

# Alexis Estates

## Gracious Retirement Living

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

MAY 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

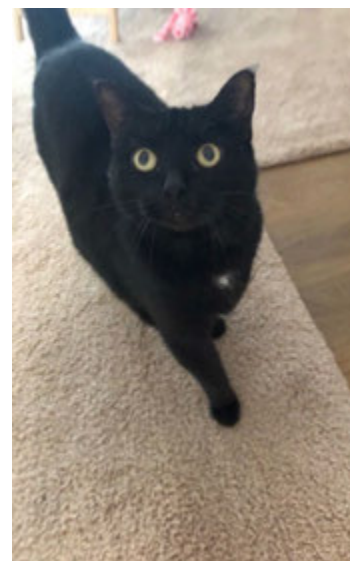
### Pet Corner

Our Pet Corner spotlights two very loved furry friends! Jamie and Patti Miller are the proud parents of sweet Taz. Taz is an 11-year-old hound mix. He came to Jamie and Patti from their daughter, Melissa. Melissa adopted Taz as a six-week-old puppy. Soon, she found out she was pregnant and became very busy, so Patti and Jamie stepped in to take care of him. Taz became their next fur baby! Taz loves to snuggle, enjoys his walks with Patti and is thrilled for anyone and everyone to pet him! Taz is terrified of loud noises, like the fire alarm and thunder, but gets lots of love to calm him down. Be sure to give Taz a “pet” when you see him!

Our other pet this month is a pretty black cat named Chloe. Chloe is six years old and proudly owned by Priscilla Davies. Priscilla has had Chloe for around five years. She saw Chloe at Petsmart and decided she had to have her, so she adopted her! Chloe loves being pet and also loves watching Animal Planet; I wonder if “Big Cats” is her favorite show? The one thing Chloe does not enjoy is being picked up, but you can pet her all day and she is thrilled!



*Taz was ready for his walk!*



*Chloe posed “purrfect” for her picture!*



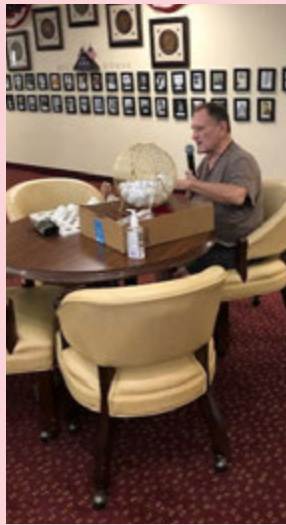


## We Can Still Have Fun — 6 Feet Apart!

Who doesn't love Hangman? What about Charades? Pictionary? We had sign-up sheets and still played some games. We had a lot of fun and laughs while we played Charades with our staff. Hangman became an instant hit, and the list filled up fast! We had Bingo, 6 feet apart, in the dining room, and it worked out well.



*We play Bingo in the Dining Room now, 6 feet apart*



*Ed calls Bingo in the Dining Room using the microphone.*



*We got our Staff involved in a game of charades.*



*Our first game with "social distancing" was hangman, and it was a hit!*



*Bill and Barbara enjoy breakfast 6 feet apart.*

## 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.

**Gardens of Versailles** — Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

**Nong Nooch Tropical Botanical Garden** — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

**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.







## May Birthdays

Happy Birthday to you,  
Happy Birthday to you,  
Happy Birthday Dear  
May Birthday Residents,  
Happy Birthday to You!

Don Naeve, May 3

Tap Pounds, May 8

Elaine Palmer, May 8

Evelyn Stanford, May 10

Susan Clark, May 11

Sue Harris, May 12

Carl Mathews, May 19

Arlene Smith, May 20

Ina Mudd, May 20

Sharon Day, May 21

Kay Beltz, May 22

Katherine Cobb, May 29 —  
Katherine will be 101!

If you see any of these  
people during the month of  
May, be sure to say "Happy  
Birthday!" — with a delayed  
hug/handshake to come  
later, of course!



## Larry Got A Friend

The week of our Leap Year party, we added to our aquarium and got a frog! He gets along well with Larry (our blue Betta fish) and has drawn a lot of interest from our residents. We are all surprised at how fast he is growing! If you haven't come down to meet him, swing by Lynn's desk in the Activity Room and say "hi." The frog's name is still to be determined.



*This is how he plays "hide and seek" with Larry.*



*They grow up so fast!*

## Cake Walk

We set up a Bluetooth speaker with great music for our residents! We played Elvis, The Beatles and other great music that we all knew and enjoyed. The residents appreciated getting outside for a bit (staying 6 feet apart, of course) and dancing as they walked from number to number. When the music stopped, they landed on the closest number. We then spun the wheel and whoever was on the number we called won the cupcake! They had so much fun that we planned it again for the following week. Getting outside, listening to music and having cupcakes makes everyone happy. We are trying to enjoy it before the weather gets too hot!



