



OCTOBER 2025

Get Ready for Some Spooky Fun

We'll be handing out candy to neighborhood kids on **October 31st, 2025, at 6:00 PM**. It's always a treat to see all the adorable costumes. Last year's turnout was amazing! To make sure we have plenty of candy for everyone this year, we're accepting **donations**. If you'd like to contribute, please drop off candy at **Faridhai's office by October 28th**. Thank you for helping us make Halloween magical for the kids!



State Fair of Lewisville

We're bringing the fun of the fair to our community! Join us as we kick off the **State Fair of Lewisville Estates, October 15th, 2025, at 2:00pm!** With delicious fair style eats, classic games, and festive fun. Let's celebrate together; no tickets or travel needed.



The dog days of summer have come and gone!

A big thank you to our wonderful Assisted Living Director, Faridhai, for bringing her sweet dog to the community for everyone to enjoy. Moments like these truly brighten our days!

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Assisted
Living
Locations.

Activity RoomAR

AL CourtyardALC

AL Parking LotALPL

Monthly
Birthdays

Staff

1-Yadira Hernandez

3-Margret Mullens

5-Denise Doeh

8-Robin Soules

18-Ruvimbo Pedzisa

25-Mariah Gonzales

AL Residents

11-Nada Howard

13-Joe Patterson

14-Leslie Davis

Cold and Flu
Truth

“Feed a cold, starve a fever.”

This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don’t force yourself to eat if you aren’t hungry. However, staying hydrated is important, so drink plenty of fluids.

“To me, every hour of the day and night is an unspeakably perfect miracle.”

—Walt Whitman

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:30 Omelet Station w/Chef Rey 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Darts W/ Friends 2:00 Would You Rather Autumn Edition 3:00 Who Am I?	2 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:30 Music Therapy w/ Emma 11:00 Lunch 2:00 Fall Wreath Making 3:00 Checkers	3 World Smile Day 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Bean Bag Toss 2:00 Nothing Rhymes with Orange 3:00 True Or False Ghost Trivia 4:00 Laurie’s Fun Cart	4 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Candy Bar Bingo 2:30 Midday Movies It’s The Great Pumpkin Charlie Brown
5 10:00 Daily Chronicles 10:00 Faith Based Film 11:00 Lunch 1:00 Word Search 2:00 Puzzle Corner	6 10:00 Daily Chronicles 10:00 Sassy Nail W/ Shelia 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Lunch 1:00 Word Search	7 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 2:00 Quarter Bingo 3:00 Laurie’s Fun Cart 3:00 Three Piece Suit Card Game	8 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Resident Council 2:00 Caramel Apples Culinary Crafting 3:00 Who Sang It? Dolly Parton Or Barbra Streisand	9 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:00 Devotional W/Amenity Hospice 10:30 Exercise 11:00 Lunch 2:00 Tea & Scones W/ Faridhai	10 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 2:00 Pizza Hut Trivia 3:00 Ghost Toss Game 4:00 Laurie’s Fun Cart	11 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Candy Bar Bingo 2:30 Midday Movies Roald Dahl’s The Witches
12 10:00 Daily Chronicles 10:00 Faith Based Film 11:00 Lunch 1:00 Word Search 2:00 Puzzle Corner	13 Columbus Day 10:00 Daily Chronicles 10:00 Sassy Nail W/ Shelia 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Lunch 1:00 Word Search	14 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 2:00 Quarter Bingo 3:00 Laurie’s Fun Cart 3:00 Spooky Shenanigans Trivia	15 7:30 Omelet Station w/Chef Rey 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 2:00 State Fair of Lewisville Estates	16 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 12:30 Mary Kay Makeover w/ Nilsa 2:00 Handmade Yarn Pumpkin Craft 4:00 Traffic Cones Knowledge Game	17 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 River Walk Sightseeing w/ Laurie 2:00 Qwirkle Quiz 3:00 Scattergories Table Game 4:00 Laurie’s Fun Cart	18 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Candy Bar Bingo 2:30 Midday Movies The Dog Who Saved Halloween
19 10:00 Daily Chronicles 10:00 Faith Based Film 11:00 Lunch 1:00 Word Search 2:00 Puzzle Corner	20 10:00 Daily Chronicles 10:00 Sassy Nail W/ Shelia 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Lunch 1:00 Word Search	21 Smile for Reptiles Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Headbanz Tabletop Game 2:00 Quarter Bingo 3:00 Laurie’s Fun Cart 3:00 Zibrio Balance Exercise Session w/ Legacy	22 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Witches’ Potion Punch 2:00 Orange You Glad I Didn’t Say Banana 3:00 Name That Tune!	23 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:00 Devotional W/Amenity Hospice 10:30 Exercise 11:00 Lunch 1:00 Spooky Halloween Ghost Craft 2:00 Can You Picture This 3:00 Rummikub	24 10:00 Daily Chronicles 10:30 Exercise 11:00 Hibachi Lunch Outing 11:00 Lunch 1:00 Darts Tournament 2:00 October Birthday Party w/ David Adams & Truth Creek Band 4:00 Laurie’s Fun Cart	25 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Candy Bar Bingo 2:30 Midday Movies Hocus Pocus
26 10:00 Daily Chronicles 10:00 Faith Based Film 11:00 Lunch 1:00 Word Search 2:00 Puzzle Corner	27 10:00 Daily Chronicles 10:00 Sassy Nail W/ Shelia 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Lunch 1:00 Word Search	28 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 2:00 Quarter Bingo 3:00 Laurie’s Fun Cart 3:00 Mary Kay Makeover w/ Nilsa	29 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Halloween Ha Ha Ha 2:00 Orange Pretzel Snack Mix 3:00 Sip & Talk W/ Laurie	30 9:15 Walmart Shopping (O) 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Pumpkin Carving Contest w/ Reliant At Home	31 10:00 Daily Chronicles 10:30 Exercise 11:00 Lunch 1:00 Uno 2:00 Tic Tac Toe 4:00 Laurie’s Fun Cart 6:00 Community Trick-or-Treating	

