the JUNE 2022 newsletter

Inspired

COURT AT ROUND ROCK | a Senior Lifestyle community | ROUND ROCK, TX 78665 | 512-310-0002

THIS MONTH'S silver star

LESTER FRANCIS

Born in New Orleans, La., to parents Alice and John Francis, Lester was the oldest of his siblings, one brother and one sister. In 1963, he enlisted in the U.S. Army, where he served as a surgical technician for 23 years until he retired in 1986 as a First Sergeant. During his time served, Lester moved around the world and the United States. He was stationed in Tacoma, Wash.;



US Army, First Sergeant, 23 years of service

Germany; Washington, D.C.; Korea; Orlando, Fla.; and settled in Houston, Texas. He had two boys and one daughter. As a civilian, Lester continued on his career path as a surgical technician.

At 6 foot, 3 inches, Lester was a competitive runner in track racing and the high jump. He loves to dance to just about anything and sings gospel. One of his greatest loves, besides RC Cola, is a freshly tailored suit. Fun fact, he owns 49 colorful suits and one black one, for solemn occasions. His favorite place to live was in Seoul, Korea, because of the people, food and the talented clothing tailors!

Lester's journey to The Court began with his youngest, his daughter Dina. She wanted him closer to home. A year and a half ago, she arranged for both he and his sister to live together. When he was discharged from a rehab center in Houston, he was surprised with a new apartment at The Court. One day before his sister was supposed to move down, she suffered a heart attack. Her health was fragile, and the family decided she'd stay in her home until she passed a year later.

Despite the change in plans, Lester really likes living here at The Court. He would like a little more space, to stretch his long legs, but loves the people. Given the chance, he wouldn't want to live anywhere else.







Lester Francis

WE'RE LOOKING **FORWARD TO**

the great outdoors

Our goal is to get out this month! We must be diligent and hydrate, sunscreen, dress lightly and enjoy the great outdoors.

ATTENTION, pet owners

We know pets do the darnedest things and we can't always anticipate an accident. Please do your part to keep our hallways and common areas clean. If your pet happens to have an accident, please let housekeeping and staff know right away. We don't want unnecessary falling hazards or stink bombs blocking the hallways or common areas. The sooner the accident is addressed, the sooner we can restore our home to a bright, beautiful, fresh-smelling place.

TRAIN YOUR BRAIN search for nations of europe

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Denmark Hungary Latvia Albania Austria Finland Iceland Norway Spain Belgium France Ireland Poland Bulgaria Germany Italy Portugal Switzerland SUNDAY

MONDAY

TUESDAY

WEDNESDAY

with Liz | MP

Center MP

with Liz | MP

Center | MP

Card Club | BR

with Liz | MP

Center MP

Card Club | BR

2:45 • Happy Hour | DR

5:00 • Wii Bowling | MP

6:00 • Resident Led

Management | MP

2:45 • Happy Hour | DR

5:00 • Wii Bowling | MP

Management | MP

Management | MP

9:30 • Fit and Fun

1:15 • Left, Right,

9:30 • Fit and Fun

1:15 • Left, Right,

6:00 • Resident Led

9:30 • Fit and Fun

1:15 • Left, Right,

10:15 • Stress

10:15 • Stress

10:15 • Stress

THURSDAY

FRIDAY

with Liz | MP

Purpose | MP

2:00 • Popcorn Pick Up | L

6:00 • Wii Bowling | MP

9:30 • Fit and Fun

10:15 • Iournal with a

2:30 • Games Night

SATURDAY

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE MOVE
- FEEL • REFLECT

LOCATIONS

ARTS AND CRAFTS ROOM -ACRASSISTED COURTYARD -ACBILLIARDS ROOM -BRDINING ROOM -DRDISCOVERY ROOM -DSEXERCISE ROOM -EXINDEPENDENT COURTYARD -ICLIVING ROOM -LRLOBBY -L

MULTIPURPOSE ROOM -MP

UPSTAIRS CARD ROOM - CA

TRANSPORTATION **SCHEDULE**

MONDAY & WEDNESDAY 9 a.m.-3 p.m. Medical Appointments **TUESDAY** 1-3 p.m.

> **THURSDAY** 1-3 p.m.

FRIDAY

9 a.m.-3 p.m.

Services MP **SATURDAY & SUNDAY** 11:00 • Soul Food & No Transportation Available Juneteenth Celebration | DR

