

The Joy of Simple Things (Continued)

Decorations: Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts: Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music: Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy.



Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint — From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa — There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread — Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie — Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog — This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



Bingo Tips and Tricks

A favorite pastime, bingo is largely a game of chance. But there are a few ways to increase your odds of winning and ensure a fun time for all.

Arrive early: Aim to arrive at a bingo game 10 minutes before it's set to start. This gives you time to choose your seat, get your cards and a beverage or snack, and chat with friends.

Pick a prime spot: Sitting near the caller can help you clearly hear the numbers the first time, allowing you to mark your cards faster.

Play multiple cards: Playing more than one card is the best way to improve your chances of winning a game of bingo. However, avoid dividing your attention among too many cards, which can cause you to miss marking the correct squares.

Be alert: If you're slow to call out "Bingo!" and the next number is announced, you'll be known as a "sleeper" — and you'll miss out on the prize!

Have fun: This is the most important rule of a bingo game! Use breaks to socialize with other players. Be a good sport and cheer on others when they win.



Dear Residents, Families and Friends

The holidays are always a special time of year. The halls are full of joyful music, laughter between friends and celebration, as 2020 comes to an end. This year could be the longest we have ever experienced. I am grateful to each of our residents and families for showing continued support, love and grace through the year. My hope is next year will bring new beginnings and friendships for all.

Although we are unable to celebrate with our Forest of Trees this year, we are able to celebrate with beautiful wreaths donated by our surrounding community. These wreaths displayed in our Dining Rooms will be auctioned off later this month. All proceeds of the auction will be donated to a local charity to be announced.

Thank you for sticking with us this year and helping make Lewisville Estates a safe place to live. The management team vows to continue to keep our residents and staff protected during this time. Our No. 1 priority will always be you!

Happy Holidays!

Kolbee Kurtz

Executive Director



The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats: Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

(Continued on back.)



DECEMBER 2020

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

Jean Abraham, 7th
Kathryn Adams, 10th
Gail Beathard, 14th
Harold Lang, 15th
Ken Weaver, 20th
Crystal Leeks, 24th (Employee)
Karen McCutcheon, 30th

Transportation Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Deck the Halls Decorating Contest Begins 10:00 Chair Exercise 10:45 Fancy Nails, AR 2:00 100 & 214 Group a Bingo, L 3:00 215 & 320 Group B Bingo, L 4:00 Puzzle Mania, AR		9:30 Grocery Orders 9:45 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 Special Christmas Crafts w/Melinda, L 4:00 Giant Crossword Puzzle, L 7:20 Cowboys Vs Baltimore (NBC), L	Wear Christmas Colors 10:00 Chair Exercise 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Dear Santa, I Can Explain: Social Hour Cart 4:00 Name Your Game!, AR	
St. Nicholas Day 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	National Pearl Harbor Remembrance Day 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Stocking Decoration, L 4:00 Adult Coloring Club, AR	Bingo Birthday Month 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:45 Roll the Dice, L 2:00 100 & 214 Group a Bingo, L 3:00 215 & 320 Group B Bingo, L 4:00 Holiday Trivia, L	National Pear Month 10:00 Chair Yoga, AR 10:30 Chicken Foot, AR 2:30 Farmers Market Cart 3:30 Making Holiday Cards 4:00 Snowball Toss Game	HANUKKAH BEGINS AT SUNSET 9:30 Grocery Orders 9:45 Chair Zumba, L 1:30 Holiday Shopping, L 1:45 General Store, L 2:30 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	Wear Christmas Socks 10:00 Chair Exercise 10:15 Coffee and Checkers, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Jingle Bell Rocks Social Hour Cart 4:00 Name Your Game!, AR	Poinsettia Day 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn
12 Days of Christmas Begins 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 12:00 Cowboys Vs Cincinnati (Fox), L 3:00 Cinema Sundays, L	Green Monday Day 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Jingle Bell Toss, L 4:00 Wonder Word Search, AR			National Re Gifting Day 9:30 Grocery Orders 9:45 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 White Elephant Party, L 4:00 Giant Crossword Puzzle, L	Wear Christmas Sweaters 10:00 Chair Exercise 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Birthday Bash 4:00 Name Your Game!, AR	
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L 7:20 Cowboys Vs San Francisco (NBC), L	WINTER BEGINS First Day of Winter Humbug Day 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Snowball Toss Game, L 4:00 Adult Coloring Club, AR			Christmas Eve Wear Christmas Hats 9:30 Grocery Orders 9:45 Chair Zumba, L 2:00 Christmas Eve Social, L 4:00 Puzzle Mania Social, LL	CHRISTMAS DAY 10:30 Christmas Wonderword Search, AR 2:30 Christmas Movie, L 4:00 Name Your Game!, AR	National Candy Cane Day 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L 3:25 Cowboys Vs Philadelphia (Fox), L	Exercise w/ Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR			NEW YEAR'S EVE 9:30 Grocery Orders 9:45 Chair Zumba, L 10:45 Balloon Volleyball, L 2:00 New Year's Toast Celebration, L		