

Alexis Estates

Gracious Retirement Living

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

APRIL 2020

ALEXIS ESTATES STAFF

Managers..... JAMIE & PATTI MILLER
Assistant Managers BRIAN & TRACY LEWIS
Executive Chef..... EDGAR MORALES
Community Sales KATHY WITMER
Sous Chef TEDDY CAWOSKI
Activity Coordinator LYNN MIKESCH
Maintenance TREVOR SIMMONS
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

A Friendly Hawthorn Competition

We took a group of residents over to Liberty Heights (a fellow Hawthorn Community in Rockwall, Texas) for a friendly game of Bean Bag Baseball!

We enjoyed an excellent lunch, and then gathered in the Atrium to play. We were a little worried at first, they were scoring left and right, and we were at zero for a few innings.

We finally got into a groove and managed to win 13-8. We all decided that they should come to our Community next time for another fun competition — maybe Chair Volleyball next time!



Jean was up to bat and got second base.



Red versus Yellow — the gang's all here!



Drumba

Drumba is an exercise class that combines regular Drumba Stix with combinations of dance steps and exercise moves to create a fast-paced cardio workout for the upper and lower body. It can be done seated or standing, and is a fun cardiovascular workout for all abilities. We chose to do the class sitting down and we had a great time. We are bringing them back for another class, so be sure to keep an eye on the daily announcements to find out when it will be returning. Then, come down and join us for the fun!



Jo, teaching the Drumba class.

Who Wore it Best?

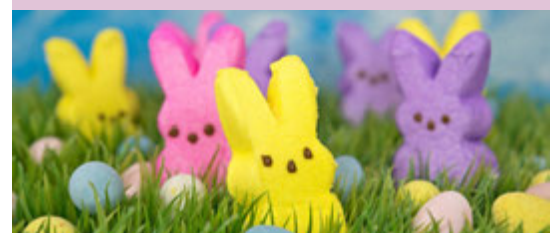
When Chico's has a great deal on a red tunic, you go! The ladies all wore these tops on our "RED" Friday (Remember Everyone Deployed). Who wore it best? They all did!



Joy, Darlene, Sandy and Bea

Easter Fun Facts

- 76 percent of Americans think the ears of a chocolate bunny should be the first to be eaten.
- Egg Dyes were once made out of natural items, such as onion peels, tree bark, flower petals and juices.
- The first story of a rabbit (later named "Easter Bunny") hiding eggs in a garden was published in 1680.
- Americans spend 1.9 billion dollars on Easter candy. That's the second biggest candy holiday after Halloween.
- 70 percent of Easter candy purchased is chocolate.
- "The White House Easter Egg Roll" event has been celebrated by the President of the United States and their families since 1878.
- Americans buy more than 700 million marshmallow Peeps during Easter.
- Americans consume more than 16 million jelly beans during the Easter holiday. That is enough jelly beans to circle the globe three times.
- Florida held the largest Easter Egg Hunt, where 9,753 children searched for 501,000 eggs.





The Battle of Okinawa

This month marks the 75th anniversary of the last major battle of World War II, the Battle of Okinawa.

Capturing the tiny island in the Pacific Ocean was crucial due to its location. It would serve as a base for the Allies to launch a planned ground invasion of Japan's main islands. To implement the attack, which was code-named Operation Iceberg, divisions of the U.S. Army and Marine Corps were merged to create the 10th Army, led by Lt. Gen. Simon B. Buckner Jr.

On April 1, 1945, troops stormed Okinawa's beaches. But unlike D-Day, they were met with little resistance. Farther inland, however, came fierce fighting, compounded by torrential rains and rugged terrain.

After 82 days, the Battle of Okinawa ended on June 22, 1945. Although the Japanese were defeated, both sides suffered huge losses. Over 12,000 American troops, including Buckner, were killed; 35,000 were wounded. About 100,000 Japanese troops were killed, and an estimated 150,000 Okinawan civilians died. Less than two months later, Japan surrendered to the Allies, ending World War II.

The Battle of Okinawa was the largest amphibious landing in the Pacific theater of World War II.



Visiting the Holocaust Museum

We had a bus load of residents signed up to go visit the Holocaust and Human Rights Museum in Dallas. Although we all agreed it was very sad, it was a huge part of history and an extraordinary time. We read the facts throughout the museum, saw artifacts from the camps, and watched videos of survivors and other individuals. It was rough to hear some of the stories, but it was an extremely educational day and we were all surprised at some of the things we learned. On the way there, we saw the famous "Leaning Tower of Dallas" so, of course, we had to get a picture. It was completely demolished two weeks later.



