



Happy New Year Everyone!

Here's to a new year! With a new year come new beginnings, new resolutions and dreams. Although life can certainly be stressful at times, you can always power through. Set your goals high, and believe that you can achieve them. Be the beacon of hope and care that you wish to see in the world. I have seen the love and dedication that all of you bring, and I know that if you put your mind to it, you can accomplish anything.

In December, we had such a wonderful time full of events and joy. From our Christmas celebrations and resident appreciation lunch, to our winter-themed crafts and games, there was never a dull moment to be found.

In January, we are looking forward to bringing in the new year with tons of amazing activities. We will be hosting our main event with great live musical performances, as well as playing some super fun games and crafts throughout the month. Be on the lookout for all the outings that we will be going on this month to local restaurants and stores. Make sure to always keep an eye on our outing sign-up book and your weekly reminders so you don't miss out on a moment of fun!

I am so grateful to have such wonderful people in my life, and I hope that all of you have an amazing year.



JANUARY 2023

Employee of the Year 2022!

Ladies and Gentlemen, we would like to announce Victoria Jackson as The Employee of The Year 2022! Victoria has a technique for sustaining improved performance. She's the Jack of all trades! Victoria is the best at any and everything that she does and, for that, we would like to show our appreciation. You've always demonstrated fantastic effort and have always been willing to help others with no complaints! You put in all work with great attitude! Victoria, thanks for all that you do! We greatly appreciate you.

Congratulations on being Employee of the Year and thank you for being a part of The Lewisville Estates Family!



JANUARY 2023

Assisted
Living
Locations..

Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa
Garden	G

Transportation
Schedule..

Monday,	10am
Grocery Stores	9:45
Tuesday,	10am
Walmart	10am
Wednesday,	10am
Post Office/Bank	
Thursday,	10am
Walmart	10am
Friday,	TBA
Field Trips/Outings	

Happy
Birthday!

2-Illa G.
12-Pauline L.
20-Ethel S.
23-Mary T.

“There is no happiness like
that of being loved by your
fellow-creatures, and feeling
that your presence is an
addition to their comfort.”
—Charlotte Bronte

