

## Fun Games!

Come and join us every Monday at 2 p.m. for a fun game of Pokeno and every Wednesday at 2 p.m. for Dollar Bingo!



**The Lewisville Estates Lifestyle**

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

AUGUST 2018

## Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

**Stay inside** — During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.



**Hydrate** — Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

**Dress appropriately** — Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

**Take a break** — On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

**Check your meds** — Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

**Watch for symptoms** — If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.



## Dear Residents, Family and Friends

I hope you all enjoyed a fun and safe Fourth of July with fireworks, friends and family! We had such a fun July celebrating summer with our Watermelon, Piña Colada and Ice Cream Socials and our Summer Sock Hop!

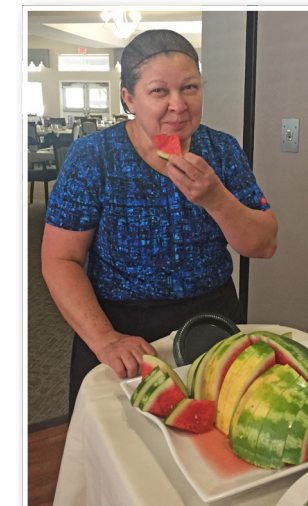
Be sure to check your activity calendar as well as weekly flyers to see what exciting outings and events are scheduled for each month!

August has many exciting things in store including an outing to enjoy some Frozen Yogurt on Tuesday, Aug. 21, a National Root Beer Float Day Social on Monday, Aug. 6, and on Aug. 16, we will be spending the night "On Broadway" at our Main Event. Make sure to invite your family and friends. We hope to see you all there!

Also, remember to check out our Facebook and website for weekly picture updates.

Happy August!

*Erin Montgomery*  
Executive Director



## Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.





INDEPENDENT LIVING  
AUGUST 2018

**Locations**

- AL Parking Lot, ALPL Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

**Transportation Schedule**

- Monday, 10 a.m. Grocery Stores
- Tuesday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 2 p.m. Walmart
- Friday, TBA Field Trips/Outing
- Friday, 2 p.m. Express Errands

