

Your Friends at the Pharmacy

Pharmacists are most commonly seen behind the counter at your local drugstore or retail chain. But these professionals work in a variety of settings — including hospitals, senior care centers and research facilities — all with the mission of improving patients' health with the help of medications.

With a six-year doctor of pharmacy degree, pharmacists are the No. 1 medication experts. Along with dispensing prescriptions, they are responsible for educating you about them. They will alert you to a drug's potentially harmful interactions with other medications, foods or beverages.

Since pharmacists are extremely knowledgeable (and free!) resources for any medication-related concern, it's wise to use one pharmacy and keep yours up-to-date on your medical history, including allergies, and all the medications you are taking.

Along with prescriptions, a pharmacist's expertise extends to over-the-counter medications, vitamins and supplements, too.



Theresa from Community Care Pharmacy presenting a painting class!

Family, Friends, Fun and Appreciation at Lewisville Estates!

Wonderful residents, families, staff and sponsors made Assisted Living Month fantastic!



Family Fun at our '80s Big Event!



More fun and Gloria's 91st Birthday!



Appreciation!



Friendship!

The Lewisville Estates Lifestyle

Assisted Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com

OCTOBER 2016

Dear Residents, Family and Friends:

I am excited to have cooler temperatures finally approaching us. Welcome to the season of pumpkin pie, pumpkin spice lattes and of course, hot apple cider! We had a busy and productive September. We hope everyone enjoyed the '80s Themed Party and Assisted Living Week. In October, we have many fall festivities, including: Halloween Dress-Up Week and resident and employee Pumpkin Carving Contest. Our main event will be held Tuesday, Oct. 11: A Wicked Good Time (Costume Party)! Feel free to invite family and friends! Please make sure you check your calendars for dates and times. Since we are approaching one of my favorite holidays, I thought I would share a few Halloween facts:

- The largest pumpkin measured was grown by Norm Craven, who broke the world record in 1993 weighing in at 836 pounds.
- According to national tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.
- The first Jack-O'-Lanterns were actually made from turnips.

Please encourage family and friends to like our Facebook page so they look at the fun events we have during the week.

Have a great month,
Jessica

Resident of the Month

Our L.E.A.P (Life Enrichment Activity Program) would like to recognize Virginia Fields. Virginia has a sweet, kind personality. She enjoys playing Bingo and our Music Programs. Virginia was a former teacher and school Principal. She had the opportunity to travel and recalls her favorite place as Germany.

She loves Snickers! We are so happy to have Virginia at Lewisville Estates!



OCTOBER 2016

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Transportation Schedule

- Monday 10 a.m. Albertsons
- Tuesday 10 a.m. Walmart
- Thursday 2 p.m. Walmart
- Friday TBA
- Field Trips/Outing

