

## Social Hour!

Come and join us during Social Hours.



## Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

**Keukenhof** — Called the "garden of Europe," this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

**Nong Nooch Tropical Botanical Garden** — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants.

**Villa d'Este** — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.



## The Story of the School Nurse

In communities across the country, school nurses offer care to students of all ages, safeguarding their health and education.

The history of this vital nursing specialty begins at the turn of the 20th century. Due to its growing population, New York City's public schools battled a rise in contagious infections among students. Despite hiring doctors to provide health screenings, the rates of illnesses and absences remained high until a woman named Lillian Wald stepped in.

A nurse who worked in low-income neighborhoods, Wald saw the need for children to receive basic health care at school. In 1902, she persuaded officials to hire the first public school nurse in America, Lina Rogers. In her first month on the job working at four schools, Rogers treated nearly 900 students and made over 100 home visits. Soon after, 27 more school nurses were hired, and within six months, health-related absenteeism dropped by a whopping 90%.

By the 'w20s, school nurses were working throughout the nation, treating minor conditions, providing first aid, and educating children and their families about preventive health care.



## Dear Residents, Families and Friends

At Lewisville Estates, we strive to keep you active and healthy. Please join one of the scheduled exercise classes we have for you: Exercise and Blood Pressure Checks with The Yellow Rose, Balance Class with Legacy, Chair Exercise with Sarah and our walking warriors.

We have many fun and exciting events this month: Let's Taco Bout It Cinco De Mayo Happy Hour, Mother's Day Happy Hour, Mimosa Social Hour and National Pizza Party Day. Please check the calendar or see Sarah for more details.

Happy May,  
Erin Montgomery,  
Executive Director



## Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

**Helps prevent illness** — High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

**Boosts energy** — The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

**Lifts mood** — Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

**Improves sleep** — A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

**Reduces fall risk** — Exercise strengthens muscles and bones, increases flexibility, and improves balance — all benefits that are key to preventing falls and broken bones.



ASSISTED LIVING  
AL#010063

## MAY 2020

### 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

Patricia Kixmiller, 3rd  
Hope Dugan, 4th  
Valree Wynn, 9th  
Sybil Lidster, 22nd  
Monte Melugin, 26th  
Jim Hawes, 30th

### Transportation Schedule

Monday, 10 a.m.  
Grocery Stores

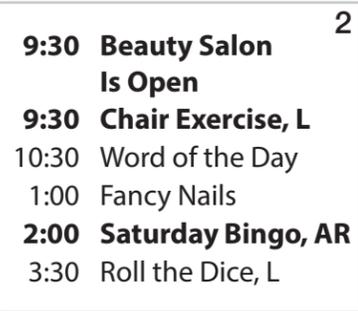
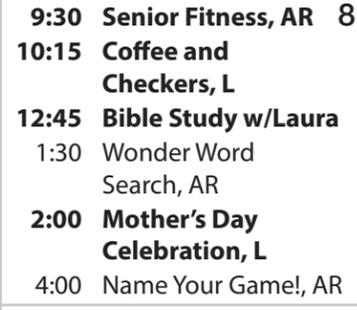
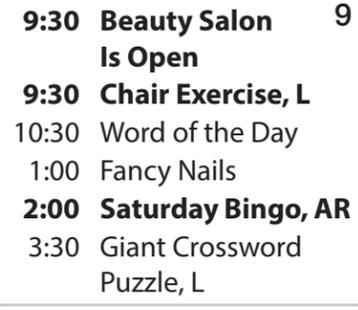
Tuesday, 10 a.m.  
Walmart

Wednesday, 10 a.m.  
Post Office/Bank

Thursday, 10 a.m.  
Walmart

Friday, TBA  
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>3</b>	<b>National Family Month</b> <b>4</b> 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Adult Coloring Club, AR	<b>Cinco De Mayo</b> <b>5</b> 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Margarita Time, L	<b>National Golf Day</b> <b>6</b> 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	9:30 Chair Exercise, L <b>7</b> 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L	<b>Mariachi Day</b> <b>1</b> 9:30 Senior Fitness, AR 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Let's Taco Bout Cinco De Mayo Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open <b>2</b> 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L
<b>MOTHER'S DAY</b> <b>10</b> 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/Legacy, AR <b>11</b> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR <b>12</b> 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:30 Trivia, L	9:30 Tone Those Bones, AR <b>13</b> 10:00 Post Office/Bank, O 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:15 Town Hall Meeting, L	9:30 Chair Exercise, L <b>14</b> 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR	<b>Nascar Day</b> <b>15</b> 9:30 Senior Fitness, AR 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Race Your Way to Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open <b>16</b> 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>17</b> 8:30 New Covenant Baptist Church, L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/Legacy, AR <b>18</b> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:00 Sassy Senior Bingo w/the Yellow Rose, AR 4:00 Adult Coloring Club, AR	9:30 Senior Fitness, AR <b>19</b> 9:30 Beauty Salon Is Open 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Trivia, L	9:30 Tone Those Bones, AR <b>20</b> 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	9:30 Chair Exercise, L <b>21</b> 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L	<b>Sherlock Holmes Day</b> <b>22</b> 9:30 Senior Fitness, AR 10:15 Coffee and Checkers, L 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Elementary My Dear Watson, It Is Social Hour, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open <b>23</b> 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Giant Crossword Puzzle, L
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>24</b> 8:30 New Covenant Baptist Church, L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L	<b>MEMORIAL DAY</b> <b>25</b> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:00 Fun Afternoon Movie, L 4:00 Wonder Word Search, AR	9:30 Senior Fitness, AR <b>26</b> 9:30 Beauty Salon Is Open 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:30 Trivia, L	<b>National Senior Health and Fitness Day</b> <b>27</b> 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 Activity Meeting & Snack Social w/Sarah, L	9:30 Chair Exercise, L <b>28</b> 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR	<b>29</b> 9:30 Senior Fitness, AR 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	9:30 Beauty Salon Is Open <b>30</b> 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>31</b> 8:30 New Covenant Baptist Church, L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L						