



## A Letter From Your Executive Director!

This month we enter into the new season of fall—a time of camaraderie, comfort, and hopefully a break from the heat! I am so excited for all of the new things to come and am so grateful to have such a wonderful community by my side. Last month in August, our residents had an amazing time putting together donations to send kids back to school. We are so glad to be able to help our community, and so grateful for the generosity of all of you who donated supplies. Residents also had a blast line dancing the day away at our country main event. This month in September, we are sure to have even more awesome activities and events planned. From a Labor Day celebration to fun crafts and games, our residents are sure to be busy! Make sure to keep an eye on the calendar to not miss any of the wonderful things we have planned.



## SEPTEMBER 2023

### Employee of the Month!

Ladies and Gentlemen, we would like to announce Margaret Mullins as the Employee of the Month for September! Margaret is our Assisted Living caregiver and does a phenomenal job at what she does. She has the kind of attitude that motivates others and is always smiling. She constantly volunteers to train new staff and they always turn out great. Margaret, you demonstrate excellence in the area of commitment, you demonstrate excellence in the area of teamwork, and you demonstrate it in the area of leadership. Congratulations and thanks for being a part of Lewisville Estates!





ASSISTED LIVING  
AL#010063

SEPTEMBER  
2023

Assisted  
Living  
Locations..

- Activity Room

AL Courtyard

AL Parking Lot

Bistro

Independent Living

Library

Lobby

Outing

Spa

Garden
- AR

ALC

ALPL

B

IL

LL

L

O

Spa

G

Transportation  
Schedule..

- Monday,

Grocery Stores

Tuesday,

Walmart

Wednesday,

Post Office/Bank

Thursday,

Walmart

Friday,

Field Trips/Outings
- 10am

9:45

10am

10am

10am

10am

10am

TBA

Happy  
Birthday to  
You All!!

- 10-Lenore Mangham
- 11-Mary Dykes
- 15-Doris Hawkins

“Be curious always!  
For knowledge will  
not acquire you;  
you must acquire it.”  
—Sudie Back

