

Alexis Estates

Gracious Retirement Living

680 North Watters Road • Allen, Texas 75013 • Phone (469) 854-6295 • www.seniorlivinginstyle.com

JUNE 2019

ALEXIS ESTATES STAFF

Managers.....JAMIE & PATTI MILLER
Assistant Managers BRIAN & TRACY LEWIS
Executive Chef.....LAVAR WILLIAMS
Marketing.....GABRIELLA SIEGEL
Activity CoordinatorDENISE BARKER
Maintenance PATRICK DRISSEL
Transportation BARBARA NIX

TRANSPORTATION

Monday, 8:30 a.m.-3:30 p.m.

Tuesday, 8:30 a.m.-3:30 p.m.: Medical Appts

Wednesday, 8:30 a.m.-3:30 p.m.

Thursday, 8:30 a.m.-3:30 p.m.: Medical Appts

Friday, 8:30 a.m.-3:30 p.m.

HAWTHORN
SENIOR LIVING

Alexis Celebrates Second Anniversary!

Alexis Estates Gracious Retirement Living is so much more than walls and windows; it's a place to enjoy home-cooked



Our beautiful Community

meals, game night or a fun evening with family and friends. It's a place where you always feel comfortable, safe and secure. Please join us Sunday, June 22nd, for a delicious home-cooked buffet followed by musical entertainment as we celebrate another great year.

Allen Firefighters Pancake Feed and Fundraiser

Please join us on June 8th for a fundraiser and breakfast extravaganza benefiting the Allen Fire Dept. The firefighters are coming with the big red truck, and guests will enjoy pictures with the crew as well as a delicious pancake breakfast with all the fixings. Please invite family and friends to join in this worthy fundraising event benefiting the Allen Fire Dept.





'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Their water content and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts. Enjoy these berries that are ripe for the eating:

Strawberries — This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.

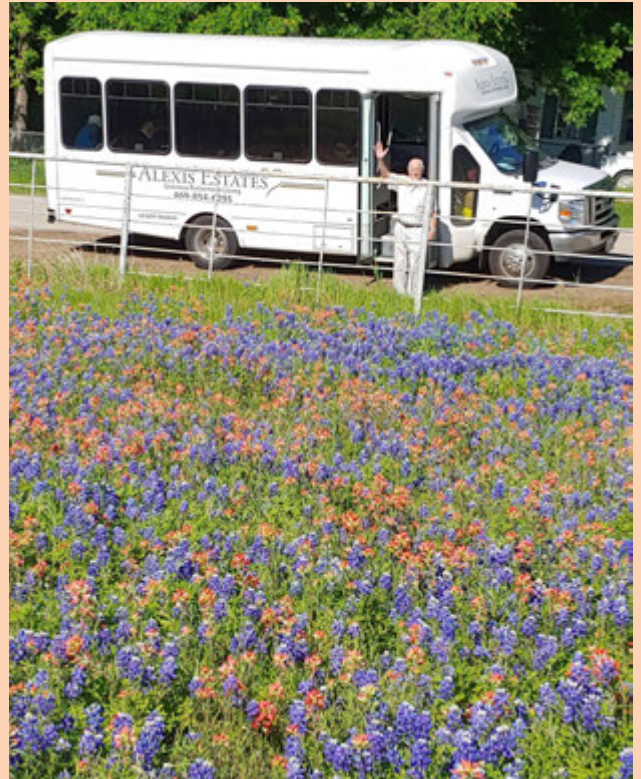
Blueberries — Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food. Research suggests compounds in these berries can boost brain health and help prevent heart disease and diabetes.

Raspberries — At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste. There are also varieties in black, purple and yellow.

Blackberries — Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.

Annual Ennis Bluebonnet Trails Were Enjoyed By All!

This year, residents enjoyed a spectacular trip through the Ennis bluebonnets including a docent from the Ennis Visitors Center who narrated our trip and provided lots of fun and informative information along the way. Afterwards, we all enjoyed lunch at the Wildflower Cafe.



Bluebonnets in all their splendor





Alexis Honored Our Mothers with a Mad Hatter Tea Party!

Residents and their guests enjoyed tea and an assortment of goodies at our first Mad Hatter Tea Party.



Wall to wall fun!



Alice had a very unique hat!



June at a Glance

June 4th at 3:15 p.m.:

Flower Pressing Three-Week Classes RSVP Only

June 5th at 10:30 a.m.: Buc-ee's Store, Melissa, Texas

June 7th at 8 a.m.: Casino Outing

June 8th at 8 a.m.: Pancake Breakfast with Allen Fire Dept

June 10th at 10 a.m.: Kat Eyeglasses Fitting

June 12th at 9:30 a.m.: PGA Superstore & Lunch Out, Plano, Texas

June 14th at 11 a.m.: Lunch Outing

June 16th at 12 p.m.: Father's Day Steak Dinner

June 18th at 2 p.m.: June Birthday Party

June 19th at 9:30 a.m.: Dallas World Aquarium

June 21st at 9:30 a.m.: Hamm's Peach Orchard, Terrell, Texas

June 22nd at 11 a.m.: Alexis Second Anniversary Celebration

June 26th at 12 p.m.: Lunch & Movie Out

June 27th at 11 a.m.: Jeopardy with Jamie

June 27th at 4 p.m.: New Resident Reception with Tony Walsh

JUNE 2019

Birthdays

Alice Elliott, 1st
 Nona Rhoton, 5th
 Alvin Linton, 7th
 Ada Williams, 8th
 Patricia Bell, 9th
 Mike Lukshin, 11th
 Rita Westlund, 14th
 Allen Smith, 15th
 Inga Wynn, 18th
 Gary Sterrett, 23rd
 Tinie Williamson, 24th
 Edith Durbin, 27th
 Richard Fuller, 28th

