Alexis Estates Gracious Retirement Living

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

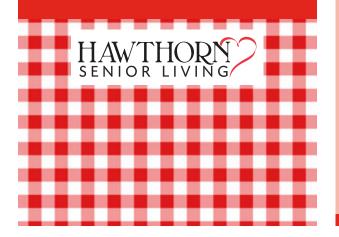
JULY 2019

ALEXIS ESTATES STAFF

Managers	JAMIE & PATTI MILLER
Assistant Managers	. BRIAN & TRACY LEWIS
Executive Chef	LAVAR WILLIAMS
Marketing	GABRIELLA SIEGEL
Activity Coordinator	DENISE 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.



Hawaiian Luau Planned for July 13th!

Get your favorite Hawaiian shirt and outfits ready. Our annual Luau will take place on July 13th. The Grace Hula Company will again entertain us with authentic hula dancing and wonderful music. The event will also include a beautiful Polynesianinspired buffet. Residents are encouraged to invite family and friends to attend.



Pat Bell enjoyed last year's Luau.



Prom Was an Oscar Worthy Night!

Residents enjoyed a delicious Chefprepared meal and danced through the night at Prom. Our theme was Hollywood, A Night at the Oscars. Before the band played, residents went into the Activity Room and viewed pictures of residents from their high school days. We all enjoyed guessing whose picture belonged to each resident. After that, residents returned to the "ballroom" and enjoyed posing with a life-size Oscar, and were excited to learn who would be our new Prom King and Prom





Posing for the Camera! Prom 2019

Queen! Miss Cleta Garms was crowned Prom Queen and Mr. Bill Peiper was crowned Prom King. Many couples enjoyed dancing to the tunes of the McKinney Dance Band.





View from above Prom 2019





Don and Rita enjoy dancing at Prom.

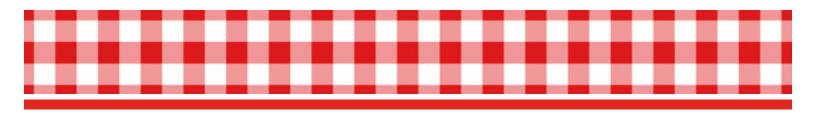


Jerry and Marge enjoy a dance during Prom.



The way we were





Mr. Bill Peiper is Crowned Prom King 2019

This year, three men were nominated to serve as our 2019 Prom court: Bill Peiper, Craig Sutphin and Jesse Clark. Mr. Bill Peiper was crowned by last year's winner, Andy Anderton. Bill is an active resident of Alexis and represents gracious retirement living in every way. Congratulations!



Andy crowns Mr. Bill Peiper as our new King



Bill Peiper is announced as our King.

Ms. Cleta Garms is Crowned Prom Queen 2019

Ms. Cleta Garms was crowned Prom Queen 2019 by last year's winner, Ms. Veta Anderton. Residents nominated four ladies this year to represent Alexis Estates as our Prom Court: Linda Clark, Vi Krohn, Sue Sutphin and Cleta Garms. The winner and new Prom Queen was announced during our Prom. Cleta says she is honored to represent Alexis Estates.



The Paparazzi were anxious to photograph our new Queen!



Prom Court



Cleta and Veta Prom 2019



Cleta is crowned Prom Queen 2019.