*Phyllis enjoyed her red velvet cupcake!*



*Rose picked a carrot cake cupcake!*



*Fun music playing during the Cake Walk!*



## Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- |                     |                               |
|---------------------|-------------------------------|
| 1. Winifred Banks   | A. "Mamma Mia!"               |
| 2. Lena Younger     | B. "The Grapes of Wrath"      |
| 3. Mary Bailey      | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan   | D. "Mary Poppins"             |
| 5. Leigh Anne Tuohy | E. "Imitation of Life"        |
| 6. Ma Joad          | F. "The Blind Side"           |
| 7. Lora Meredith    | G. "A Raisin in the Sun"      |
| 8. Katie Nolan      | H. "It's a Wonderful Life"    |

## Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK  
CONDOR  
~~CROW~~  
DOVEKIE  
DRONGO  
DUNLIN  
FINCH  
IBIS  
KAKAPO

KIWI  
MACAW  
MAGPIE  
MOTMOT  
PETREL  
QUAIL  
RHEA  
SPARROW  
STORK

## Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

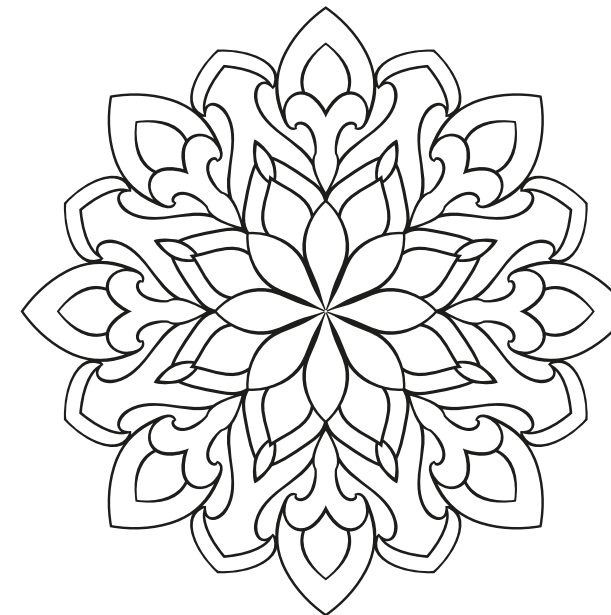


## Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

## Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



## A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

## Puzzle Solutions

### Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

### Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

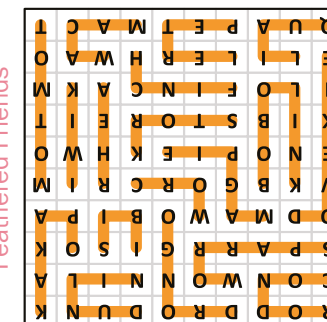
## Take a Closer Look

See if you can identify 12 differences in these two illustrations.

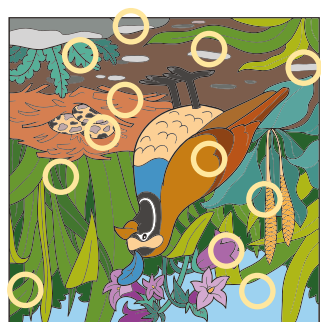
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## St. Patrick's Day

We had a St. Patrick's Day party on Sunday, March 15, in the Dining Room. Sadly, we were at the beginning of the social distancing, so we were unable to have our Irish Band play. We are planning a "Delayed Irish Band Concert" for the future, so we will still be able to enjoy authentic Irish music. We had a great time with Brian dressed like a Leprechaun and true Irish food from our Chef. Everyone was impressed with the food and asked to have it served again!



*Our Leprechaun scared Bobby!*



*Don't worry, he won't pinch you!*



*Don and Rita celebrated St. Patrick's Day in full green!*



*Tracy and Lynn got dressed head to toe in Green; two true Irish Girls!*



*Our Management team and Chef were all part of the fun!*





## Our Patio Concert with Toney Walsh

Toney Walsh came and gave us a great concert on the back patio. We sat inside the Activity Room with the windows open, watched from our balconies and sat apart on the patio. Toney did not disappoint, and we all had a great time singing the tunes and enjoying the great weather. It was a much needed break for the afternoon, and our residents loved every minute of it! The residents in the apartment complex across the parking lot heard the music, and a few of them came out onto their balconies to sing and dance along with us!



*Marge and Jerry watched from their 3rd floor balcony.*



*Don and Rita danced together on their balcony.*



*Singing Frank Sinatra is always a hit!*



*Bea's dog "Bella" got in on the dancing fun!*

## Crafts and Fun

Our crafting group is smaller, but we are still having fun! We painted birdhouses one week and decorated picture frames in another week. We played music while we did our crafts, which prompted many of us to dance while we painted! "Yakety Yak" and "Rockin' Robin" were the two biggest hits that brought on the smiles and the moves!



*Some of our decorated picture frames*



*Waiting for the paint to dry on our birdhouses*



*The music reminded Barbara of dancing in her living room.*

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## **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.

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