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>10:00 Sparkle and Sweat</div> <div>10:30 Culinary Corner (Cooking with Allison)</div> <div>11:00 Baja Rita’s Mexican Restaurant Outing! (O)</div> <div>11:00 Knitting &amp; Crochet Club (AR)</div> <div>1:00 Puzzles and Board Games</div> <div>2:00 Happy Hour Social</div>	<div>2</div> <div>Texas Rangers vs. Minnesota Twins</div> <div>10:00 Exercise Class w/ Elise</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise (DR)</div> <div>3:30 Mexican Train Crew!</div> <div>4:00 Crosswords Before Dinner</div>
<div>3</div> <div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>	<div>4</div> <div></div>	<div>5</div> <div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Art with Friends (AR)</div> <div>10:00 Walmart Shopping (O)</div> <div>11:30 Pizza Party! (In honor of National Cheese Pizza Day)</div> <div>2:00 Bingo &amp; Snacks w/ Allison (DR)</div> <div>3:30 Indoor Golf (L)</div> <div>4:00 Crosswords Before Dinner</div>	<div>6</div> <div>10:00 Post Office/Bank (O)</div> <div>10:00 Wake and Shake!</div> <div>10:30 Word in a Word/Morning Outburst!</div> <div>1:30 Bible Study (AR)</div> <div>3:30 Ring Toss</div> <div>4:00 Crosswords Before Dinner</div>	<div>7</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Arts &amp; Crafts (AR)</div> <div>10:30 Connect Four Tournament</div> <div>1:00 Uno Crew! (AR)</div> <div>3:30 Connect Four Competition</div> <div>4:00 Crosswords Before Dinner (L)</div>	<div>8</div> <div>10:00 Sit and Be Fit! (Exercise w/Elise)</div> <div>10:30 Culinary Corner (Cooking w/Allison)</div> <div>11:00 Knitting &amp; Crochet Club (AR)</div> <div>1:00 Colorist Cafe</div> <div>2:00 Snack and Chat/Happy Hour</div> <div>3:30 Mexican Train Crew!</div> <div>4:00 Crosswords Before Dinner</div>	<div>9</div> <div>Texas Rangers vs. Oakland Athletics</div> <div>10:00 Exercise Class w/ Elise</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise (DR)</div> <div>3:30 Indoor Golf (L)</div> <div>4:00 Crosswords Before Dinner (L)</div>
<div>10</div> <div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>	<div>11</div> <div>Happy National Assisted Living Week!</div> <div>9:30 Men’s &amp; Women’s Coffee Table DR</div> <div>9:45 Big Lots (O)</div> <div>10:00 Wake and Shake! (L)</div> <div>11:00 Knitting and Crochet Club (L)</div> <div>1:30 Bible Study w/ Yellow Rose (L)</div>	<div>12</div> <div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Art with Friends (AR)</div> <div>10:00 Walmart Shopping (O)</div> <div>2:00 Bingo &amp; Snacks w/ Allison (DR)</div> <div>3:30 Corn Hole Competition</div> <div>4:00 Crosswords Before Dinner</div>	<div>13</div> <div>10:00 Post Office/Bank (O)</div> <div>10:00 Stretch and Flex!</div> <div>10:30 Bubbles and Music</div> <div>1:30 Bible Study (AR)</div> <div>3:30 Connect Four</div> <div>4:00 Crosswords Before Dinner</div>	<div>14</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Arts &amp; Crafts (AR)</div> <div>10:30 Bowling (L)</div> <div>1:00 Mexican Train (AR)</div> <div>2:00 Flower Arranging with Fall Colors (AR)</div> <div>4:00 Crosswords Before Dinner (L)</div>	<div>15</div> <div>10:00 Drum Fitness Class (L)</div> <div>10:30 Culinary Corner (Cooking with Allison)</div> <div>11:00 Knitting &amp; Crochet Club (AR)</div> <div>11:00 Mama’s Daughter Diner Lunch Outing!</div> <div>2:00 Reception for National Assisted Living Week/Happy Hour</div>	<div>16</div> <div>Texas Rangers vs. Cleveland Guardians</div> <div>10:00 Exercise Class w/ Elise</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise (DR)</div> <div>3:30 Corn Hole Competition (L)</div> <div>4:00 Crosswords Before Dinner (L)</div>
<div>17</div> <div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>	<div>18</div> <div>9:30 Men’s &amp; Women’s Coffee Table DR</div> <div>9:45 Big Lots (O)</div> <div>10:00 Wake and Shake! (L)</div> <div>11:00 Knitting and Crochet Club (L)</div> <div>1:30 Bible Study w/ Yellow Rose (L)</div> <div>3:30 Fly Swatter Balloon Volley</div> <div>4:00 Crosswords Before Dinner</div>	<div>19</div> <div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Art with Friends (AR)</div> <div>10:00 Walmart Shopping (O)</div> <div>2:00 Bingo &amp; Snacks w/ Allison (DR)</div> <div>3:30 Connect Four Competition</div> <div>4:00 Crosswords Before Dinner</div>	<div>20</div> <div>10:00 Post Office/Bank (O)</div> <div>10:30 Moving and Grooving (L)</div> <div>11:00 Morning Outburst! (L)</div> <div>1:30 Bible Study (AR)</div> <div>3:00 Hot Potato! (L)</div> <div>4:00 Crosswords Before Dinner</div>	<div>21</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Arts &amp; Crafts (AR)</div> <div>1:00 Colorist Cafe or Watercolor Painting</div> <div>2:00 Snack and Chat (Bistro)</div> <div>3:00 Noodle Ball + Throw Catch and Kick (L)</div> <div>4:00 Crosswords Before Dinner (L)</div>	<div>22</div> <div>10:00 Music and Movement</div> <div>10:30 Culinary Corner (Cooking w/Allison)</div> <div>11:00 Knitting &amp; Crochet Club (AR)</div> <div>1:00 Uno Crew!</div> <div>2:00 Fabulous Friday Happy Hour Social</div> <div>3:30 Noodle Ball + Throw Catch and Kick (L)</div> <div>4:00 Crosswords Before Dinner</div>	<div>23</div> <div>Texas Rangers vs. Seattle Mariners</div> <div>10:00 Exercise Class w/ Elise</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise (DR)</div> <div>3:30 Uno Crew! (AR)</div> <div>4:00 Crosswords Before Dinner (L)</div>
<div>24</div> <div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>	<div>25</div> <div>9:30 Men’s &amp; Women’s Coffee Table DR</div> <div>9:45 Big Lots (O)</div> <div>10:00 Wake and Shake! (L)</div> <div>11:00 Knitting and Crochet Club (L)</div> <div>1:30 Bible Study w/ Yellow Rose (L)</div>	<div>26</div> <div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Art with Friends (AR)</div> <div>10:00 Walmart Shopping (O)</div> <div>2:00 Bingo &amp; Snacks w/ Allison (DR)</div> <div>3:30 Ring Toss</div> <div>4:00 Crosswords Before Dinner</div>	<div>27</div> <div>10:00 Post Office/Bank (O)</div> <div>10:30 Sweating to the Oldies!</div> <div>11:00 Whack a Mole (Come to activities in the lobby to find out what that means)</div> <div>1:30 Bible Study (AR)</div> <div>3:00 Nerf Gun Target Practice! (Activity Room)</div> <div>4:00 Crosswords Before Dinner (L)</div>	<div>28</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Arts &amp; Crafts (AR)</div> <div>12:00 Mexican Train!</div> <div>1:00 Uno Crew! (AR)</div> <div>2:00 Movie and Popcorn (L)</div> <div>4:00 Crosswords Before Dinner (L)</div>	<div>29</div> <div>10:00 Drum Fitness Class (L)</div> <div>10:30 Culinary Corner (Cooking w/Allison)</div> <div>11:00 Knitting &amp; Crochet Club (AR)</div> <div>1:00 Colorist Cafe or Watercolor Painting</div> <div>2:00 Friday Fun Happy Hour Social</div> <div>3:30 Corn Hole Competition (L)</div> <div>4:00 Crosswords Before Dinner</div>	<div>30</div> <div>Texas Rangers vs. Seattle Mariners</div> <div>10:00 Exercise Class w/ Elise</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise (DR)</div> <div>3:30 Noodle Ball (L)</div> <div>4:00 Crosswords Before Dinner</div>





## From Sea to Shining Sea

To commemorate Patriot Day, Sept. 11, memorial services and candlelight vigils take place across the country in remembrance of the innocent victims of the terrorist attacks on the World Trade Towers. U.S. flags fly at half-staff, and the country shares a moment of silence beginning at 8:46 a.m. (EDT).

Although the country mourns this loss, the spirit of the Twin Towers lives on. Steel from the towers has risen from the ashes and is now plunging through ocean waves as a U.S. Naval warship, defending American freedom. The Navy found the twisted steel to still be of significant strength, so parts of the Towers' remains were used in the new ship's bow stem. Though state names are typically reserved for naval submarines, New York Governor George E. Pataki asked that this special surface warship bear the name "New York" in honor of the victims, heroes and courageous New Yorkers who immortalized that day. His request was granted. This ship will be the fifth ship of the U.S. Navy to have the name New York. Ironically, the keel of a previous USS New York (BB-34) was laid on Sept. 11, 1911, exactly 90 years before the World Trade Center attack.