Locations

Activity Room, AR
 Billiards Room, BR
 Bus, B
 Chapel, CH
 Computer Center, CC
 Dining Room, DR
 DR Alcove, DRA
 Front Lobby, Lobby
 Gym, G
 Library, L
 Movie Theater, MT
 Patio, P
 TV Room, TV

“The sun does not
 shine for a few
 trees and flowers,
 but for the wide
 world’s joy.”

—Henry Ward
 Beecher

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:50 Walking Club, Lobby 1 9:30 Exercise Class with Bill, AR 10:00 Coffee & Donuts with Managers, AR 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:15 Open Games, AR 
8:30 Bus Pick-Up, Allen Baptist Church, Lobby 2 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR	8:50 Walking Club, Lobby 3 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:30 Trip to Walmart, B 1:45 Ten Cent Bingo, AR 2:00 Bible Study with Doyle, CH 3:00 Chair Volleyball, AR 7:00 Game of “42,” DRA	8:50 Walking Club, Lobby 4 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT	8:50 Walking Club, Lobby 5 9:30 Cardio Exercise, AR 10:00 Bunco, DRA 10:30 Buc-ee’s Outing, B 11:00 Catholic Comm., CH 1:45 Bingo with Prizes, AR 3:00 Joyous Voices Practice, DR 4:00 Happy Hour, DR 7:00 Poker Game, BR 7:00 Sermons on Tape, CH 	8:50 Walking Club, Lobby 6 9:30 Chair Exercise, AR 10:00 Jim Foster Bible Study, CH 11:00 Manager/Resident Meeting, AR 1:30 Walmart, B 3:30 Chair Volleyball, AR 7:00 Movie Night, MT	Wear Red Day 7 8:00 Trip to Choctaw, B 8:50 Walking Club, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR  3:00 Fun Friday!, AR 	8:00 Pancake Fundraiser Allen Fire Dept, DR 8 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT  3:15 Open Games, AR
8:30 Bus Pick-Up, Allen Baptist Church, Lobby 9 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR 	8:50 Walking Club, Lobby 10 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:00 Kat Eyeglass Party, CC 10:30 Trip to Walmart, B 1:45 Ten Cent Bingo, AR 2:00 Bible Study with Doyle, CH 3:00 Chair Volleyball, AR 7:00 Game of “42,” DRA	8:50 Walking Club, Lobby 11 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR  7:00 Movie Night, MT	8:50 Walking Club, Lobby 12 9:30 Cardio Exercise, AR 9:30 PGA Superstore Outing, B 10:00 Bunco, DRA 11:00 Catholic Comm., CH 1:45 Bingo with Prizes, AR 3:00 Joyous Voices Practice, DR 4:00 Happy Hour, DR 7:00 Poker Game, BR 7:00 Sermons on Tape, CH	8:50 Walking Club, Lobby 13 9:30 Chair Exercise, AR 10:00 Jim Foster Bible Study, CH 3:30 Chair Volleyball, AR 7:00 Movie Night, MT	FLAG DAY 14 Wear Red Day 8:50 Walking Club, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 11:00 Lunch Outing, B  1:30 Trip to Walmart, B 3:00 Fun Friday!, AR	8:50 Walking Club, Lobby 15 9:30 Exercise Class with Bill, AR 10:00 Coffee & Donuts with Managers, AR 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT  3:15 Open Games, AR
FATHER’S DAY 16 8:30 Bus Pick-Up, Allen Baptist Church, Lobby 10:30 Rosary, CH 11:00 Catholic Communion, CH 12:30 Father’s Day Steak Dinner, DR 2:00 Praise & Worship, CH 3:15 Open Game Time, AR	8:50 Walking Club, Lobby 17 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:30 Trip to Walmart, B 1:45 Ten Cent Bingo, AR 2:00 Bible Study with Doyle, CH 3:00 Chair Volleyball, AR 7:00 Game of “42,” DRA	8:50 Walking Club, Lobby 18 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 June Birthday Party, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR  7:00 Movie Night, MT	8:50 Walking Club, Lobby 19 9:30 Cardio Exercise, AR 9:30 Dallas World Aquarium Outing, B 10:00 Bunco, DRA 11:00 Catholic Comm., CH 1:45 Bingo with Prizes, AR 3:00 Joyous Voices Practice, DR 4:00 Happy Hour, DR 7:00 Poker Game, BR 7:00 Sermons on Tape, CH	8:50 Walking Club, Lobby 20 9:30 Chair Exercise, AR 10:00 Jim Foster Bible Study, CH 11:00 Chef/Resident Meeting, AR 2:00 For Love & Art, MT 3:30 Chair Volleyball, AR 7:00 Movie Night, MT 7:00 Dementia Support Group, CH	SUMMER BEGINS 21 Wear Red Day 8:50 Walking Club, Lobby 9:30 Chair Yoga with Caleb, AR 9:30 Ham’s Orchard Outing & Lunch, B 10:00 Ask a Nurse, AR 1:30 Trip to Walmart, B 3:00 Fun Friday!, AR	8:50 Walking Club, Lobby 22 9:30 Exercise Class with Bill, AR 11:00 2nd Anniversary Celebration, DR 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:15 Open Games, AR
8:30 Bus Pick-Up, Allen Baptist Church, Lobby 23 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR 	8:50 Walking Club, Lobby 24 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:30 Trip to Walmart, B 1:45 Ten Cent Bingo, AR 2:00 Bible Study with Doyle, CH 3:00 Chair Volleyball, AR 7:00 Game of “42,” DRA 	8:50 Walking Club, Lobby 25 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT	8:50 Walking Club, Lobby 26 9:30 Cardio Exercise, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 11:00 Lunch & Movie Outing, B 1:45 Bingo with Prizes, AR 3:00 Joyous Voices Practice, DR 4:00 Happy Hour, DR 7:00 Poker Game, BR 7:00 Sermons on Tape, CH	8:50 Walking Club, Lobby 27 9:30 Chair Exercise, AR 10:00 Jim Foster Bible Study, CH 11:00 Jeopardy with Jamie, AR  3:30 Chair Volleyball, AR 7:00 Movie Night, MT	Wear Red Day 28 8:50 Walking Club, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 1:30 Trip to Walmart, B 3:00 New Resident Reception, AR 	8:50 Walking Club, Lobby 29 9:30 Exercise Class with Bill, AR 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:15 Open Games, AR
8:30 Bus Pick-Up, Allen Baptist Church, Lobby 30 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR						



