

Talking Turkey (Continued)

- While domestic turkeys are typically white, the brown and tan colors of wild turkeys help them blend into the surroundings of their woodland homes, where they sleep atop tree branches.
- Turkeys are native to North America, but in the early 20th century, the bird was on the verge of extinction. Reintroduction programs started in the 1940s, and today, wild turkeys can be found throughout the U.S.

How Friends Keep Us Happy and Healthy

Friends laugh with us when things are good and give us support when we are down. They accept us as we are and want only our friendship in return. Besides the warmth and camaraderie that these special relationships provide, research shows they benefit our health, too.

The link between friendship and mental well-being is clear. Friends help reduce stress by offering a listening ear during challenging times. Spending time with a friend, especially when having fun such as playing a game or watching a movie, can provide a welcome distraction from negative thoughts and worries.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

Additionally, studies have found that people in strong friendships have lower blood pressure, heart rate and cholesterol, lowering the risk of disease.



Safety Tips for Shopping Online

'Tis the season for buying gifts and giving back to charities, which can both be conveniently done online. Keep your finances safe by following a few safety tips.

In general, stick to companies, brands and organizations you are familiar with. If an online store has a physical address and a phone number, even better!

If you get an email or see an ad promising deep discounts, use caution. If a deal seems too good to be true, it probably is. Instead of clicking an email link or an ad on a website, open a new tab or window to research the brand in question.

Customer reviews are a valuable resource. Browse through the feedback of products you're shopping for, and take note of how many ratings and reviews an item has.

When you are ready to make a purchase, first make sure that the website is secure. Look at the URL at the top of the page and confirm that it has "https" or a lock symbol before the web address. If possible, pay with a credit card, which typically offers more fraud protection than a debit card.

Folks who are tech-savvy are usually happy to share their expertise. Ask a trusted friend or relative for advice if you get stuck or have concerns about an online experience.



The Lewisville Estates Lifestyle

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

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Like Us!

NOVEMBER 2021

Dear Residents, Families and Friends

I am so excited to be welcoming in autumn and cooler temperatures! It's one of my favorite times of the year; colorful leaves, Thanksgiving, family and cool weather. It has been a great month! We are showing great strides and looking forward to what the future holds. We have been granted full visitation in both Independent and Assisted Living. I know everyone here is ready to recognize normalcy again. We appreciate you following our community's infection control measures to help keep everyone safe.

I hope everyone enjoyed the Halloween Main Event including costumes, cocktails, and live music. In November, we have many festivities, Thanksgiving dinners and more!

Happy November!
Jennifer True
Executive Director



Talking Turkey

This time of year, the turkey takes center stage as both a seasonal symbol and the main course of holiday dinners. How much do you know about this popular bird?

- Male turkeys are called "toms" or "gobblers," females "hens" and their chicks "poults."
 - Females make small clucking and chirping sounds; only males do the gobbling the birds are known for. The gobble can be heard up to a mile away.
 - The weight of a domestic turkey is about twice that of its wild cousin. Most domestic turkeys are so heavy they can't fly, but wild turkeys can soar up to 55 mph.
 - An adult turkey has between 5,000 and 6,000 feathers. Like peacocks, the males use their fancy tail feathers to attract mates.
- (Continued on back.)



ASSISTED LIVING
AL#010063

NOVEMBER 2021

Locations

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

Birthdays

John Simien, 7th
Nelson Trent, 23rd

Transportation Schedule

Monday, 10 a.m.
Grocery Stores
Tuesday, 10 a.m.
Walmart
Wednesday, 10 a.m.
Post Office/Bank
Thursday, 10 a.m.
Walmart
Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 3:30 Bean Bag Toss, L 4:00 Adult Coloring Club, AR</p>	<p>ELECTION DAY 10:00 Catholic Communion 10:00 Exercise w/ Jacque, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 3:30 Bean Bag Toss, L 4:00 Puzzle Mania, AR</p>	<p>3 Fall Door Decoration Contest Begins 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:00 Mexican Train, AR 4:00 Outdoor Walking</p>	<p>9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/ Patty, AR 4:00 Giant Crossword Puzzle, L</p>	<p>5 National Jersey Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 11:30 Out to Cracker Barrel, O 1:30 Wonder Word Search, AR 2:00 Jersey Friday Social Hour, L 4:00 Name Your Game!, AR</p>	<p>6 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn</p>
<p>DAYLIGHT SAVING TIME ENDS 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 12:00 Cowboys Vs Denver (FOX), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L</p>	<p>8 10:00 Exercise w/ Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 3:00 Pumpkin Toss, L 4:00 Wonder Word Search, AR</p>	<p>9 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L</p>	<p>10 10:00 Chair Yoga, L 10:30 Veterans' Luncheon, O 10:45 Name That Tune, AR 1:30 General Store, L 2:00 Town Hall Meeting, L 3:00 Uno Game, AR 4:30 Wonder Word Search, L</p>	<p>VETERANS DAY 9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 3:30 Giving Thanks (Main Event), L 4:00 Puzzle Mania Social, LL</p>	<p>12 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Family Memories Social Hour, L 3:30 Men's Workshop, AR 4:00 Name Your Game!, AR</p>	<p>13 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L</p>
<p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 12:00 Cowboys Vs Atlanta (FOX), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L</p>	<p>15 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 3:30 Bean Bag Toss, L 4:00 Adult Coloring Club, AR</p>	<p>16 10:00 Catholic Communion 10:00 Exercise w/Jacque, L 10:45 Fancy Nails, AR 12:00 Gift Galore (Vendor), AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 3:30 Bean Bag Toss, L 4:00 Puzzle Mania, AR</p>	<p>17 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:00 Mexican Train, AR 4:00 Outdoor Walking</p>	<p>18 9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/ Patty, AR 4:00 Giant Crossword Puzzle, L</p>	<p>19 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Let's Be Thankful During Social Hour, L 4:00 Name Your Game!, AR</p>	<p>20 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn</p>
<p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L 3:25 Cowboys Vs Kansas City</p>	<p>Lima Bean Auction, L 22 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 3:00 Pumpkin Toss, L 4:00 Wonder Word Search, AR</p>	<p>23 10:00 Exercise w/ Jacque, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L</p>	<p>24 10:00 Chair Yoga, L 1:30 General Store, L 2:00 Snack Cart Social 3:00 Uno Game, AR 4:30 Wonder Word Search, L</p>	<p>THANKSGIVING DAY 25 10:00 Thanksgiving Wonder Word Search, L 2:00 Movie Time: Miracle on 34th Street, L 3:30 Cowboys Vs Las Vegas (CBS), L 4:00 Puzzle Mania Social, LL</p>	<p>26 Birthday Bash, L 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 4:00 Name Your Game!, AR</p>	<p>27 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L</p>
<p>HANUKKAH BEGINS AT SUNSET 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L</p>	<p>29 10:00 Exercise w/ Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L</p>	<p>30 10:00 Exercise w/ Jacque, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Activity Meeting w/Patty & Apple Cider, L</p>				