

## Benefits of Stretching

Stretching your muscles on a regular basis can provide a number of health benefits. Be sure to consult your doctor to find out what types of exercises are best for you.

**Lowers the risk of falls** — Muscles in the legs, hips and lower back help stabilize us when we stand and walk. Doing frequent stretching exercises to engage these muscles can improve balance and coordination and reduce the risk of falls.

**Boosts energy** — Dynamic stretching consists of low-intensity movements such as arm swings and leg raises. These exercises increase blood flow throughout the body, raising energy levels.

**Reduces arthritis pain** — Joint stiffness is a common symptom of arthritis. Gentle stretches can improve elasticity and range of motion and help manage pain.

**Increases flexibility** — Muscles shorten and become less flexible as we age. Stretching will aid in staying limber, making it easier to perform everyday activities such as bending to tie your shoes.

**Improves posture** — Many of us catch ourselves slouching, often a result of tight muscles and ligaments in the shoulders and chest. Regularly stretching to loosen these muscles may help correct poor posture.



## Sounds of Summer

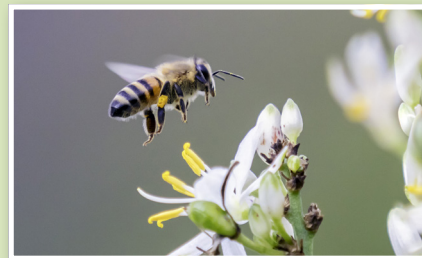
When you step outside during the summer, you're likely to hear the buzzing, chirping and humming of insects. It's their way of communicating. Get the buzz on some sounds of the season:

**Cicadas** — One of the loudest insects, cicadas are known for their distinctive buzzing during the heat of the day. Males make this mating call by vibrating membranes on their abdomens. Cicadas are often mistaken for locusts, but locusts are a type of grasshopper and much quieter than cicadas.

**Crickets** — When darkness falls, crickets begin their symphony of chirps, made by rubbing their wings together. The bugs will vary the pattern and speed of the chirps; for example, the warmer the temperature, the faster they chirp.

**Katyids** — Named after their repetitive calls of "Katy did, she did," these green, leaf-shaped insects are most active at night.

**Bees** — Their familiar buzzing is the rapid beating of their wings, which creates a disturbance in the air, resulting in the hum. Larger bee species, and their cousins the wasp and hornet, beat their wings more slowly, which produces a lower pitch.



# The Devonshire Lifestyle



Like Us!



Assisted Living Community

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JULY 2019

## Dear Residents, Friends and Family

We had a great month of June celebrating National Donut Day, going out to Choctaw Casino and celebrating the official start of summer with our Toast to Summer Happy Hour! Lewisville Estates celebrated our dads with "Donuts with Dad" and had a fun outing to the Grapevine Aquarium with lunch at Rainforest Café after. Remember to look at your Activity Calendar to see what exciting outings and events are scheduled for this month!

July has lots of exciting things planned that include an Outing to Tiernes on Friday, July 5, and a Watermelon Social with Patty and Sarah on Thursday, July 24. On July 9, we will have our Uncle Sam's Backyard BBQ (Main Event), so make sure to invite your family and friends. We hope to see you all there!

Also, remember to check out our Facebook and website for pictures and activity updates.

Happy July!

Erin Montgomery  
Executive Director

## Main Event!

Come and join us every second Tuesday of the month to celebrate our main event with great music, food and dancing. This month, we will be celebrating Uncle Sam's Backyard BBQ.





ASSISTED LIVING

JULY 2019

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Birthdays

- Regis Bolden, 11th
- Lillian Watkins, 19th
- Ismael Lopez, 27th
- Laura Barron, 29th

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings
- Thursday, 2 p.m.
- Trip: Scenic Ride
- Sunday, 2 p.m.
- Trip: Scenic Ride

“One flag, one land, one heart, one hand, one nation forevermore!”  
—Oliver Wendell Holmes

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>10:00 Fitness &amp; Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 Iced Tea &amp; Outside Trivia, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>2</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk Facts, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:00 Nature Plant Making, AR</div> <div>6:00 Abundant Life Tabernacle Church, AR</div>	<div>3</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Pictionary Game, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Art Expression (Flowers), AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>4</div> <div>INDEPENDENCE DAY</div> <div>10:00 Outside Sitting w/Juice, CY</div> <div>10:30 Reminiscing in July, AR</div> <div>1:30 Traveling USA Video, AR</div> <div>2:00 4th of July Movie, AR</div>	<div>5</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>11:00 Art and Crafts, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>6</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>7</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>8</div> <div>10:00 Fitness &amp; Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 Iced Tea &amp; Outside Trivia, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>9</div> <div>10:00 Lemonade &amp; Outside Social, AR</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk Facts, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:30 Art Expression (Spring Scene), AR</div>	<div>10</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Bible Books and Trivia, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Nature Crafts, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>11</div> <div>10:00 Outside Walking, CY</div> <div>10:30 Physical Games (Golf), CY</div> <div>11:15 Trip: Lunch Outing, O</div> <div>2:00 Connie the Drum Lady, IA</div> <div>3:00 Ice Cream Sundae, AR</div>	<div>12</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>13</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>14</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>15</div> <div>10:00 Fitness &amp; Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 Iced Tea &amp; Outside Trivia, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>16</div> <div>10:00 Outside Walking, CY</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk Facts, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:00 Musical Video, AR</div>	<div>17</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Art Expression (Flowers), AR</div> <div>11:00 Traveling USA, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>18</div> <div>10:00 Touch and Smells, AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Yoga w/Tina, AR</div> <div>3:30 Popcorn &amp; Soda Snack, AR</div>	<div>19</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>11:00 Outside Chat and Nature, CY</div> <div>2:00 Bingo w/Prizes, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>20</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>21</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>22</div> <div>10:00 Fitness &amp; Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 Iced Tea &amp; Outside Trivia, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>23</div> <div>10:00 Resident Council Meeting, AR</div> <div>11:00 Health Talk Facts, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>2:30 Musical Movie, AR</div> <div>7:00 North Hampton Church of Christ, DR</div>	<div>24</div> <div>10:00 Chair Exercise, AR</div> <div>11:00 Bible Books and Trivia, AR</div> <div>1:30 Musical Video Singalong, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Nature Crafts, AR</div>	<div>25</div> <div>10:00 Outside Walking, CY</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Nail Care Time, AR</div>	<div>26</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:00 Watermelon Social, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>27</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>28</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>29</div> <div>10:00 Fitness &amp; Moves, AR</div> <div>10:30 News and Views, AR</div> <div>11:00 Iced Tea &amp; Outside Trivia, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>30</div> <div>10:00 Penny Annie, AR</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk Facts, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:00 Watermelon Social, CY</div>	<div>31</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Bible Trivia and Spiritual Reading, AR</div> <div>11:00 It All Happened in July, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:30 Popsicle, AR</div> <div>4:00 Table Games and Puzzles, AR</div>			