1. After spending time in the sun, a black cat's fur can turn a reddish-brown color. Like a suntan, the color will fade after a while.
2. Popular names for black cats include Shadow, Smokey, Boo and Midnight.
3. Often, black cats have golden yellow eyes.



Spooky Season Playlist

Carving pumpkins, attending a costume party or handing out candy? We've got the perfect playlist for all your October activities!

"Monster Mash" by Bobby "Boris" Pickett and the Crypt-Kickers. This novelty number was released in 1962 at the height of the "Mashed Potato" dance craze. Add Frankenstein-style arm movements, spooky sound effects and impersonations of Hollywood horror icons Boris Karloff and Bela Lugosi, and no wonder this song was an instant No. 1 and remains a seasonal classic.

"I Put a Spell on You" by Screamin' Jay Hawkins. Honored by the Rock and Roll Hall of Fame as one of the genre's top 500 songs, this theatrical 1956 performance has inspired numerous successful variations, including covers by Nina Simone, Bette Midler (for the 1993 film "Hocus Pocus") and Annie Lennox.

"Ghostbusters" by Ray Parker Jr. The theme song to the 1984 film of the same name, this catchy pop tune invites fans to dance and sing along to famous lines like "I ain't afraid of no ghost" and "Who ya gonna call? Ghostbusters!"

"Thriller" by Michael Jackson. A signature song by the King of Pop, this 1983 single is known for its 13-minute-long music video, where Jackson dances with a horde of zombies in an homage to cinematic horror. Rounding out the spectacle is a narration by velvet-voiced icon Vincent Price.

"Werewolves of London" by Warren Zevon. More silly than spooky, this 1978 rock song began as a joke but became Zevon's biggest hit. It's easy to tap your toes to the irresistible piano riff and howl along to the chorus.



Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.

All Smiles

"Do an act of kindness. Help one person smile." That's the goal of World Smile Day, the first Friday in October. The annual celebration was the idea of Harvey Ball, the artist who in 1963 created the bright yellow smiley face symbol that is now used everywhere.



All Smiles for Reptiles

Although you may not find them cute or cuddly, reptiles play an important role in the environment, such as dispersing seeds and controlling pests.

There are more than 10,000 species of reptiles in the world, including numerous types of snakes, lizards, turtles, crocodiles and alligators.

Celebrate these scaly critters on Oct. 21, National Reptile Awareness Day.