> 2:30 • Dominoes | MP 5:00 • Wii Bowling | MP

10:30 • Fellowship

9:30 • St. Vianney

Catholic Church | MP 10:30 • Fellowship

Services | MP

1:15 • Volley Balloon | MP

2:00 • Resident-Led Card Games | MP

5:00 • Wii Bowling | MP

9:30 • Yoga Exercises | MP **10:15** • Breathing &

Meditation | MP 1:00 • Resident Bible Study | MP

1:00 • Sip & Paint | ACR

20

2:00 • Game Shows: Jeopardy, Wheel of Fortune, Family Feud | MP

3:00 • BINGO with Shakea ACR

9:30 • Yoga Exercises MP

10:15 • Breathing &

1:15 • You Are What

5:00 • Wii Bowling | MP

Meditation | MP

1:00 • Resident Bible Study | MP

You Eat | ACR

2:00 • Game Shows: Jeopardy,

2:30 • Round Rock Public

5:00 • Wii Bowling | MP

Wheel of Fortune,

Library Delivery MP

Family Feud MP

3:00 • BINGO with Shakea | ACR

6:00 • Resident Led Card Club | BR **9:30** • Fit and Fun

6:00 • Resident Led

Card Club | BR

28 with Liz MP

with Liz | MP 10:15 • Spring Gardening | MP 10:15 • Stress

1:00 • Walmart Shopping Management | MP

1:15 • Pokeno | MP 1:15 • Left, Right, 1:15 • Cornhole | MP

Center MP 2:00 • Chef Chat | MP 2:45 • Happy Hour | DR **3:00** • Scrapbooking This 5:00 • Wii Bowling | MP

Month | MP 6:00 • Resident Led 5:00 • Wii Bowling | MP Card Club | BR

with Liz MP 10:15 • Blood Pressure Checks with Georgetown Living | MP

9:30 • Fit and Fun

1:00 • HEB Shopping

1:15 • Crafters' Couterie | ACR 2:45 • Happy Hour | DR 2:15 • Volley Balloon | MP 5:00 • Wii Bowling | MP

3:00 • Dominoes | MP 6:00 • Resident Led 5:00 • Wii Bowling | MP Card Club | BR

15

6:00 • Bingo with Liz | ACR

9:30 • Fit and Fun **9:30** • Fit and Fun with Liz | MP

16

10:15 • Blood Pressure Checks with Georgetown Living | MP

1:00 • Celebration Church Bible Study | ACR

1:00 • HEB Shopping 2:15 • Volley Balloon | MP

with Liz MP

Living MP

2:15 • Volley Balloon | MP

& BBQ IC

6:00 • Bingo with Liz | ACR

2:30 • Father's Day Beer

5:00 • Wii Bowling | MP

1:00 • HEB Shopping

10:15 • Blood Pressure Checks

with Georgetown

1:15 • Crafters' Couterie | ACR

9:30 • Fit and Fun

5:00 • Wii Bowling | MP 6:00 • Bingo with Liz | ACR

with Liz MP 10:45 • Lunch Bunch to 2:15 • BINGO | ACR

17

10

2:00 • Popcorn Pick Up L

6:00 ● Wii Bowling | MP

with Liz | MP

2:00 • Popcorn Pick Up L

6:00 • Wii Bowling | MP

Driving Range

10:00 • Wii Boxing | MP **1:15** • Ball Toss with Liz | L

1:30 • Round Rock Pride Parade

2:15 • BINGO | ACR

5:00 • Wii Bowling | MP

6:00 • Cinema Saturday | MP

9:45 • Celebration

Church | MP

11

25

1:15 • Ball Toss | MP

5:00 • Wii Bowling | MP

6:00 • Cinema Saturday | MP

6:00 • Senior Prom | MP

Walmart

HEB

Reserved For Outings

BRAIN HEALTH LOGO INDICATES A BHU COURSE DAY

www.SeniorLifestyle.com Activities are subject to change 9:30 • St. Vianney Catholic Church | MP

10:30 • Fellowship Services MP

9:30 • St. Vianney

10:30 • Fellowship

FATHER'S DAY

Catholic

Church | MP

Services | MP

1:15 • Volley Balloon | MP

9:30 • St. Vianney Catholic

Church | MP

2:15 • Horse Races | MP

5:00 • Wii Bowling | MP

1:30 • Group Puzzle | BR

2:15 • Horse Races | MP 5:00 • Wii Bowling | MP 10:00 • Patriotic Songs and Pledge of Allegiance | MP 10:10 • Veterans' Coffee | MP

9:30 • Yoga Exercises | MP

1:00 • Resident Bible Study | MP 1:00 • Sip & Paint | ACR 2:00 • Game Shows: Jeopardy, Wheel of Fortune,

