stay and Play (B)	2 <b>9:35 Walmart Shopping (O)</b> 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:30 Charade Pick (CR) 3:00 Ring toss (CR) 6:30 Stay and Play (B)	3 <b>10:00 Post Office/Bank (O)</b> 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Bingo & Jada (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno & Friends (B) 6:30 Stay and Play (B)	4 <b>Independence Day! Happy Birthday Bob!</b> <b>9:35 Walmart Shopping (O)</b> 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 11:30 July 4th Buffet (DR) 2:00 Euchre (B) <b>2:30 Misc. Errands (O)</b> 6:30 Stay and Play (B)	5 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) <b>3:30 Music from Dean Peters (CR)</b> 6:30 Stay and Play (B)	6 <b>2:00 Skip-Bo Crew</b> 6:30 Stay and Play (B)
7 <b>10:00 Community Church</b> 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	8 <b>Happy Birthday Jane!</b> <b>9:45 Dollar Tree (O)</b> 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades 2:00 Story wise, Common Ground Edition (FR) 3:00 Craft & Chat (CR) 6:30 Stay and Play (B)	9 <b>9:35 Walmart Shopping (O)</b> 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:30 Town Hall Meeting (CR) 6:30 Stay and Play (B)	10 <b>Casino Day!</b> <b>9:30 Winstar Casino</b> 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 3:00 Dominoes/42/Mexican Train (CR) 6:30 Stay and Play (B)	11 <b>Happy Birthday Tom Holden!</b> <b>9:35 Walmart Shopping (O)</b> 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) <b>2:30 Ice Cream social &amp; Games w/ Legacy (CR)</b> <b>2:30 Misc. Errands (O)</b> 6:30 Stay and Play (B)	12 10:00 Bible Study (CR) <b>11:00 Chick-fil-A (O)</b> 2:00 Hand & Foot (FR) <b>2:30 Cardiac Pulmonary Rehab Presentation (Food is provided) (CR)</b> 6:30 Stay and Play (B)	13 <b>2:00 Skip-Bo Crew</b> 6:30 Stay and Play (B)
14 <b>10:00 Community Church</b> 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	15 <b>Happy Birthday David!</b> <b>9:45 Kroger (O)</b> 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Penny Pitching (CR) 2:00 Spades 3:00 Buckets and Bags (CR) 6:30 Stay and Play (B)	16 <b>9:35 Walmart Shopping (O)</b> 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:30 Dear Abby (B) 3:00 “Try it, You’ll strike It” (Bowling) 6:30 Stay and Play (B)	17 <b>Happy Birthday Pam!</b> <b>10:00 Post Office/Bank (O)</b> 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Root Beer Floats (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Name that Tune (L) 6:30 Stay and Play (B)	18 <b>Happy Birthday Norma!</b> <b>9:35 Walmart Shopping (O)</b> 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Bingo & Jada (CR) 2:00 Euchre (B) <b>2:30 Misc. Errands (O)</b> 6:30 Stay and Play (B)	19 <b>Happy Birthday Larry Dreyer!</b> 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) <b>3:30 Stevie &amp; Toni are coming to Happy Hour (CR)</b> 6:30 Stay and Play (B)	20 <b>2:00 Skip-Bo Crew</b> 6:30 Stay and Play (B)
21 <b>Happy Birthday Louis!</b> <b>10:00 Community Church</b> 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	22 <b>9:45 Tom Thumb (O)</b> 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades 2:30 Spelling Bee for prizes (TH) 3:00 Craft & Chat (CR) <b>3:30 James Adams &amp; Band (L)</b> 6:30 Stay and Play (B)	23 <b>9:35 Walmart Shopping (O)</b> 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:30 Balloon Volleyball (CR) 3:30 Whisper Guess (CR) 6:30 Stay and Play (B)	24 <b>10:00 Post Office/Bank (O)</b> 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Scoop & dump ‘em race (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno & Friends (B) 6:30 Stay and Play (B)	25 <b>9:35 Walmart Shopping (O)</b> 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 2:00 Euchre (B) <b>2:30 Misc. Errands (O)</b> 2:30 Sip N Paint (CR) 6:30 Stay and Play (B)	26 10:00 Bible Study (CR) <b>11:00 Pappadeaux Seafood (O)</b> 2:00 Hand & Foot (FR) 3:30 Lima Bean Auction (CR) 6:30 Stay and Play (B)	27 <b>2:00 Skip-Bo Crew</b> 6:30 Stay and Play (B)
28 <b>Happy Birthday Bea!</b> <b>10:00 Community Church</b> 1:30 Bridge 3:00 Card Game Mania 6:30 Stay and Play (B)	29 <b>Happy Birthday Roger!</b> <b>9:45 Aldi Shopping (O)</b> 10:00 Wake N Shake exercise w/ Allison 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades <b>2:30 Air Hockey (CR)</b> <b>3:30 Circle Guess (CR)</b> 6:30 Stay and Play (B)	30 <b>9:35 Walmart Shopping (O)</b> 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Hand & Foot (FR) 2:30 Peanut Butter landing (CR) 3:30 Family Feud (CR) 6:30 Stay and Play (B)	31 <b>10:00 Post Office/Bank (O)</b> 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:30 Show & Tell (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno & Friends (B) 6:30 Stay and Play (B)			

# A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. "From sea to shining sea," our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event. Our office will be closed on July 4 so that our team can also celebrate the birthday of our great nation.



## Keep Your Cool

When it's hot outside, stay cool inside. As the summer heat slowly retreats, don't slack on saving energy costs to cool your home. Here are a few tricks to reduce the effects the summer sun has on your energy bill:

**Green light.** Make the green choice and switch your light bulbs to compact fluorescent bulbs. Compared to regular light bulbs, CFLs use 75 percent less energy. CFLs produce less heat and last up to 10 times longer than traditional lighting.

**Two degrees.** For every 2 degrees your thermostat is raised, you can reduce your cooling costs by 3 percent. So, turn up your air conditioner a few notches, especially if you're not home.

**Spin me right round.** Put those ceiling and floor fans to use. Air circulation makes a room feel up to 3 degrees cooler.

**Seal it.** Replace old refrigerator door seals. Test to see if yours needs to be changed by closing the door on a dollar bill. If it pulls out without resistance, the seal needs to be replaced.