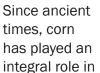
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
JULY 2019 Birthdays Betty Jo Horn, 5th Linda Irby, 7th Norma McAleb, 7th Reg Paplaczyk, 8th Darlene Hinson, 12th Jim Hill, 12th Jim Scano, 14th Barbara Sanders, 15th Judy Meuir, 17th June Jones, 18th Helen Toepke, 18th	8:30 Bus Pick-Up, Allen Baptist Church, Lobby 7 10:30 Rosary, CH 11:00 11:00 Catholic Communion, CH 2:00 2:00 Praise & Worship, CH 3:15 3:15 Open Game Time, AR Image: Communication of the time, AR	 8:45 Let's Walk Together, Lobby 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 8:45 Let's Walk Together, Lobby 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 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 	8:45Let's Walk Together, Lobby29:30Chair Exercise, AR11:00Bible Study, CH2:00Bean Bag Baseball, AR3:15Creative Arts, AR4:30Wii Bowling, AR7:00Movie Night, MT8:45Let's Walk Together, Lobby99:30Chair Exercise, AR11:00Bible Study, CH2:00Bean Bag Baseball, AR3:15PWAT Hibiscus Flower, AR4:30Wii Bowling, AR7:00Movie Night, MT	8:45 Let's Walk Together, Lobby 9:30 Wacky Wed. Exercise, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 1:50 Bean Bag Tournament, Liberty Heights, AR 4:00 Happy Hour, DR 7:00 Poker Game, BR 7:00 Sermons on Tape, CH 8:45 Let's Walk Together, Lobby 9:30 Tai Chi with Carole, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 1:45 Bingo with Prizes, AR 3:00 Joyous Voices Practice, DR 4:00 Flamingle Happy Hour, Lobby 7:00 Poker Game, BR 7:00 Sermons on Tape, CH	9:30 Chair Exercise, AR 11:15 Patriotic Show, DR 3:30 Chair Volleyball, AR 7:00 Movie Night, MT 11 8:45 Let's Walk Together, Lobby 9:30 Chair Exercise, AR 10:30 Paparazzi
Locations Activity Room, AR Billiards Room, BR Bus, B Chapel, CH Computer Center, CC Dining Room, DR DR Alcove, DRA	8:30 Bus Pick-Up, Allen Baptist Church, Lobby 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR	8:45Let's Walk Together, Lobby159:30Chair Exercise, AR10:00Blood Pressure Check, AR10:30Trip to Walmart, B1:45Ten Cent Bingo, AR2:00Bible Study with Doyle, CH3:00Chair Volleyball, AR7:00Game of "42," DRA	8:45Let's Walk Together, Lobby169:30Chair Exercise, AR11:00Bible Study, CH2:00Bean Bag Baseball, AR3:15Creative Arts, AR4:30Wii Bowling, AR6:15Popcorn Bar, AR7:00Movie Night, MT	8:45Let's Walk Together, Lobby179:00Wacky Wed. Exercise, AR9:45Butterfly Gardens, B10:00Bunco, DRA11:00Catholic Comm., CH1:45Bingo with Prizes, AR3:00Joyous Voices Practice, DR4:00Happy Hour, DR7:00Poker Game, BR7:00Sermons on Tape, CH	Together, Lobby9:30Chair Exercise, AR11:00Chef/Resident Meeting, AR3:30Chair Volleyball, AR
Front Lobby, Lobby Gym, G Library, L Movie Theater, MT Patio, P TV Room, TV	21 8:30 Bus Pick-Up, Allen Baptist Church, Lobby 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR	8:45Let's Walk Together, Lobby229:30Chair Exercise, AR10:00Blood Pressure Check, AR10:30Trip to Walmart, B1:45Ten Cent Bingo, AR2:00Bible Study with Doyle, CH3:00Chair Volleyball, AR7:00Game of "42," DRA	8:45Let's Walk Together, Lobby239:30Chair Exercise, AR11:00Bible Study, CH2:00Bean Bag Baseball, AR3:15Creative Arts, AR4:30Wii Bowling, AR7:00Movie Night, MT	8:45Let's Walk Together, Lobby249:30Tai Chi with Carole, AR10:00Bunco, DRA11:00Catholic Comm., CH1:45Bingo with Prizes, AR3:00Joyous Voices Practice, DR4:00Happy Hour, DR6:15Harris Jewelry Repair, Lobby7:00Poker Game, BR7:00Sermons on Tape, CH	9:30 Chair Exercise, AR 11:00 Jeopardy with Iamie AR
"Every day is a great day to give love, spread joy and sparkle!" —Sheri Fink	28 8:30 Bus Pick-Up, Allen Baptist Church, Lobby 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR	8:45Let's Walk Together, Lobby299:30Chair Exercise, AR10:00Blood Pressure Check, AR10:30Trip to Walmart, B1:45Ten Cent Bingo, AR2:00Bible Study with Doyle, CH3:00Chair Volleyball, AR7:00Game of "42," DRA	8:45Let's Walk30Together, Lobby9:30Chair Exercise, AR11:00Bible Study, CH2:00Bean Bag Baseball, AR3:00Hearing Clinic, CC3:15Creative Arts, AR4:30Wii Bowling, AR7:00Movie Night, MT	31 8:45 Let's Walk Together, Lobby 9:00 Wacky Wed. Exercise, AR 9:45 Dealy Plaza Dallas, 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	which the think of them

