



Assisted Living

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

November 2015

## Dear Residents, Family & Friends:

We had a busy and productive October. Thank you to all who participated in the Alzheimer's Walk, Breast Cancer Awareness, Cooking Demo, Halloween Party and flu clinic. Please check your calendar for all that is happening this month!

November is all about celebrating what we are grateful for. Let us spend this month thinking about all the people that have made a difference in our lives. What did they do that created an extraordinary life

experience for you? As a community we can enhance others quality of life by donating a canned food item to the box at the front entryway. Items will be donated to our local food pantry and will be available in the lobby until Nov. 23.

Get ready, the Turkey is on the way! Please join us in celebration: Thanksgiving Buffet Luncheon, Saturday, Nov. 14, at 11 a.m. Reservations must be made in advance no later than Nov. 6.

I hope this month brings you warm memories of family, food, football and the beautiful changing colors of the leaves.

With a warm heart,

*Jessica*



## Annual Veteran's Luncheon Sponsored by The City of Highland Village!

Each year, the city of Highland Village hosts a special lunch for all the local veterans. If you would like to go, let Philip know as soon as possible, as seating is limited. There is no cost, and it is a great ceremony to remember and honor all those who have served for our freedom!



## ASSISTED LIVING

AL#010063

## NOVEMBER 2015

### 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
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA
- Field Trips/Outing
- Friday 2 p.m. Express Errands

### Birthdays

- James Skelton, 3rd
- Dorothy Tunnel, 6th
- June Palao, 6th
- June Ramsey, 9th
- Doug Douglas, 9th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DAYLIGHT SAVING TIME ENDS</b> 1 <b>Set Your Clocks Back 1 Hour!</b> 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	9:30 <i>Exercise Extreme!</i> , AR 2 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> <b>10:30 Community Pep Rally</b> 1:30 <i>Today in History</i> , L 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>A Day in the Life</i> , L	<b>ELECTION DAY</b> 3 9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O <b>10:00 Ceramic Painting w/ Seasons Hospice, AR</b> 1:30 <i>Gold Chair Exercise</i> , AR 2:30 <i>Bible Stories Reading Club</i> , L 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!</i> , L	9:45 <i>Tone Those Bones w/Erin (Rehab Trust)</i> , AR 4 10:00 Post Office/Bank Outing, O 10:15 <i>Snack Attack</i> , L 2:00 <i>Bible Study w/ Rob Harrison</i> , L 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>Winning Is a Good Thing!</i> , L	8:00 <i>Beauty Salon Is Open</i> 5 10:00 <i>Christian Service w/ Rev. Christal Fisher</i> , L 1:30 <i>Millionaire Exercise</i> , AR 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group</i> , B 3:30 <i>Blackjack 21 Card Games</i> , AR 4:00 <i>If You Were Me, You Would ...</i> , L	9:45 <i>Exercise Extreme</i> , AR 6 <b>10:30 Lunch @ on the Border, O</b> <b>2:00 Friday Social w/ JT Matthews, L</b> 3:30 <i>Board Game Bonanza</i> , AR 4:00 <i>Weekly Wrap Up</i> , L	9:30 <i>Sit Down &amp; Tone Up</i> , L 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff</i> , AR 2:00 <i>Dominoes</i> , AR 3:00 <i>Fun Flicks</i> , L
8:30 New Covenant Baptist Church, L 8 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends</i> , AR 2:00 <i>Bible Study w/ Rob Harrison</i> , L 3:00 <i>Dominoes</i> , AR	9:30 <i>Exercise Extreme!</i> , AR 9 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> <b>10:15 Annual Veterans Lunch Outing, O</b> 1:30 <i>Today in History</i> , L 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>A Day in the Life</i> , L	9:30 Catholic Communion & Service, DR 10 10:00 Shopping at Walmart, O 10:00 <i>Fall Crafts!</i> , AR 1:30 <i>Gold Chair Exercise</i> , AR 2:30 <i>Bible Stories Reading Club</i> , L 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!</i> , L	<b>VETERANS DAY</b> 11 <b>7:00 Men's Breakfast Outing, O</b> 9:45 <i>Tone Those Bones w/ Erin (Rehab Trust)</i> , AR 10:00 Post Office/Bank Outing, O 10:15 <i>Snack Attack</i> , L 2:00 <i>Bible Study w/ Rob Harrison</i> , L <b>3:00 Town Hall Meeting, L</b> 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>Winning Is a Good Thing!</i> , L	8:00 <i>Beauty Salon Is Open</i> 12 10:00 <i>Christian Service w/ Rev. Christal Fisher</i> , L 1:30 <i>Millionaire Exercise</i> , AR 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group</i> , B 3:30 <i>Blackjack 21 Card Games</i> , AR 4:00 <i>If You Were Me, You Would ...</i> , L	9:45 <i>Exercise Extreme</i> , AR 13 10:00 <i>Farkel Fridays</i> , AR <b>2:00 Western Social w/ Cowboy Bob, L</b> <b>3:00 Thanksgiving Bingo!</b> , AR 4:00 <i>Weekly Wrap Up</i> , L	9:30 <i>Sit Down &amp; Tone Up</i> , L 10:30 <i>Word Find Challenge</i> <b>11:00 Main Event Thanksgiving Feast!</b> , DR 2:00 <i>Dominoes</i> , AR 3:00 <i>Fun Flicks</i> , L
8:30 New Covenant Baptist Church, L 15 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends</i> , AR 2:00 <i>Bible Study w/ Rob Harrison</i> , L 3:00 <i>Dominoes</i> , AR	9:30 <i>Exercise Extreme!</i> , AR 16 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History</i> , L 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>A Day in the Life</i> , L	9:30 Catholic Communion & Service, DR 17 10:00 Shopping at Walmart, O 10:00 <i>Fall Crafts!</i> , AR 1:30 <i>Gold Chair Exercise</i> , AR 2:30 <i>Bible Stories Reading Club</i> , L 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!</i> , L	<b>National Men's Day</b> 18 9:45 <i>Tone Those Bones w/ Erin (Rehab Trust)</i> , AR 10:00 Post Office/Bank Outing, O <b>10:15 Health Club w/Emcompass Home Health, L</b> <b>12:30 Field Trip the Grapevine Aquarium, O</b> <b>1:00 Music Therapy w/ Ardent Hospice, L</b> 2:00 <i>Bible Study w/Rob Harrison</i> , L 3:30 <i>Bingo for Chocolate</i> , AR	8:00 <i>Beauty Salon Is Open</i> 19 10:00 <i>Christian Service w/ Rev. Christal Fisher</i> , L 1:30 <i>Millionaire Exercise</i> , AR 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group</i> , B 3:30 <i>Blackjack 21 Card Games</i> , AR 4:00 <i>If You Were Me, You Would ...</i> , L	9:45 <i>Exercise Extreme</i> , AR 20 <b>2:00 Be Thankful Social feat. Ric Hobscheid, L</b> 3:30 <i>Board Game Bonanza</i> , AR 4:00 <i>Weekly Wrap Up</i> , L	9:30 <i>Sit Down &amp; Tone Up</i> , L 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff</i> , AR 2:00 <i>Dominoes</i> , AR 3:00 <i>Fun Flicks</i> , L
8:30 New Covenant Baptist Church, L 22 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends</i> , AR 2:00 <i>Bible Study w/ Rob Harrison</i> , L 3:00 <i>Dominoes</i> , AR	9:30 <i>Exercise Extreme!</i> , AR 23 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History</i> , L 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>A Day in the Life</i> , L	9:30 Catholic Communion & Service, DR 24 10:00 Shopping at Walmart, O 1:30 <i>Gold Chair Exercise</i> , AR 2:30 <i>Bible Stories Reading Club</i> , L 3:00 <i>Craft Club: Christmas Wreaths</i> , AR 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!</i> , L	9:45 <i>Tone Those Bones w/Erin (Rehab Trust)</i> , AR 25 10:00 Post Office/Bank Outing, O 10:15 <i>Snack Attack</i> , L 2:00 <i>Bible Study w/ Rob Harrison</i> , L 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>Winning Is a Good Thing!</i> , L	<b>THANKSGIVING DAY</b> 26 8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/ Rev. Christal Fisher</i> , L 1:30 <i>Millionaire Exercise</i> , AR 2:00 Shopping at Walmart, O 2:15 <i>Men's Coffee Group</i> , B 3:30 <i>Blackjack 21 Card Games</i> , AR 4:00 <i>If You Were Me, You Would ...</i> , L	9:45 <i>Exercise Extreme</i> , AR 27 10:00 <i>Farkel Fridays</i> , AR <b>10:15 Christmas Decorating Begins!</b> , L <b>2:00 Black Friday Social</b> , L 3:30 <i>Board Game Bonanza</i> , AR 4:00 <i>Weekly Wrap Up</i> , L	9:30 <i>Sit Down &amp; Tone Up</i> , L 10:30 <i>Word Find Challenge</i> 2:00 <i>Dominoes</i> , AR 3:00 <i>Fun Flicks</i> , L
8:30 New Covenant Baptist Church, L 29 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends</i> , AR 2:00 <i>Bible Study w/ Rob Harrison</i> , L 3:00 <i>Dominoes</i> , AR	9:30 <i>Exercise Extreme!</i> , AR 30 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History</i> , L 3:30 <i>Bingo for Chocolate</i> , AR 4:00 <i>A Day in the Life</i> , L					