Making Hats for the Kentucky Derby Day!

Ladies had lots of fun creating unique and one-of-a-kind hats for the Kentucky Derby Races and for our Mad Hatters Tea Party!



Jolene shows off her beautiful hat.



A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.

Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world.

Ham's Peach Orchard Trip Coming!

Please join us for a fun trip to Ham's peach orchards and country store on June 21st. Residents will be able to have lunch there and enjoy homemade peach ice cream!



Flower Pressing Class to Begin in June

Resident Barbara Wright will be conducting a three-week flower pressing class starting Tuesdays in June at 3:15 p.m. Participants must RSVP for the class in advance. Each class attendee will receive a kit that will include pressed flowers, card making supplies, contact paper and all the materials explaining how to make these beautiful cards and pictures. Dee will be working with Barbara to help residents explore their creativity and be inspired by found objects in nature. Please join us for these fun classes in June!





Our Sock Hop Was Lots of Fun!

April 13th, Alexis enjoyed a packed crowd at our annual Sock Hop. Thank you to Anne Hinton and Steve Summers, who really got the crowd dancing!



Bea enjoyed dancing at the Hop!



Cutting a rug!



Betty and Phyllis dress for the Hop!

The US Senior Open

Each summer, some of the world's best golfers tee off at the U.S. Senior Open, considered the most prestigious tournament for senior players.

Established by the U.S. Golf Association in 1980 as a result of the rise in older golfers, the first competition was open to men age 55 and older. Roberto De Vincenzo of Argentina, at age 57, won the top prize. The minimum age was lowered to 50 the following year, and 51-year-old Arnold Palmer was the champion.

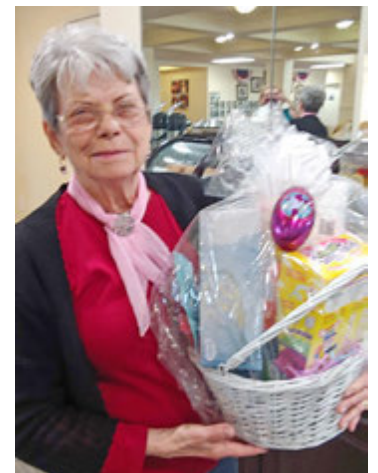
Golf clubs across the country take turns hosting the event, which takes place annually in late June or early July. Out of the more than 2,000 hopeful professional and amateur golfers from around the globe who enter to play, only 156 qualify to compete in the tournament.

Among the game's greats who have won the Senior Open are Lee Trevino, Jack Nicklaus, Fred Funk and Hale Irwin.

This year, the 40th U.S. Senior Open takes place June 27th-30th in Indiana, at the University of Notre Dame's Warren Golf Course. It marks the first time the event has been held on a college campus.

The Easter Bunny Visited Alexis Estates!

Alexis hosted Xplor Preschool for a fun Easter egg hunt and visit with the Easter Bunny. Residents also enjoyed an Easter egg hunt in the building. Vi Krohn found the golden egg to win the Grand Prize basket donated by Legacy Rehab.



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Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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