

Bingo Has a Jackpot of Benefits

Prized for its fun, ease and excitement, bingo is a go-to game. And every player comes out a winner, since this amusement has several health benefits:



It can enhance coordination — Bingo can be a fast-paced game, requiring players to search for a number, mark their card and keep up with the caller. This repetitive action exercises hand-eye coordination and quick reflexes. Keeping track of several cards at once intensifies the action.

It engages the brain — Staying alert, listening for information, remembering it and identifying a match on a card are skills that engage cognitive functions and short-term memory. A study found that bingo players performed better on tests of mental speed and accuracy.

It's social — Games are usually played with a group of people who have a common interest. The setting provides opportunities to talk with others and meet new friends. Such social interactions have been shown to be essential in maintaining a happy, healthy life and increasing longevity.

It's fun! — It's been said that laughter is the best medicine, and laughing is often part of the game's fun and easygoing nature. There's also the anticipation of hearing your winning number and the excitement of shouting out "Bingo!"

Wrapping It Up

With designs for every occasion, wrapping paper adds a festive, personal touch to a present. Using decorative paper to wrap gifts is a custom that was created by accident.



Cloth, newspaper or brown packaging paper was most commonly used to wrap presents before colored tissue paper became popular in the early 1900s.

During a busy holiday season in 1917, brothers Joyce and Rollie Hall ran out of tissue paper at their Kansas City, Mo., greeting card store. They scrambled to find a substitute and offered their customers sheets of colorful, patterned paper that was used to line envelopes. Selling at 10 cents a sheet, the paper was a hit and sold out that year and the next.

Based on this demand, the Halls — whose store grew to become the Hallmark Cards company — started printing and selling their own decorative paper and promoting its use as gift wrap. Ribbons, bows and other embellishments soon followed, and people began dressing up presents in creative ways. Wrapping paper often reflects current trends. In the 1960s, whimsical designs and bright colors were fashionable. Gift wrap with cartoon characters, sports teams and other pop culture icons debuted in recent decades. Gift bags were introduced in 1987 and are now the top-selling product for packaging presents.

The Lewisville Estates Lifestyle

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

Like Us!

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

DECEMBER 2018

Dear Residents, Family and Friends

Lewisville Estates feels radiant with the warmth of family, visitors and increasing holiday cheer as we wait for Christmas to get here! Please pay special attention to our December calendar as you will understand all that is done to make the season bright. Please know we have many wonderful events leading up to the nights before Christmas; Deck the Halls door decorating contest, Van Excursion Light Tour, weekly Happy Hours, holiday crafts and special vendors. We will be hosting our Family and Resident Christmas Tree Festival on Dec. 13 at 6 p.m. Happy December, Erin Montgomery Executive Director



Arts and Crafts!

Come and join us every Thursday for a fun time during arts and crafts.



ASSISTED LIVING
AL#010063

DECEMBER 2018

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

- Christina Tomlin, 6th
- Cliff McCutcheon, 14th
- Gail Beathard, 14th
- Harold Lang, 15th
- Crystal Leeks, 24th (Employee)
- Maria Medel, 25th (Employee)
- Lois Kindblade, 25th
- Robert Taylor, 26th
- Karen McCutcheon, 30th

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
						Deck the Halls Contest Begins 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
FIRST NIGHT OF HANUKKAH 2 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise w/ Legacy, AR 3 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Adult Coloring Club, AR	National Cookie Day 4 Wear Christmas Socks 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 1:30 Movie & Holiday Cookies, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	9:30 Tone Those Bones, AR 5 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Trivia, L	St. Nicholas Day 6 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:00 Christmas Stocking Decoration, L 4:00 Rowdy Ring Toss, L	Wear Jingle Bells Day 7 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Razzo's, O 1:00 Bible Study w/Laura 2:00 Hot Cocoa Social Hour, L 4:00 Name Your Game!, AR	Wreaths Across America Day 8 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 10:30 Lewisville High School Carols, L 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 3:25 Cowboys vs. Philadelphia (Fox), L	9:30 Exercise w/Legacy, AR 10 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Wonder Word Search, AR	9:30 Beauty Salon Is Open 11 9:30 Parachuting, L 9:45 Blood Pressure Clinic w/Life Way Hospice, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Popcorn/Movie, L 3:00 Game of Choice, L	9:30 Tone Those Bones, AR 12 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Christmas Bingo w/Legacy, L 3:00 Town Hall Meeting, L 4:00 Fun Time Event, L	12 Days of Christmas Begins 13 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 11:00 Gifts Galore (Vendor), L 1:00 Karaoke Time, AR 6:00 Forest of Tree (Main Event), L	Wear Your Christmas Sweater Day 14 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 12:00 Cowboys vs. Indianapolis (Fox), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L 5:45 Christmas Carols	9:30 Exercise w/ Legacy, AR 17 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Adult Coloring Club, AR	9:30 Beauty Salon Is Open 18 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L 6:30 Christmas Lights Tour, O	9:30 Tone Those Bones, AR 19 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Trivia, L	9:00 Senior Fitness, L 20 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	WINTER BEGINS 21 Humbug Day Wear Green Day 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 10:30 Out to Babes Chicken, O 1:00 Bible Study w/Laura 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 12:00 Cowboys vs. Tampa Bay (Fox), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	Christmas Eve 24 Wear Christmas Hats Eggnog Day 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Out to Tom Thumb, O 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Egg Nog Social, L 4:00 Wonder Word Search, AR	CHRISTMAS 25 Christmas Day 10:00 Christmas Wonder Word Search, L 10:30 Catholic Communion 2:30 White Christmas Movie, L 3:00 Game of Choice, L	Candy Cane Day 26 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Fun Time Event, L	9:00 Senior Fitness, L 27 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Karaoke Time, AR 1:30 Scrapbooking Club, AR 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	9:30 Senior Fitness, AR 28 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 A Toast of Celebration Social, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 12:00 Cowboys vs. NY Giants (Fox), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	NEW YEAR'S EVE 31 New Year's Eve 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR 3:00 New Year's Eve Social, L					