## We Appreciate You!

To all of our vendors, volunteers and sponsors, we appreciate you! Nothing here happens without your help! A special thanks to Laura for providing so many wonderful decorations for our Halloween Bash!

- ART
- ACT
- Ardent
- Encompass
- Novus
- Seasons
- North Texas HC
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah's Witnesses
- Rev. Christal Fisher
- Rob Harrison
- Colleen Banas
- Hollymead
- Mayhill
- Community Care Pharmacy
- Patriot Imaging
- Senior Helpers
- New Century
- And many more!



## Resident of the Month

Cecilia Burch — What can be said?! “Cecil” is wonderful and loves to participate in anything we have going on. She loves life and is a great addition to our Resident of the Month List!



## Thanksgiving Is About Family!

This year, Lewisville Estates is proud to invite you and all of your family back out to this year's Thanksgiving Feast! All reservations must be in by Nov. 6! We will serve big plates of all of your favorites right here in the Assisted Living. Seating will be limited, but there is room for all! Call the front desk at 972-434-1727 now to book your table!



## Urinary Incontinence from Legacy Healthcare

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder re-training, relaxation training, clothing adaptations, environmental changes/modification, dietary management and pelvic floor exercises. Did you know Legacy Healthcare has a continence management program that addresses many of the above mentioned behavioral techniques? This program has helped many individuals achieve positive results.

If you have any continence or wellness related questions, please contact your physician or the staff in the Therapy Department.