**"It is a happy talent to know how to play."**  
—Ralph Waldo Emerson

Activities Subject to Change

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|---|--|--|---|---|
|   | <b>Birthdays</b><br>Mauricio Padilla, 4th (Employee)<br>Alyce Eustace, 8th<br>Cindy Bruce, 11th (Employee)<br>Doris Hunter, 16th  | Jack Gonz, 16th<br>Jerry Ingram, 17th<br>Sheila Call, 18th (Employee)<br>Jacob Rodriguez, 30th (Employee)   | 9:00 <b>Out to Winstar Casino, O</b> 1<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:15 Bible Study, TH<br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH  | <b>National Coloring Book Day</b> 2<br>9:30 <b>Balance Class w/ Legacy, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/ Pastor Frances, CR</b><br>1:00 Bridge Club, CR<br>2:00 <b>Misc. Errands, O</b><br>3:00 Adult Coloring Club, B<br>6:00 Card Games, B                  | <b>International Beer Day</b> 3<br>9:30 Walking Warriors, B<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>11:00 <b>Gift Galore (Vendor), L</b><br>2:00 Wonder Word Challenge<br>3:30 <b>Beer &amp; Pretzel Happy Hour, L</b><br>6:00 Card Games, B | 9:30 Walking Warriors 4<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B  |
| 7:30 The Truth in Love (TV Channel 7), R66 5<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B  | <b>Root Beer Float Day</b> 6<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Dollar Tree, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>1:00 Bridge Club, CR<br>2:00 Pokeno for Prizes, CR<br>3:00 <b>Star Kids Musical, L</b><br>3:15 <b>Trivia Club, B</b><br>3:30 Root Beer Floats Social, B<br>6:00 Card Games, B | 9:30 <b>Chair Zumba Class w/Patty, CR</b> 7<br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>2:30 Art Expression, CR<br>4:00 <b>Puzzle Mania With Patty, R66</b><br>6:00 Card Games, B   | 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 8<br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:15 Bible Study, TH<br>3:15 <b>Cooking Demo w/ Chef Monte, DR</b><br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH                                      | 9:30 <b>Balance Class w/ Legacy, CR</b> 9<br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/ Pastor Frances, CR</b><br>1:00 Bridge Club, CR<br>2:00 <b>Misc. Errands, O</b><br>2:30 <b>Busy Hand Club, B</b><br>3:00 <b>Social Hour With Jacque, B</b><br>6:00 Card Games, B           | <b>Kool Aid Day</b> 10<br>9:30 Walking Warriors, B<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>11:00 <b>Out to Regal Buffet, O</b><br>2:00 Wonder Word Challenge<br>3:30 <b>Have a Kool Happy Hour, L</b><br>6:00 Card Games, B                  | 9:30 Walking Warriors 11<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B |
| 7:30 The Truth in Love (TV Channel 7), R66 12<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B | 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 13<br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Big Lots, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>1:00 Bridge Club, CR<br>2:00 Pokeno for Prizes, CR<br>3:00 <b>Star Kids Musical, L</b><br>3:15 <b>Trivia Club, B</b><br>4:00 Ring Toss of Fire, B<br>6:00 Card Games, B                                       | 7:30 <b>Men's Out for Breakfast to Cracker Barrel, O</b> 14<br>9:30 <b>Chair Zumba Class w/Patty, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>2:30 <b>Town Hall Meeting, CR</b><br>3:15 <b>School Memories w/Sunshine, B</b><br>6:00 Card Games, B | 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 15<br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:15 Bible Study, TH<br>3:30 <b>Carb Counting Presentation w/Kara, B</b><br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH                               | 9:30 <b>Balance Class w/Legacy, CR</b> 16<br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/ Pastor Frances, CR</b><br>1:00 Bridge Club, CR<br>2:00 <b>Misc. Errands, O</b><br>2:30 <b>Bean Bag Baseball w/Legacy, CR</b><br>6:00 Card Games, B<br>6:15 <b>A Night on Broadway, DR</b> | <b>National Thrift Shopping Day</b> 17<br>9:30 Walking Warriors, B<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>2:00 Wonder Word Challenge<br>3:30 <b>Let's Party Thrift Style Happy Hour, L</b><br>6:00 Card Games, B                            | 9:30 Walking Warriors 18<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B |
| 7:30 The Truth in Love (TV Channel 7), R66 19<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B | 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 20<br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Dollar Tree, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>1:00 Bridge Club, CR<br>2:00 Pokeno for Prizes, CR<br>3:15 <b>Trivia Club, B</b><br>3:30 <b>Legacy Health Chat (Pain Management), B</b><br>6:00 Card Games, B  | 9:30 <b>Chair Zumba Class w/Patty, CR</b> 21<br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>2:00 Scrapbooking Club, CR<br>3:00 <b>Out for Frozen Yogurt, O</b><br>6:00 Card Games, B   | 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 22<br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:15 Bible Study, TH<br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH   | 9:30 <b>Balance Class w/Legacy, CR</b> 23<br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/ Pastor Frances, CR</b><br>1:00 Bridge Club, CR<br>2:00 <b>Misc. Errands, O</b><br>2:30 <b>Busy Hand Club, B</b><br>3:30 <b>Brownie Social With Patty, B</b><br>6:00 Card Games, B         | 9:30 Walking Warriors, B 24<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>11:00 <b>Out To Cheesecake Factory, O</b><br>2:00 Wonder Word Challenge<br>3:30 <b>Fun Happy Hour, L</b><br>6:00 Card Games, B   | 9:30 Walking Warriors 25<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B |
| 7:30 The Truth in Love (TV Channel 7), R66 26<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B | 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 27<br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Tom Thumb, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>1:00 Bridge Club, CR<br>2:00 Pokeno for Prizes, CR<br>3:00 <b>Social Hour w/Liia, B</b><br>3:15 <b>Trivia Club, B</b><br>4:00 Ring Toss of Fire, B<br>6:00 Card Games, B                                     | 9:30 <b>Chair Zumba Class w/Patty, CR</b> 28<br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>2:30 Art Expression, CR<br>4:00 <b>Puzzle Mania With Erin, R66</b><br>6:00 Card Games, B   | 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 29<br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:15 Bible Study, TH<br>3:30 <b>What Is New With Jason Social Hour, B</b><br>3:30 <b>Book Club, LL</b><br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH | 9:30 <b>Balance Class w/Legacy, CR</b> 30<br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/ Pastor Frances, CR</b><br>1:00 Bridge Club, CR<br>2:00 <b>Misc. Errands, O</b><br>6:00 Card Games, B  | 9:30 Walking Warriors, B 31<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>2:00 Wonder Word Challenge<br>3:30 <b>Birthday Bash, L</b><br>6:00 Card Games, B   |    |