

# Be Inspired

ROYAL ESTATES OF WICHITA FALLS | a Senior Lifestyle community | WICHITA FALLS, TX 76309 | 940-696-2296

## THIS MONTH'S *silver star*

MARGARET MOSS

Margaret was born June 14, 1937, in Abilene, Texas, to Thomas and Flo Clark. Margaret was the youngest of three siblings (brother Tommy and sister Barbara). Their family moved to Wichita Falls when she was



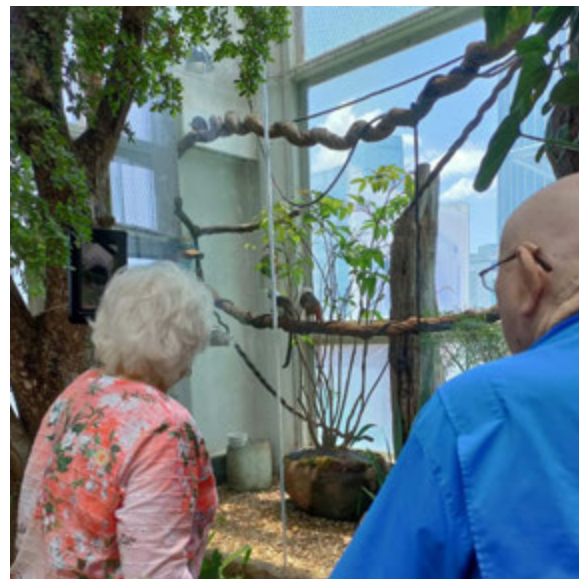
very young and she grew up in a home on Lawrence Road in Wichita Falls. Her parents owned a business downtown (Clark Drug and Wholesale) for many years. She remembers going downtown and going to the movies while her parents worked at their nearby business.

She married George Moss at the age of 15 and remained married until his death. They were married 67 years. They have four children, two girls and two boys — Jill, Marilyn, Alan and Ken. They have six grandchildren and 14 great-grandchildren. She was a stay-at-home mom for many years and as the children grew older she attended LVN school and finished top of her class. She worked at the General Hospital, Urology Clinic and did home health for years.

Margaret retired so she would have time to travel. George and Margaret were members of a camping club and enjoyed making friends. She was a volunteer for the hospital for many years after she retired and has always been very active in church. She has been a member of Westside Baptist, Faith Baptist and now First Baptist. Margaret said one of her most treasured memories is when her husband paid for her to go on a trip to Israel with a church group. Margaret loves living at the Royal Estates and says that everyone is friendly and she doesn't have to cook or clean.

## WE'RE LOOKING FORWARD TO *june's summer fun adventures!*

June is the month we say goodbye to spring and we wave hello to summer! Join us for World Ocean Day and take a trip to the Dallas World Aquarium. The adventure at the Dallas World begins at the top of the rainforest exhibit, where there are exotic birds, crocodiles, toucans, giant river otters, monkeys and the Aquarium has South American river turtles, penguins, sharks, flamingos and so much more. Have lunch at The Jungle Cafe and enjoy yourself on this wonderful outing.



Load up early for this adventure where we travel to Oklahoma to Arbuckle Wilderness, see hundreds of exotic animals roaming free. Enjoy feeding the animals from the bus! Then we will travel down the road to give your taste buds a sweet treat, with some Bedré Chocolate from the Bedré Chocolate Factory where they make it and you get to taste it! Load up to a trip to the Kemp Center for the Arts with five on-site galleries and an outdoor space showcasing visual arts. It is a great museum to visit. Come and make your own ice cream ... in a bag? Try something new, fun and tasty! Look for all our June's Summer Fun Activities, Gourmet Getaways and Adventures! Get up, invite a friend and we'll see you all there!