The Leaning Tower of Dallas



Clothes worn at the camps



We were listening to her speak about how the Holocaust affected different countries.



Doyle read some of the many facts on the walls.

APRIL 2020

Birthdays

Flo Hendrick, 4th
Cindy January, 7th
Michael Russakov, 9th
Marge McIntier, 9th
Billie Harris, 17th
Barbara McAlpin, 21st
Marge Bien, 21st
Joe Prows, 24th

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

“There are shortcuts to happiness, and dancing is one of them.”
—Vicki Baum

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|---|
|  | | | 9:15 Exercise, AR 10:00 Bunco, DRA 11:00 Catholic Comm. 1:45 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH | 9:15 Exercise, AR 10:55 Construction Update, AR 11:00 Manager/Resident Mtg., AR 1:30 Trip to Walmart, B 2:00 Bridge, TV 3:00 Chair Volleyball, AR 7:00 Movie Night, MT | Wear Red Day 8:00 Trip to Choctaw, B 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 10:00 Traveling WWI Museum Room TBD 3:00 Bean Bag Baseball, AR | 9:30 Exercise Class with Tracy, AR 10:00 Coffee & Donuts with Managers, AR 11:10 Wii Bowling, AR 1:45 \$2 Bingo, AR 3:00 Movie Matinee, MT 7:00 Blackjack with Brian, AR  |
| PALM SUNDAY 5 | 6 9:15 Exercise with Regina, 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 4:00 Brain Games with Lisa, AR 7:00 Game of “42,” DRA | 7 9:30 Exercise with Christina, AR 10:00 Beth’s Wreaths, Lobby 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  | PASSOVER BEGINS AT SUNSET 8 9:15 Exercise, AR 9:30 Bluebonnet Trip to Ennis, B 10:00 Bunco, DRA 11:00 Catholic Comm. 1:45 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH | 9 9:15 Exercise, AR 10:00 Funware Clothing, Lobby 10:55 Construction Update, AR 2:00 Bridge, TV 3:00 Chair Volleyball, AR 7:00 Movie Night, MT  | GOOD FRIDAY 10 Wear Red Day 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 11:00 Lunch Outing 1:30 Trip to Walmart, B 3:00 Bean Bag Baseball, AR | 11 9:30 Exercise Class with Tracy, AR 11:10 Wii Bowling, AR 1:30 Dog Adoption Event Outside 1:45 \$2 Bingo, AR 3:00 Movie Matinee, MT 7:00 Blackjack with Brian, AR |
| EASTER 12 | 13 9:15 Exercise with Regina, 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 4:00 Brain Games with Lisa, AR 7:00 Game of “42,” DRA | 14 9:30 Exercise with Christina, 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 | 15 9:15 Exercise, AR 10:00 Bunco, DRA 11:00 Catholic Comm. 1:45 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH | 16 9:15 Exercise, AR 10:00 Paparazzi Jewelry, Lobby 10:55 Construction Update, AR 11:00 Chef/Resident Meeting, AR 1:30 Trip to Walmart, B 2:00 Bridge, TV 3:00 Chair Volleyball, AR 7:00 Movie Night, MT | 17 Wear Red Day 9:00 Arboretum, B 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 3:00 Bean Bag Baseball, AR  | 18 9:30 Exercise Class with Tracy, AR 10:00 Coffee & Donuts with Managers, AR 11:10 Wii Bowling, AR 1:45 \$2 Bingo, AR 3:00 Movie Matinee, MT 7:00 Blackjack with Brian, AR |
| 19 8:30 Bus Pick-Up, Allen Baptist Church, Lobby 9:30 Rosary, CH 11:00 Catholic Communion, CH 1:30 Baptist Choir Sings, DR | 20 9:15 Exercise with Regina, 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 4:00 Brain Games with Lisa, AR 7:00 Game of “42,” DRA | 21 9:30 Exercise with Christina, AR 11:00 Bible Study, CH 11:00 Ambassador Meeting, L 2:00 Bean Bag Baseball, AR 3:00 April Birthday Party, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT  | 22 EARTH DAY 9:15 Exercise, AR 10:00 Bunco, DRA 11:00 Catholic Comm. 1:45 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH | 23 9:15 Exercise, AR 10:55 Construction Update, AR 2:00 Bridge, TV 3:00 Chair Volleyball, AR 7:00 Movie Night, MT | 24 Wear Red Day 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 11:00 Lunch Outing 1:30 Trip to Walmart, B 3:00 Bean Bag Baseball, AR  | 25 9:30 Exercise Class with Tracy, AR 11:10 Wii Bowling, AR 1:45 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:00 Hot Dogs with Brian, AR 7:00 Blackjack with Brian, AR |
| 26 8:30 Bus Pick-Up, Allen Baptist Church, Lobby 9:30 Rosary, CH 11:00 Catholic Communion, CH | 27 9:15 Exercise with Regina, 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 4:00 Brain Games with Lisa, AR 7:00 Game of “42,” DRA | 28 9:30 Exercise with Christina, AR 10:00 Carolyn’s Gifts, Lobby 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 | 29 9:15 Exercise, AR 10:00 Bunco, DRA 11:00 Catholic Comm. 1:45 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH | 30 9:15 Exercise, AR 10:00 DJ’s Discount Clothing, Lobby 10:55 Construction Update, AR 1:30 Trip to Walmart, B 2:00 Bridge, TV 3:00 Chair Volleyball, AR 7:00 Movie Night, MT |  | |