Family Feud | MP **3:00** • BINGO with Shakea | ACR

5:00 • Wii Bowling | MP

9:30 • Yoga Exercises | MP

10:15 • Breathing & Meditation | MP 1:00 • Resident Bible Study | MP

1:15 • You Are What You Eat | ACR 2:00 • Game Shows: Jeopardy,

Wheel of Fortune, Family Feud | MP 2:30 • Round Rock Public

Library Delivery | MP 5:00 • Wii Bowling | MP

3:00 • BINGO with Shakea | ACR

1:15 • Pokeno | MP 1:15 • Cornhole MP

SUMMER BEGINS

9:30 • Fit and Fun

FLAG DAY

5:00 • Wii Bowling | MP 6:00 • Resident Led Card Club | BR

with Liz | MP

10:15 • Staying Sharp | MP

1:15 • Cornhole MP

1:00 • Walmart Shopping

3:15 • Manicures & Hand

5:00 • Wii Bowling | MP

Massages | ACR

2:00 • Chef Chat | MP

9:30 • Fit and Fun

with Liz MP

10:15 • Staying Sharp | MP

1:00 • Walmart Shopping

3:15 • Manicures & Hand

5:00 • Wii Bowling | MP

6:00 • Resident Led

9:30 • Fit and Fun

Massages | ACR

Card Club | BR

with Liz MP

10:15 • Spring Gardening | MP

1:00 • Walmart Shopping

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1:15 • Cornhole | MP

9:30 • Fit and Fun with Liz | MP

> **10:15** • Stress Management | MP

1:15 • Left, Right, Center MP 2:45 • Happy Hour | DR

5:00 • Wii Bowling | MP

6:00 • Resident Led

Card Club | BR

9:30 • Fit and Fun

with Liz MP 10:15 • Blood Pressure Checks with Georgetown

9:30 • Fit and Fun

Living | MP 1:00 • Celebration Church Bible Study | ACR

1:00 • HEB Shopping 2:15 • Volley Balloon | MP

5:00 • Wii Bowling | MP

6:00 ● Bingo with Liz | ACR

9:30 • Fit and Fun 29 30

with Liz | MP 10:00 • Resident Town Hall MP

1:00 • HEB Shopping 1:15 • Crafters'

Couterie | ACR 2:15 • Volley Balloon | MP

3:00 • Dominoes | MP 5:00 • Wii Bowling | MP 6:00 • Bingo with Liz | ACR Salt Lick BBO

2:30 • Games Night

9:30 • Fit and Fun

9:30 • Round Rock

2:30 • Games Night

9:30 • Fit and Fun

10:00 • Health Talk:

10:45 • Picnic at the Park

6:00 • Wii Bowling | MP

2:30 • Games Night

2:00 • Popcorn Pick Up L

with Liz | MP

9:30 • Round Rock Donuts by

Ye Olde Country Store L

Hypertension by Miranda

(Georgetown) | MP

10:00 • Wii 18 Boxing | MP

1:15 • Ball Toss with Liz L 2:15 • BINGO | ACR

5:00 • Wii Bowling | MP

6:00 • Cinema Saturday | MP

10:00 • Wii Golf | MP 1:15 • Ball Toss | MP

2:15 • BINGO | ACR

5:00 • Wii Bowling | MP

6:00 • Cinema Saturday MP

BIRTHDAYS THIS MONTH

BOB G. -2ndMARGARET L. - 7th TRICIA S. -othANITA P. - qthDOROTHY O. -10thRICHARD R. -14thHARRIET S. -14th

GLYN P. -15thREBA A. -17th. ROSE MARY R. -17thBETH F. - 18th MIKE CHICKY -21st. LORETHA B. -25th

PATSY WHEELER - 27th.

RECAP: HOW WE STAYED CONNECTED THIS MONTH

activities

RECIPE FOR HAPPINESS BY MINNIE ALMA MASON GRAHAM

- 2 heaping cups of patience
- 2 hands full of generosity
- a head full of understanding

- 1 heart full of love
- · a dash of laughter

Sprinkle generously with kindness. Add plenty of faith and mix will spread over a period of a lifetime. Serve everyone you meet.

Sarah Wallis was kind enough to share Minnie Alma Mason Graham, her mother's Recipe for Happiness.



Cinco de Mayo Celebration



Mother's Day Afternoon Tea



Poppy Festival



Love Our Earthly Georgetown

THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

I am RICARDO, Transportation Specialist Extraordinaire. I was born and raised in Sao Paulo, Brazil, where I completed my education. I have five children: two live in Austin, one in London, and two in Brazil. I also have a 19-year-old granddaughter. My family may be distant, but we are always close to each other within our hearts.



Ricardo Sousa

I lived and worked many years abroad in Iraq and the United Kingdom. I retired in 2008 as a mechanical engineer, here in the USA. After retiring, I started driving professionally in California and now in Texas.

I love to travel, enjoy exotic foods and collect stamps. I continuously work on learning languages. I am fluent in Portuguese, French, Italian and Spanish. German, Turkish and Swedish are works in progress.

I have been with the Court for six months. Working with seniors and providing good service gives me purpose and happiness. I live each day working and enjoying the people.

IT'S OUR PLEASURE TO SERVE YOU ... word from your leadership team

DIRECTOR OF OPERATIONS

Hello, my name is Joseph Reese. I'm 34 years old and people are my passion. I was born in San Antonio, Texas, adopted at the age of 9 and moved to Pflugerville, Texas. I enjoy playing and watching sports, spending time with my family and kids. I am a minister and enjoy going to church and helping God's people.



MANAGEMENT TEAM

George Okyere, Executive Director
Jennifer Aguilar, Director of Resident Programs
Mindy House, Business Office Manager
Ashley Fievre, Director of Sales & Marketing
Bruce Rollins, Dining Services Director
To Be Announced, Director of Nursing Wellness
Joseph Reese, Director of Plant Operations
Alisha Fievre, Assisted Living Director
Barbara Fletcher, Move in Coordinator