TRAIN  
YOUR  
BRAIN  
*search for  
nations of  
europe*

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M	R	E	L	A	G	D	L	T	C	P	I
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- Albania
- Austria
- Belgium
- Bulgaria
- Denmark
- Finland
- France
- Germany
- Hungary
- Iceland
- Ireland
- Italy
- Latvia
- Norway
- Poland
- Portugal
- Scotland
- Spain
- Sweden
- Switzerland

BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

LOCATIONS

- ARTS AND CRAFTS ROOM — ACR
- BILLIARDS — B
- CARD ROOM — CR
- COURTYARD 1 — CY1
- COURTYARD 2 — CY2
- DINING ROOM — DR
- EXERCISE ROOM — ER
- HALL LOUNGE — HL
- HALLWAYS — Hall
- MULTIPURPOSE ROOM — MR
- OUTING — O
- PATIO — P
- THEATER ROOM — TR

BIRTHDAYS THIS MONTH

- NORMA ARMSTRONG — 2nd
- WAYNE HUMPERT — 4th
- ADELLA MOSS — 14th
- DELORES TRAINHAM — 22nd

TRANSPORTATION SCHEDULE

- MONDAY  
9-10 a.m.  
Bank Day
- MONDAY  
10-11 a.m. and 1-2 p.m.  
Walmart
- MONDAY  
2:30 p.m.  
United Supermarket
- TUESDAY & THURSDAY  
8:30 a.m.-3:30 p.m.  
Doctors Visits
- WEDNESDAY  
8:30 a.m.-5 p.m.  
Bus Outings
- FRIDAY  
8:30 a.m.-5 p.m.  
Bus Outings & Gourmet Getaways