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>New Year's Day</div><div>1</div><div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: The Blind Side</div></div>	<div><div>New Year's Day (Observed)</div><div>2</div><div>9:30 Men's & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Cup Shooting 3:30 Word of the Day, L</div></div>	<div><div></div><div>3</div><div>9:00 Men's Coffee Table 10:00 "Walk This Weigh w/Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR 3:00 Knitting & Crotchet 4:30 Crosswords Before Dinner</div></div>	<div><div></div><div>4</div><div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Activity Meeting 12:00 Knitting and Crochet Club 1:30 Bible Study, AR 2:30 Remember This? (Game) 3:30 Mexican Train Crew</div></div>	<div><div></div><div>5</div><div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Adult Coloring Club 1:00 Spades 2:00 Cold Winter Craft 4:00 Crossword Puzzle, AR</div></div>	<div><div></div><div>6</div><div>10:00 Chair Exercise 10:30 1:1 Session 11:00 Lunch Outing: Christinas 12:00 Puzzle Mania 1:30 Wonder Word Search, L 2:00 "Turn The Music Up" Social 3:30 Name Your Game! 4:30 Crosswords Before Dinner</div></div>	<div><div></div><div>7</div><div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR</div></div>
<div><div></div><div>8</div><div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Step Mom</div></div>	<div><div></div><div>9</div><div>9:30 Men's & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 2023 Finish & Start Game! 3:30 Cribbage</div></div>	<div><div></div><div>10</div><div>10:00 "Walk This Weigh w/Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR 3:30 "Lima Bean Auction"</div></div>	<div><div></div><div>11</div><div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 1:30 Bible Study, AR 2:30 Town Hall Meeting 3:30 Adult Coloring Club, AR 4:00 Crosswords Before Dinner 6:30 Dinner Outing: 54th Street</div></div>	<div><div></div><div>12</div><div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 12:00 Knitting and Crochet Club 1:00 Spades 2:00 Convos & Paint 4:00 Puzzle Mania, AR 6:30 Mexican Train</div></div>	<div><div></div><div>13</div><div>9:00 Coffee and Crosswords 10:00 Chair Exercise 10:30 1:1 Session 12:00 Puzzle Mania 1:30 Wonder Word Search, L 2:00 "Get Your Social On" 3:30 Name Your Game!</div></div>	<div><div></div><div>14</div><div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 12:00 Puzzle Mania 1:00 Puzzle Mania, AR 2:00 Bingo, DR 3:00 Adult Coloring Club</div></div>
<div><div></div><div>15</div><div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: New Year, New Life</div></div>	<div><div>Martin Luther King Jr. Day</div><div>16</div><div>9:30 Men's & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 What's Your Snowman Name? 3:30 Adult Coloring Club</div></div>	<div><div></div><div>17</div><div>10:00 "Walk This Weigh w/Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Pokeno for Prizes 3:30 Adult Coloring Club, AR</div></div>	<div><div></div><div>18</div><div>9:00 Coffee and Cross Words 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 1:30 Bible Study, AR 2:30 Ladder Ball 3:30 Adult Coloring Club, AR</div></div>	<div><div></div><div>19</div><div>9:00 Men's Coffee Table 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 Arts and Crafts, AR 4:00 Crossword Puzzle, AR 6:30 Mexican Train</div></div>	<div><div></div><div>20</div><div>9:00 Word of The Day 10:00 Chair Exercise 10:30 1:1 Session 12:00 Puzzle Mania 1:30 Wonder Word Search, L 2:00 "Turn The Music Up" Social 3:30 Name Your Game!</div></div>	<div><div></div><div>21</div><div>9:30 Morning Scrabble 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo & Prizes, DR 3:00 Texas Hold 'em 4:00 Uno & Friends</div></div>
<div><div></div><div>22</div><div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Freedom Writers</div></div>	<div><div></div><div>23</div><div>9:30 Men's & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Cotton Ball Penguin Craft</div></div>	<div><div></div><div>24</div><div>10:00 "Walk This Weigh w/Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR 3:30 Uno, Friends & Ice Cream 6:30 Pokeno Night!</div></div>	<div><div></div><div>25</div><div>9:00 Men's Coffee Table 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Walk This Weigh Exercise w/ Jada 1:30 Bible Study, AR 2:30 M&M Sorting Game 3:30 Uno, Friends & Ice Cream</div></div>	<div><div></div><div>26</div><div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 12:00 Knitting & Crotchet 1:00 Spades 2:00 Baby, It's Cold Outside Craft 4:00 Puzzle Mania, AR</div></div>	<div><div></div><div>27</div><div>10:00 Chair Exercise 10:30 1:1 Session 12:00 Puzzle Mania 1:30 Wonder Word Search, L 2:00 Dance the Hour Away Social Hour 3:30 Name Your Game!</div></div>	<div><div></div><div>28</div><div>9:00 Word of The Day 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR 3:00 Skip-Bo Click (B) 4:00 Cribbage</div></div>
<div><div></div><div>29</div><div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Serendipity</div></div>	<div><div></div><div>30</div><div>9:30 Men's & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Skip- Bo Click (B) 3:30 Crosswords Before Dinner</div></div>	<div><div></div><div>31</div><div>10:00 "Walk This Weigh w/Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR</div></div>	<div><div></div><div></div><div><div>WELCOME January</div><div></div></div></div> <div><div></div><div></div><div><div>HAPPY NEW YEAR</div><div></div></div></div>			

New Year, New Challenge

When it comes to a better brain boost, it's best to get out of your comfort zone, say doctors. That may mean learning to speak a new language or play a musical instrument, or taking on another activity that's new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells. Researchers say pursuits that require continuous challenges showed the biggest benefits.



Winter Weather

We want to remind residents that winter weather may affect some of our outings. If we do cancel any activities, we will let you know as early as possible.

The Words of MLK

In honor of Martin Luther King Jr. Day, here are some of his most enduring speeches. *Montgomery bus boycott speech.* One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement "I Have a Dream." King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character." *Nobel Peace Prize speech.* In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

