

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 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

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 Polynesian-inspired 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 Chef-prepared 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 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.



Posing for the Camera! Prom 2019



Prom 2019



View from above Prom 2019



Prom King and Queen 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. Clea Garms is Crowned Prom Queen 2019

Ms. Clea 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 Clea Garms. The winner and new Prom Queen was announced during our Prom. Clea says she is honored to represent Alexis Estates.



The Paparazzi were anxious to photograph our new Queen!



Prom Court



Clea and Veta Prom 2019



Clea is crowned Prom Queen 2019.

JULY 2019

Birthdays











Betty Jo Horn, 5th
 Linda Irby, 7th
 Norma McAleb, 7th
 Reg Paplaczkyk, 8th
 Darlene Hinson, 12th
 Jim Hill, 12th
 Jim Scano, 14th
 Barbara Sanders, 15th
 Judy Meuir, 17th
 June Jones, 18th
 Helen Toepke, 18th

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

“Every day is a great day to give love, spread joy and sparkle!”

—Sheri Fink

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:45 Let's Walk Together, Lobby ¹ 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 ² 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	8:45 Let's Walk Together, Lobby ³ 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	INDEPENDENCE DAY ⁴ 9:30 Chair Exercise, AR 11:15 Patriotic Show, DR 3:30 Chair Volleyball, AR 7:00 Movie Night, MT	Wear Red Day ⁵ 8:00 Trip to Choctaw, B 8:45 Let's Walk Together, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 1:30 Trip to Walmart, B  3:00 Fun Friday!, AR	9:30 Exercise Class with Tracy, 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 ⁷ 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR 	8:45 Let's Walk Together, Lobby ⁸ 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 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 PWAT Hibiscus Flower, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT	8:45 Let's Walk Together, Lobby ¹⁰ 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	11 8:45 Let's Walk Together, Lobby 9:30 Chair Exercise, AR 10:30 Papparazzi Jewelry, Lobby 3:30 Chair Volleyball, AR 7:00 Movie Night, MT	Wear Red Day ¹² 8:45 Let's Walk Together, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 1:30 Trip to Walmart, B 2:00 Legacy Hula Balance Class, AR 3:00 Fun Friday!, AR 3:00 Tropic Like It's Hot Party, AR  3:00 Dr. Kazi, Hydration Presentation, AR	9:30 Exercise Class with Tracy, AR 11:10 Wii Bowling, AR 11:30 Luau and Show!, DR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:15 Open Games, AR
8:30 Bus Pick-Up, Allen Baptist Church, Lobby ¹⁴ 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR 	8:45 Let's Walk Together, Lobby ¹⁵ 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 ¹⁶ 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 6:15 Popcorn Bar, AR 7:00 Movie Night, MT	8:45 Let's Walk Together, Lobby ¹⁷ 9:00 Wacky Wed. Exercise, AR 9:45 Butterfly Gardens, 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	18 8:45 Let's Walk Together, Lobby 9:30 Chair Exercise, AR 11:00 Chef/Resident Meeting, AR 3:30 Chair Volleyball, AR 7:00 Movie Night, MT 7:00 Dementia Support Group, CH 	Wear Red Day ¹⁹ 8:45 Let's Walk Together, 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	9:30 Exercise Class with Tracy, 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 ²¹ 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 Open Game Time, AR	8:45 Let's Walk Together, Lobby ²² 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 ²³ 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	8:45 Let's Walk Together, Lobby ²⁴ 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 Happy Hour, DR 6:15 Harris Jewelry Repair, Lobby 7:00 Poker Game, BR 7:00 Sermons on Tape, CH	25 8:45 Let's Walk Together, Lobby 9:30 Chair Exercise, AR 11:00 Jeopardy with Jamie, AR 2:00 Health Talk Legacy, MT 3:30 Chair Volleyball, AR 7:00 Movie Night, MT	Wear Red Day ²⁶ 8:45 Let's Walk Together, 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	9:30 Exercise Class with Tracy, AR 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:15 Open Games, AR
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Amazing Corn and All Its “A-maizing” Health Benefits!

This month our Culinary Education Series is highlighting corn!



Since ancient times, corn has played an integral role in 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.
6. 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!

Garage
SALE!

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!



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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.

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