<p>9:30 ● <i>Stretch &amp; Tone</i>  MR 5</p> <p>1:00 ● <i>Rummikub</i>  CR</p> <p>3:00 ● <i>Sunday Services</i>  MR</p> <p>6:00 ● <i>Billiards</i>  B</p> <p>6:00 ● <i>Reminiscing with Friends</i>  Hall</p>	<p>9:30 ● <i>Fit &amp; Fitness</i>  MR 6</p> <p>10:00 ● <i>Walmart</i>  O</p> <p>10:15 ● <i>Visit Elijah (Emotional Support Dog)</i>  MR</p> <p>1:00 ● <i>Slam It Scrabble</i>  CR</p> <p>1:00 ● <i>Walmart</i>  O</p> <p>2:00 ● <i>Right, Left, Center</i>  MR</p> <p>3:00 ● <i>Jingo Bingo</i>  MR</p> <p>6:00 ● <i>Play 42</i>  CR</p>	<p>9:30 ● <i>Sit &amp; Get Fit</i>  MR 7</p> <p>10:00 ● <i>Bible Study</i>  MR</p> <p>1:00 ● <i>Phase 10</i>  CR</p> <p>2:00 ● <i>Slingo</i>  MR</p> <p>3:00 ● <i>Singalong</i>  MR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>9:00 ● <i>Mile Walk</i>  Hall 1</p> <p>9:30 ● <i>Tone Up Fitness Video</i>  MR</p> <p>10:00 ● <i>Blood Pressure Checks with High Plains SC</i>  MR</p> <p>1:00 ● <i>Scrabble</i>  CR</p> <p>2:00 ● <i>Rummikub</i>  MR</p> <p>3:00 ● <i>Bingo with Best Care HH</i>  MR</p> <p>6:00 ● <i>42/Dominos</i>  CR</p>	<p>9:30 ● <i>Sit &amp; Get Fit</i>  MR 2</p> <p>10:00 ● <i>Coffee, Cake &amp; Conversation</i>  MR</p> <p>1:00 ● <i>Arts &amp; Crafts</i>  ACR</p> <p>2:00 ● <i>Family Feud</i>  MR</p> <p>3:00 ● <i>Bunco</i>  MR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>9:30 ● <i>Work It Out Fitness Room</i>  ER 3</p> <p>11:00 ● <i>Gourmet Getaway: Brick Town Pizza</i>  O</p> <p>11:30 ● <i>Finish the Fight Cancer Seminar</i>  MR</p> <p>1:00 ● <i>Skip-Bo</i>  CR</p> <p>1:00 ● <i>Kemp Center for the Arts Museum</i>  O</p> <p>2:00 ● <i>Rummikub</i>  CR</p> <p>3:00 ● <i>Reminiscing with Songs with Friends</i>  CR</p> <p>6:00 ● <i>42 &amp; Board Games with Friends</i>  CR</p>	<p>9:30 ● <i>Strong Heart, Strong Body</i>  MR 4</p> <p>1:00 ● <i>Chicken Foot</i>  CR</p> <p>2:00 ● <i>Wii Bowling</i>  MR</p> <p>3:00 ● <i>Movie &amp; Popcorn</i>  TR</p> <p>6:00 ● <i>Bingo</i>  MR</p>
<p>9:30 ● <i>Stretch &amp; Tone</i>  MR 12</p> <p>1:00 ● <i>Rummikub</i>  CR</p> <p>3:00 ● <i>Sunday Services</i>  MR</p> <p>6:00 ● <i>Billiards</i>  B</p> <p>6:00 ● <i>Reminiscing with Friends</i>  Hall</p>	<p>9:30 ● <i>Fit &amp; Fitness</i>  MR 13</p> <p>10:00 ● <i>Walmart</i>  O</p> <p>1:00 ● <i>Slam It Scrabble</i>  CR</p> <p>1:00 ● <i>Walmart</i>  O</p> <p>2:00 ● <i>Right, Left, Center</i>  MR</p> <p>3:00 ● <i>Jingo Bingo</i>  MR</p> <p>6:00 ● <i>Play 42</i>  CR</p>	<p>FLAG DAY 14</p> <p>9:30 ● <i>Sit &amp; Get Fit</i>  MR</p> <p>10:00 ● <i>Bible Study</i>  MR</p> <p>1:00 ● <i>Phase 10</i>  CR</p> <p>2:00 ● <i>Slingo</i>  MR</p> <p>3:00 ● <i>Rummikub</i>  CR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>9:00 ● <i>Mile Walk</i>  Hall 15</p> <p>9:30 ● <i>Tone Up Fitness Video</i>  MR</p> <p>10:00 ● <i>Blood Pressure Checks with High Plains SC</i>  MR</p> <p>1:00 ● <i>Scrabble</i>  CR</p> <p>2:00 ● <i>Uno Card Game</i>  CR</p> <p>3:00 ● <i>Bingo</i>  MR</p> <p>6:00 ● <i>42/Dominos</i>  CR</p>	<p>9:30 ● <i>Sit &amp; Get Fit</i>  MR 16</p> <p>10:00 ● <i>Coffee, Cake &amp; Conversation</i>  MR</p> <p>11:30 ● <i>Pedi &amp; Mani at Vernon Jr. College</i>  O</p> <p>1:00 ● <i>Arts &amp; Crafts</i>  ACR</p> <p>2:00 ● <i>Rummikub</i>  CR</p> <p>3:00 ● <i>Birthday Celebration</i>  MR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>9:00 ● <i>Father's Day Fun! Pops &amp; Cycle Rides</i>  P 17</p> <p>9:30 ● <i>Work It Out Fitness Room</i>  ER</p> <p>1:00 ● <i>Skip-Bo</i>  CR</p> <p>2:00 ● <i>Jokers</i>  CR</p> <p>3:00 ● <i>Chicken Foot</i>  CR</p> <p>6:00 ● <i>42 &amp; Board Games with Friends</i>  CR</p>	<p>9:30 ● <i>Strong Heart, Strong Body</i>  MR 18</p> <p>1:00 ● <i>Chicken Foot</i>  CR</p> <p>2:00 ● <i>Wii Bowling</i>  MR</p> <p>3:00 ● <i>Movie &amp; Popcorn</i>  TR</p> <p>6:00 ● <i>Bingo</i>  MR</p>
