



Dear Residents, Family, And Friends

This is the season of joy. The season of sipping hot cocoa while we watch holiday classics. The season of decking the halls and going out to see the twinkling Christmas lights dance across the night sky. Bake some delicious cookies while you sing along to your favorite songs. Spend time with your loved ones and make sure to do the things that spark joy for you.

In November, we had such an amazing time with all our residents. I want to thank everyone who came out to our Thanksgiving lunch. It was so wonderful to see all of you, and I hope that everybody had a great experience.

This December is going to be filled with festivities and merriment! We will be going out to see all the beautiful Christmas lights around town, as well as having outings to local restaurants, so make sure to sign up in the transportation book. Get your jingle bells ready for all the live music that we have planned for this month. Keep checking your calendar to make sure you don't miss out on any of the fun stuff we have coming up!

As always, I am so grateful to have all of you be a part of our community. Without the care and dedication of our residents, family members, and staff, Lewisville Estates would not be the same exceptional place that it is.

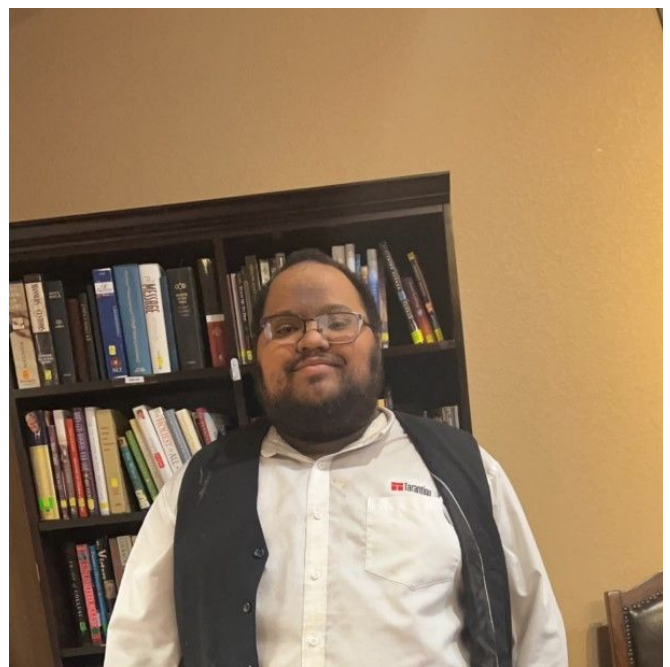
Smitha Krishnan
Executive Director



DECEMBER 2022

Employee of the Month for December 2022!

Ladies and Gentlemen, we would like to announce Louie Zepeda as the Employee of the Month for December 2022! He is beyond dedicated and always takes pride in his work! Louie shows up and shows out for our residents, and they love every bit of it! We'd like to strive to celebrate the outstanding work you do, so this month you have the spotlight! You always go the extra mile in any and everything that you do. We appreciate you more than you'll ever know. Congratulations Louie and thanks for being a part of The Lewisville Estates Family!!



In this Photo: Louie Zepeda

DECEMBER 2022

Assisted Living Locations..

Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa
Garden	G

Transportation Schedule..

Monday,	10am
Grocery Stores	9:45
Tuesday,	10am
Walmart	10am
Wednesday,	10am
Post Office/Bank	
Thursday,	10am
Walmart	10am
Friday,	TBA
Field Trips/Outings	

Happy Birthday!

3- Barbara Turner
7- Jean Abraham
9- Joseph Waisanen
22- James Roughton

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
—Martin Luther King Jr.

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: The Blind Side	5 9:30 Men & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Christmas In A Jar 3:30 Crosswords before dinner	6 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 1:00 Adult Coloring Club 2:00 Christmas Ornament Craft 3:00 Knitting & Crotchet Class	7 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 12:00 Puzzle Mania 1:30 Bible Study, AR 2:30 Let's Decorate The Christmas Tree! 3:30 Crosswords before dinner	8 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 Holiday Arts and Crafts, AR 3:00 Knitting & Crotchet Class 4:00 Crossword Puzzle, AR	9 10:00 Chair Exercise 10:30 1:1 Session 11:00 Cotton Patch Cafe 1:30 Wonder Word Search, L 2:00 Jingle Bells Social 3:30 Name Your Game!	10 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR
11 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: This Christmas	12 9:30 Men & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Skip- Bo Click (B)	13 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR 3:30 "Lima Bean Auction" Christmas Edition!	14 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Puzzle Mania 12:00 Uno, Friends & Ice Cream 1:30 Bible Study, AR 2:30 Trip to Gaylord Christmas 3:30 Knitting & Crotchet Class	15 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 2:00 Jolly Crafting, AR 3:00 "Oh What Fun" (Christmas Main Event) 3:00 Christmas Main Event! 4:00 Puzzle Mania, AR 6:30 Christmas Caroling	16 10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 Festive Social Hour 3:30 Name Your Game!	17 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR
18 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: The Polar Express	19 9:30 Men & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L	20 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR 5:30 Trip to The Christmas Lights!	21 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Knitting & Crotchet Class 1:30 Bible Study, AR 2:00 Skip- Bo Click (B) 5:30 Santa Cookies and Christmas Movies	22 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 11:00 Skip- Bo Click (B) 2:00 Cookies and Crafts, AR 4:00 Crossword Puzzle, AR 5:00 Knitting & Crotchet Class 6:30 Mini Christmas Party	23 10:00 Chair Exercise 10:30 Christmas Present Wrapping, AR 1:30 Wonder Word Search, L 2:00 "Rockin' Around the Christmas Tree" Social 3:30 Name Your Game!	24 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR
Christmas 25 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Last Holiday	Christmas (Observed) 26 9:30 Men & Women's Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Knitting & Crotchet Class	27 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Holiday Bingo, DR 3:00 Uno, Friends & Ice Cream	28 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Puzzle Mania 1:30 Bible Study, AR 2:30 New Year Resolution Social Hour 3:30 Adult Coloring Club	29 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 11:00 Knitting & Crotchet Class 2:00 Arts and Crafts, AR 4:00 Puzzle Mania, AR 5:30 Try It, You'll Strike It (Bowling)	30 10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 "Turn The Music Up" Social 3:30 Name Your Game!	31 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR



A Taste of Winter

The playful act of catching falling flurries on your tongue appears to be a shared response to snow by a range of species.

Photographers have captured many animals enjoying a taste of winter, including dogs, birds, cows, deer, bears and monkeys.

Have a Cozy Night In

Why go out when you can stay in and have an evening all to yourself? If you find yourself feeling guilty for saying no to activities and relaxing instead, focus on making your night at home a special one. Dress in your coziest socks and sweats, warm up a soothing beverage, dim the lights, and settle in with a book or feel-good movie for some ultimate me time.

Winter Gnomes

Tiny, gnome-like creatures with long, fluffy beards and tall, conical hats can often be spotted in seasonal displays. Called a *nisse* or *tomte*, these gnomes are iconic in Scandinavian folklore, and are said to protect people's homes, sleeping under the floorboards in spring and summer, then emerging in the colder months to help with household chores. To thank a *nisse* for his deeds, children traditionally leave out a bowl of porridge with butter.