		FRIDAY	SATURDAY		
4	Wear F	Red Day 5		6	
		Trip to Choctaw, B	9:30	Exercise Class	
		Let's Walk		with Tracy, AR	
		Together, Lobby	10:00	Coffee & Donuts	
	9:30	Chair Yoga with		with Managers, AR	
		Caleb, AR	11:10	Wii Bowling, AR	
		Ask a Nurse, AR	2:00	\$2 Bingo, AR	
	1:30	Trip to	3:00	Movie Matinee, MT	
	2.00	Walmart, B	3:15	Open Games, AR	
_	3:00	Fun Friday!, AR		10	
1	Wear Red Day 12 8:45 Let's Walk			13	
	0.45	Together, Lobby	9:30	Exercise Class	
		Chair Yoga with Caleb, AR		with Tracy, AR	
		Ask a Nurse, AR Trip to Walmart, B	11:10	Wii Bowling, AR	
	2:00	Legacy Hula Balance	11:30	Luau and Show!, DR	
	3:00	Class, AR Fun Friday!, AR	2:00	\$2 Bingo, AR	
		Tropic Like It's	3:00	Movie Matinee, MT	
	3.00	Hot Party, AR Dr. Kazi, Hydration	3:15	Open Games, AR	
	0.00	Presentation, AR			
8	Wear F	Red Day 19		20	
		Let's Walk	9:30	Exercise Class	
	0.10	Together, Lobby		with Tracy, AR	
	9:30	Chair Yoga with	10:00		
	0.00	Caleb, AR		with Managers, AR	
	10:00	Ask a Nurse, AR		Wii Bowling, AR	
		:00 Lunch Outing, B		\$2 Bingo, AR	
D.	1:30	Trip to Walmart, B	3:00	,	
	3:00	Fun Friday!, AR	3:15	Open Games, AR	
₽ 5		Pod Dov 26		27	
0	wear Red Day			21	
	8:45	Let's Walk	9:30	Exercise Class	
		Together, Lobby		with Tracy, AR	
	9:30	Chair Yoga with	11:10	Wii Bowling, AR	
	10.00	Caleb, AR		\$2 Bingo, AR	
		Ask a Nurse, AR		Movie Matinee, MT	
		Lunch Outing, B		Open Games, AR	
		Trip to Walmart, B			
	3:00	Fun Friday!, AR			



Amazing Corn and All Its "A-maizing" Health Benefits!

This month our Culinary Education Series is highlighting corn!





human history. Evidence of corn in central Mexico, where it was domesticated from a wild grass, suggests it was used there as long as 7,000 years ago. Cultivated corn is known to have existed in the southwestern United States for at least 3,000 years! Today, corn is the largest grain crop grown in the U.S.! Take a look at just a few of the many health benefits of this a-maizing vegetable:

Six Health Benefits of Corn

- 1. Corn is a fiber-rich food which is fantastic for digestive health!
- 2. Corn is Gluten free! Gluten generally can cause bloating, cramping and other metabolic problems.
- 3. Eating corn may help lower bad cholesterol. Consumption of corn husk oil reduces LDL cholesterol (the bad cholesterol) and maintains the level of good cholesterol (HDL).
- 4. Antioxidants found in corn help prevent macular damage, therefore improving eye health.
- 5. Phenolic phytochemicals found in corn kernels are able to regulate absorption and the release of insulin into the body, which helps to control diabetes.
- Corn is a rich source of essential minerals such as potassium (8 percent) and magnesium (31 percent) of daily value, which helps to control hypertension.