Elvis Is In the Building!

Our "Leap Year" Party was full of food and fun! The frogs legs were a hit and our "surprise" entertainer did not disappoint. Elvis showed up after lunch and we had a blast! He sang all of his usual hits and also sang "How Great Thou Art," which brought many of our residents to their feet. It was fabulous! He passed out some teddy bears and leis, kissed hands of some ladies and danced with a few as well. We had a great time and the "secret" was definitely worth the wait!



Elvis and Bea



Elvis and Inga



Elvis and Vi



Elvis and Etta



Elvis passed out Leis and teddy bears to our residents.



Judy B. got a kiss from Elvis!



Pet Corner

Our highlighted pets this month are a well-loved smooth haired mini-dachshund and a spoiled cat.

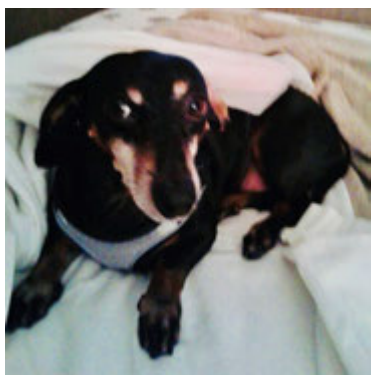
Barbara Barclay is the proud mama of little **Dasha**, an 8 1/2-year-old smooth-haired mini dachshund.

Dasha came to Barbara in 2012 after she saw an ad in the paper in The Colony.

Dasha was 18 months old when Barbara brought her home. She is very protective of Barbara, but warms up to new people once she gets to know them. Then, she will lick you all over to show how much she likes you! Dasha loves her blanket, heating pad, her toys and, of course, treats!

Callie is a 14-year-old cat who is much loved by her fur parents, Jim and Sue Scano. Callie came to the their front door in Plano, and Jim and Sue couldn't resist and started

feeding her. Then she became theirs! Callie doesn't like visitors, or any cat toys, but she loves sitting in Sue's lap and getting petted. Jim said she doesn't care too much for him, unless it's feeding time. Then she "meows" and waits by his feet for her food. Callie gets her own pillow in their bed as well. Callie is one spoiled (aka loved) kitty cat!



Dasha, relaxing in bed.



Callie, ready for some petting.

Guess Who?

If you can guess who is in the photo, stop by Lynn's desk in the Activity Room for funny money!



Who am I?

Valentine's Day Dessert Extravaganza

On Friday, February 14th, at 2 p.m., we had a big Dessert Extravaganza! We had cookies, cupcakes, pies and the chocolate fountain! Our residents and friends enjoyed dipping the angel food cake, pineapple, strawberries and marshmallows in the chocolate. It was a special treat for Valentine's Day and everyone enjoyed it! We didn't have many leftovers after that event! Yum!



The best part!



We need a bigger to-go box!



Decisions, decisions!

Alexis Estates
Gracious Retirement Living

680 North Watters Road
Allen, Texas 75013



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

Alexis Estates
Gracious Retirement Living

469-854-6295