<p>FATHER'S DAY 19</p> <p>9:30 ● <i>Stretch &amp; Tone</i>  MR</p> <p>1:00 ● <i>Rummikub</i>  CR</p> <p>3:00 ● <i>Sunday Services</i>  MR</p> <p>6:00 ● <i>Billiards</i>  B</p> <p>6:00 ● <i>Reminiscing with Friends</i>  Hall</p>	<p>9:30 ● <i>Fit &amp; Fitness</i>  MR 20</p> <p>10:00 ● <i>Walmart</i>  O</p> <p>10:15 ● <i>Visit Elijah (Emotional Support Dog)</i>  MR</p> <p>1:00 ● <i>Slam It Scrabble</i>  CR</p> <p>1:00 ● <i>Walmart</i>  O</p> <p>2:00 ● <i>Right, Left, Center</i>  MR</p> <p>3:00 ● <i>Jingo Bingo</i>  MR</p> <p>6:00 ● <i>Play 42</i>  CR</p>	<p>SUMMER BEGINS 21</p> <p>9:30 ● <i>Sit &amp; Get Fit</i>  MR</p> <p>10:00 ● <i>Bible Study</i>  MR</p> <p>1:00 ● <i>Phase 10</i>  CR</p> <p>2:00 ● <i>Slingo</i>  MR</p> <p>3:00 ● <i>About Diabetes with High Plains SC</i>  MR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>9:00 ● <i>Mile Walk</i>  Hall 22</p> <p>9:30 ● <i>Tone Up Fitness Video</i>  MR</p> <p>10:00 ● <i>Blood Pressure Checks with High Plains SC</i>  MR</p> <p>1:00 ● <i>Scrabble</i>  CR</p> <p>2:00 ● <i>Cooking Club</i>  MR</p> <p>3:00 ● <i>Bingo with Hospice of Wichita Falls HH</i>  MR</p> <p>6:00 ● <i>42/Dominos</i>  CR</p>	<p>9:30 ● <i>Sit &amp; Get Fit</i>  MR 23</p> <p>10:00 ● <i>Coffee, Cake &amp; Conversation</i>  MR</p> <p>1:00 ● <i>Arts &amp; Crafts</i>  ACR</p> <p>2:00 ● <i>Family Feud</i>  MR</p> <p>3:00 ● <i>Bunco</i>  MR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>9:30 ● <i>Work It Out Fitness Room</i>  ER 24</p> <p>10:00 ● <i>Gourmet Getaway: Bowie</i>  O</p> <p>1:00 ● <i>Skip-Bo</i>  CR</p> <p>2:00 ● <i>Chicken Foot</i>  CR</p> <p>3:00 ● <i>Karaoke with Liza &amp; 50 Zone</i>  MR</p> <p>6:00 ● <i>42 &amp; Board Games with Friends</i>  CR</p>	<p>9:30 ● <i>Strong Heart, Strong Body</i>  MR 25</p> <p>1:00 ● <i>Chicken Foot</i>  CR</p> <p>2:00 ● <i>Wii Bowling</i>  MR</p> <p>3:00 ● <i>Movie &amp; Popcorn</i>  TR</p> <p>6:00 ● <i>Bingo</i>  MR</p>
<p>9:30 ● <i>Stretch &amp; Tone</i>  MR 26</p> <p>1:00 ● <i>Rummikub</i>  CR</p> <p>3:00 ● <i>Sunday Services</i>  MR</p> <p>6:00 ● <i>Billiards</i>  B</p> <p>6:00 ● <i>Reminiscing with Friends</i>  Hall</p>	<p>9:30 ● <i>Fit &amp; Fitness</i>  MR 27</p> <p>10:00 ● <i>Walmart</i>  O</p> <p>1:00 ● <i>Slam It Scrabble</i>  CR</p> <p>1:00 ● <i>Walmart</i>  O</p> <p>2:00 ● <i>Right, Left, Center</i>  MR</p> <p>3:00 ● <i>Jingo Bingo</i>  MR</p> <p>6:00 ● <i>Play 42</i>  CR</p>	<p>9:30 ● <i>Sit &amp; Get Fit</i>  MR 28</p> <p>10:00 ● <i>Bible Study</i>  MR</p> <p>1:00 ● <i>Phase 10</i>  CR</p> <p>2:00 ● <i>Slingo</i>  MR</p> <p>3:00 ● <i>Residents Meeting</i>  MR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>9:00 ● <i>Mile Walk</i>  Hall 29</p> <p>9:00 ● <i>Arbuckle Wilderness Trip</i>  O</p> <p>9:30 ● <i>Tone Up Fitness Video</i>  MR</p> <p>10:00 ● <i>Blood Pressure Checks with High Plains SC</i>  MR</p> <p>1:00 ● <i>Scrabble</i>  CR</p> <p>3:00 ● <i>Bingo</i>  MR</p> <p>6:00 ● <i>42/Dominos</i>  CR</p>	<p>9:30 ● <i>Sit &amp; Get Fit</i>  MR 30</p> <p>10:00 ● <i>Coffee, Cake &amp; Conversation</i>  MR</p> <p>1:00 ● <i>Arts &amp; Crafts</i>  ACR</p> <p>2:00 ● <i>Family Feud</i>  MR</p> <p>3:00 ● <i>Bunco</i>  MR</p> <p>6:00 ● <i>Bingo</i>  MR</p>	<p>"If you're grateful, you can find happiness in everything." —Pharrell Williams</p>	