Birthdays

- Mary Bowman, 12th
- Jeanne Thomas, 18th
- Larry Dowlearn, 24th
- Joyce Talafuse, 28th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>Breast Cancer Awareness Month!</p> <p>9:30 Gold Chair Exercise, AR</p> <p>2:00 Fall Craft With Sandra, AR</p> <p>3:30 Bingo, AR</p>
<p>ROSH HASHANAH starts at sunset</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>9:30 Shopping at Albertsons, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p>	<p>9:30 Shopping at Walmart, O</p> <p>9:30 Gold Chair Exercise, AR</p> <p>9:30 Catholic Communion</p> <p>10:00 Giant Crossword Puzzle Challenge!, L</p> <p>1:00 Art Expression Witches Hats!, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Cooking Demo With Chef Art!, DR</p>	<p>Beauty Salon Is Open</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Trick or Treat Bingo, AR</p> <p>4:00 Ambassador Meeting, AR</p>	<p>Mad Hatter Day</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>1:30 Photography: Then and Now, AR</p> <p>2:00 Scrapbooking Club, AR</p> <p>3:00 Coupon Clipping, AR</p>	<p>Wear Fall Sweater</p> <p>9:00 Exercise Extreme With Kelly of Lake Village, AR</p> <p>10:00 Ready, Set, Grow Club, ALC</p> <p>10:30 Lunch Outing to Cracker Barrel, O</p> <p>2:00 Harvest Wassail Social Hour, L</p> <p>3:00 Community Pep Rally, L</p> <p>4:00 Rowdy Ring Toss!, L</p>	<p>9:30 Gold Chair Exercise, AR</p> <p>1:00 Pumpkin Bread Is in the Air!, AR</p> <p>3:00 Saturday Bingo, AR</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>COLUMBUS DAY</p> <p>9:30 Shopping at Albertsons, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p>	<p>YOM KIPPUR starts at sunset</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Gold Chair Exercise, AR</p> <p>9:30 Catholic Communion</p> <p>10:00 Giant Crossword Puzzle Challenge!, L</p> <p>1:00 Art Expression Team Pennant Making!, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>6:00 A Wicked Good Time Big Event, L</p>	<p>Beauty Salon Is Open</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>1:00 Walking Warriors!, ALPL</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Town Hall Meeting, L</p> <p>3:30 Bingo, AR</p>	<p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Scrapbooking Club, AR</p> <p>3:00 Coupon Clipping, AR</p>	<p>Wear Pink Day!</p> <p>9:00 Exercise Extreme With Kelly of Lake Village, AR</p> <p>9:30 Pink Walking Warriors!, ALPL</p> <p>10:00 Ready, Set, Grow Club, ALC</p> <p>10:30 Lunch Outing to Olive Garden, O</p> <p>2:00 Pumpkin Milkshake Social Hour, L</p> <p>3:00 "Twister" Mind Twisters</p> <p>4:00 Rowdy Ring Toss!, L</p>	<p>9:30 Gold Chair Exercise, AR</p> <p>1:30 DIY Pizza, AR</p> <p>3:00 Saturday Bingo, AR</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>9:30 Shopping at Albertsons, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p>	<p>9:30 Shopping at Walmart, O</p> <p>9:30 Gold Chair Exercise, AR</p> <p>9:30 Catholic Communion</p> <p>10:00 Giant Crossword Puzzle Challenge!, L</p> <p>1:00 Art Expression Fall Flower Drying, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Pumpkin Bowling, L</p>	<p>Beauty Salon Is Open</p> <p>Staff Pumpkin Carving Day!, ALC</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>1:00 Walking Warriors!, ALPL</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Bingo, AR</p> <p>4:00 Ambassador Meeting, AR</p>	<p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Scrapbooking Club, AR</p> <p>3:00 Coupon Clipping, AR</p>	<p>9:00 Exercise Extreme With Kelly of Lake Village, AR</p> <p>10:00 Ready, Set, Grow Club, ALC</p> <p>2:00 "Witches Brew" Social Hour, L</p> <p>3:00 Fancy Nails With Kelly of Lake Village, AR</p> <p>4:00 Rowdy Ring Toss!, L</p>	<p>9:30 Gold Chair Exercise, AR</p> <p>1:00 Your Favorite Fall Recipes, AR</p> <p>3:00 Saturday Bingo, AR</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>Costume Kickoff Week!</p> <p>9:30 Shopping at Albertsons, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p>	<p>National Make a Difference Day!</p> <p>Wear Camo Day!</p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Gold Chair Exercise, AR</p> <p>9:30 Catholic Communion</p> <p>10:00 Giant Crossword Puzzle Challenge!, L</p> <p>1:00 Art Expression "Kasper" Kind Kard Making!</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Houdini Mystery Trivia, L</p>	<p>Beauty Salon Is Open</p> <p>Western Day!</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>1:00 Walking Warriors!, ALPL</p> <p>2:00 Bible Study w/ Rob Harrison, L</p>	<p>Jersey Day!</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Gold Chair Exercise, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Shopping at Walmart, O</p> <p>2:00 Scrapbooking Club, AR</p> <p>3:00 Coupon Clipping, AR</p>	<p>Witches Hat Day!</p> <p>9:00 Exercise Extreme With Kelly of Lake Village, AR</p> <p>10:00 Ready, Set, Grow Club, ALC</p> <p>2:00 "Spooky" Social Hour!, L</p> <p>3:00 "Twister" Mind Twisters</p> <p>4:00 Rowdy Ring Toss!, L</p>	<p>9:30 Gold Chair Exercise, AR</p> <p>2:00 Halloween Jokes and Trivia, L</p> <p>3:00 Saturday Bingo, AR</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>HALLOWEEN</p> <p>9:30 Shopping at Albertsons, O</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:15 Story, Joke or Quote to Share, L</p> <p>1:00 Making Life Easier w/Joni of Home Helpers, AR</p> <p>1:30 Halloween Social Hour, L</p> <p>3:00 Monster Mash Bingo, AR</p>					