July at a Glance

- July 3rd at 1:50 p.m.: Bean Bag Tournament w/Liberty Heights, AR
- July 4th at 11:15 a.m.: Norris Perry Patriotic Show, DR
- July 5th at 8 a.m.: Choctaw Outing, Bus
- July 8th-12th: Hawaiian Staycation See Schedule!
- July 9th at 3:15 p.m.: Painting with a Twist, Tropical Hibiscus, AR, RSVP
- July 10th at 9:30 a.m.: Tai Chi with Carole in the AR
- July 10th at 4 p.m.: Flamingle Happy Hour in the Lobby
- July 11th at 10:30 a.m.: Paparazzi Jewelry in the Lobby
- July 12th at 3 p.m.: Tropic Like It's Hot Party, AR
- July 13th at 12 p.m.: Alexis Luau Buffet and Show
- July 16th at 6:15 p.m.: Orville Redenbacher Day! Popcorn Bar
- July 17th at 9:30 a.m.: Butterfly Garden, Heard Museum, Bus
- July 19th at 11 a.m.: Lunch Outing, Bus
- July 19th at 9 a.m.: Silent Auction All Day!
- July 23rd at 2 p.m.: Monthly Birthday Party
- July 24th at 9:30 a.m.: Tai Chi with Carole in the AR
- July 26th at 11 a.m.: Lunch Outing, Bus
- July 30th at 3 p.m.: Hearing Clinic, Second Floor
- July 31st at 9:45 a.m.: JFK Museum at Dealy Plaza, Bus

New Tai Chi Class Begins July 10th

A new Tai Chi class will begin on July 10th, led by Carole Booth. Carole is a delightful lady and has taught Tai Chi for over 20 years. Here is her story.

Since 1991, my life has been influenced and enhanced by Tai Chi. I went to classes and learned the famous Tai Chi principles and movements, and then in 1999, I began to teach others. My first class was April, 16, 1991, which I attended every Tuesday night through the end of the year 1998. Master Lu Hung Bin created the Lu 64-Move Tai Chi Form, which he taught in Taiwan. My teacher, Iva Lim Peck, learned the form from him while studying acupuncture in Taiwan.

I learned four forms from Iva: the 64-Move Yang Form, the Staff Form, Broad Sword Form and the Fan Form. In 1998, our school closed and those who were in the class were asked to go into our communities and teach. The same year, I began teaching in Allen and since that time, I have accumulated over 5,000 hours of Tai Chi practice and teaching.

I initiated teaching Tai Chi through community education classes with the Allen Independent School District, in Allen, Texas, in 1998. In 1999, I began to teach at the City of Allen, Joe Farmer Recreation Center. The class, "Introduction to Tai Chi," has become one of the most popular classes offered by the City of Allen.

Residents are invited to join in twice monthly, on Wednesday mornings at 9:30 a.m. Check the calendar for days and times.

Join Us For Some Fun Outings!

Alexis is poised for fun this July. The Butterfly Gardens at the Heard Museum is on July 17th at 9:45 a.m. The JFK Museum at Dealy Plaza in Dallas will be on July 31st. Sign up for these and other outings in the Activity Room in Dee's book.

The Great Alexis Estates Garage Sale is Coming in September 2019!

Dee is accepting donations of gently used clothing, furniture and household furnishings throughout the summer months. We will be hosting a giant garage sale in September, and will be finalizing the exact date soon. Time to clean out those closets!



Funny Money Auction this Month!

This month, we will have our quarterly funny money auction on July 19th. The auction will be a "silent auction" and residents will be able to bid on items throughout the day. Each resident will receive a bid card with a number. That number will be used to bid silently on an item that you like. The winners of each item will be announced at the end of the day at 4 p.m. Stay tuned for more information coming your way.

Hawaiian Staycation Planned for July 8th through 12th!

What is a staycation? A staycation is a vacation that comes to you! At Alexis, we are planning a week of fun activities leading up to our Luau on July 13th. Everything will be Hawaiian-themed and will include all the fun parts of vacationing



in Hawaii, beginning Monday, July 8th, and continuing throughout the week. Dee will put a schedule in everyone's cubby the week before. Get ready for food, fun, games, sights, and sounds of our beach vacation — oops, I mean beach staycation!



680 North Watters Road Allen, Texas 75013



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.