RECAP: HOW WE STAYED CONNECTED THIS MONTH

# may's get bee-sy living

We sure did Get Bee-sy Living as we kicked off our Cinco de Mayo with some great entertainment, margaritas, chips and dip. Fun was had by all! We had a great Mother's Day celebration with a wonderful dinner and afterwards entertainment was provided by Michael Merrill singing all your favorites. We continued our month with a trip to Ripley's Believe it or Not Wax Museum and saw strange biological wonders and discovered unique cultural practices and exhibits. Everyone took a pause to reflect, honoring the brave men and women who sacrificed their lives for our freedom on Memorial Day and joined in on our Patriotic Karaoke Singalong with Lisa and members of the 50 Plus Zone.

This month we took a trip to the Backdoor as they reopened and had a bus load to see the "Cover of Life" production, It was a fabulous show filled with charm and fun! Look for all the Activities and events in this month's June's Summer Fun.



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

ANGELA HAISTEN



THIS MONTH'S  
*heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

JACQUELINE SIERRA GILBERT graduated from Rider High School in 2013.

I attended Vernon College and planned to do traveling pediatric nursing but God had other plans for me. I married my husband Trent in February 2018. We live on 10 acres and enjoy the outdoors. We have three kids, "yours, mine and ours." Greyson, 6, Addison, 7, and Whitley who is 1 year old. We enjoy hosting get-togethers at our home and I love cooking. (I make the best chicken spaghetti.) If I'm not at work you will find me outside with my kids or volunteering at my church.

One thing you may not know about me is I grew up racing junior dragsters since age 8.

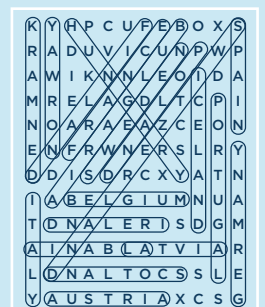
Getting to bring a smile to others and helping families during what can be a difficult time, making them feel at ease, sharing stories with residents and making memories brings me joy.



MANAGEMENT TEAM

- Angela Haisten, *Executive Director*
- Karen Adams, *Director of Resident Programs*
- Catrina Larey, *Business Office Manager*
- Laci Sharp, *Director of Sales & Marketing*
- Demetrian Cooper, *Dining Services Director*
- Dan Chaddick, *Director of Plant Operations*
- Devin Otto, *Sales Counselor*

TRAIN YOUR BRAIN  
*solution*



SENIOR LIFESTYLE



PET FRIENDLY

your life, your style