



## Dear, Residents, Families 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.

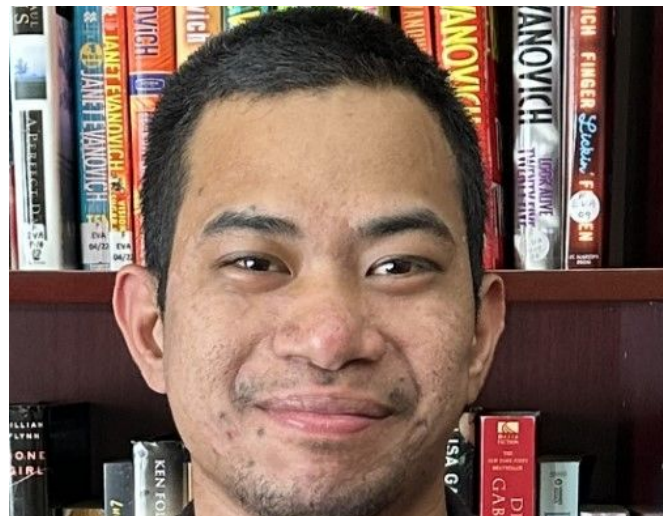
In November, we had such an amazing time with all our residents. I want to thank everyone who came out to our Thanksgiving lunch. It was so wonderful to see all of you, and I hope that everybody had a great experience.

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.



## DECEMBER 2023



## Eduardo Limboc for Employee of the Year, 2023!

Ladies and Gentlemen, we would like to announce Eduardo Limboc for Employee of the Year, 2023! Eduardo is our Kitchen Helper and wears many other hats here. He's definitely a star in everything that he does and takes pride in it. Although Eduardo is very quiet, his hard work and dedication does all of the talking for him. He is very fast paced and makes everything he does look like a piece of cake. I have to say, picking Employee of the Year this time was beyond easy. There was absolutely no hesitation choosing Eduardo and we're beyond proud to have chosen him! Eduardo, thanks for everything you have done and are doing. We're happy that you're a part of the Lewisville Estates' team and congratulations on being Employee of the Year!



DECEMBER

2023

Assisted

Living

Locations..

- Activity Room

AL Courtyard

AL Parking Lot

Bistro

Independent Living

Library

Lobby

Outing

Spa

Garden
- AR

ALC

ALPL

B

IL

LL

L

O

Spa

G

Transportation

Schedule..

- Monday,

Grocery Stores

Tuesday,

Walmart

Wednesday,

Post Office/Bank

Thursday,

Walmart

Friday,

Field Trips/Outings
- 10am

9:45

10am

10am

10am

10am

10am

10am

TBA

Happy

Birthday to

You All!

9-Joseph Waisanen

22-James Roughton

“Bells are music’s

laughter.”

—Thomas Hood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>Door Decorating Contest Begins</div> <div>11:00 Christmas Shopping and Lunch in the Mall</div> <div>2:00 Movie and Popcorn</div> <div>4:00 Christmas Wishes Discussion Group</div>	<div>10:45 Body Mind and Soul</div> <div>1:00 Uno Crew!</div> <div>3:45 Twister Toss!</div>
<div>7:30 In Search of the Lord’s Way, KDFID Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div> <div>4:00 Rejoice Youth Choir (L)</div>	<div>9:30 Men’s &amp; Women’s Coffee Table DR</div> <div>10:00 Drum Fitness (L Exercise with Jada)</div> <div>10:00 Shopping Big Lots</div> <div>1:30 Bible Study w/ Yellow Rose (L)</div> <div>2:30 Indoor Golf</div> <div>3:30 December Trivia</div> <div>4:00 Christmas Coloring</div>	<div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Chair Zumba!</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Word Games</div> <div>1:00 Puzzle Table</div> <div>2:00 Christmas Bingo and Snacks</div> <div>3:30 What’s Your Elf Name?</div> <div>4:00 Amazing Mazes</div>	<div>10:00 Fab! Fit! and Fun! (Exercise with Allison)</div> <div>10:00 Post Office/Bank (O)</div> <div>1:30 Bible Study (AR)</div> <div>2:30 Cookie Decorating Contest</div> <div>3:30 Ring Toss</div> <div>4:00 Crosswords Before Dinner</div>	<div>10:00 Wake and Shake (Exercise with Allison)</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Art with Friends ( AR)</div> <div>1:00 Library Time ( LL)</div> <div>2:00 Roll a Santa (Dice Game)</div> <div>3:00 Spoons (Card Game)</div> <div>4:00 Holiday Sing Along</div>	<div>9:00 Pajama Day (Christmas Movie Marathon, Sipping Hot Chocolate and Enjoying Semi Healthy Snacks)</div> <div>2:00 Welcome December with Singer Marty Prue</div>	<div>10:45 Body Mind and Soul</div> <div>1:00 Mexican Train Brigade!</div> <div>3:45 Word Games</div>
<div>7:30 In Search of the Lord’s Way, KDFID Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>	<div>9:30 Men’s &amp; Women’s Coffee Table DR</div> <div>10:00 Drum Fitness (L Exercise with Jada)</div> <div>10:00 Shopping Dollar Tree</div> <div>1:30 Bible Study w/ Yellow Rose (L)</div> <div>2:30 What’s in the Box?</div> <div>3:30 Bowling Tournament</div> <div>4:00 Dear Abby and Ice Cream</div>	<div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Chair Tai Chi</div> <div>10:00 Walmart Shopping (O)</div> <div>2:00 Chocolate Lovers’ Bingo with Allison</div> <div>3:30 Corn Hole Competition</div> <div>4:00 Adult Coloring Club (AR)</div>	<div>10:00 Fab! Fit! and Fun! (Exercise with Allison)</div> <div>10:00 Post Office/Bank (O)</div> <div>1:30 Bible Study (AR)</div> <div>2:30 Town Hall</div> <div>3:30 Family Feud</div> <div>4:00 Beach Ball Toss and Catch</div>	<div>10:00 Wake and Shake! (Exercise w/Allison)</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Art with Friends ( AR)</div> <div>1:00 Puzzle Table (L)</div> <div>2:00 Holiday Movie</div> <div>Residents’ Choice</div> <div>7:00 Deer Field Christmas Lights!</div>	<div>10:00 Mug and Muffin Coffee Shop Social (Morning Happy Hour)</div> <div>2:00 Christmas song from Steve &amp; Toni</div> <div>3:00 Shoot the Grinch!</div> <div>4:00 Flyswatter Balloon Volleyball</div>	<div>10:45 Body Mind and Soul</div> <div>1:30 Puzzle Table</div> <div>3:45 Holiday Sing Along</div>
<div>7:30 In Search of the Lord’s Way, KDFID Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>	<div>9:30 Men’s &amp; Women’s Coffee Table DR</div> <div>10:00 Drum Fitness (L Exercise with Jada)</div> <div>1:30 Bible Study w/ Yellow Rose (L)</div> <div>2:30 Christmas Sing Along</div> <div>3:00 Circle Rhymes</div> <div>3:30 Remember when game</div>	<div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Chair Yoga</div> <div>10:00 Walmart Shopping (O)</div> <div>2:00 Holiday Cheer from David Donehoo</div> <div>2:00 Musical Bingo and Snacks w/Allison</div> <div>3:30 Ring Toss</div> <div>4:00 Complete the Saying</div>	<div>Happy National Hot Chocolate Day!</div> <div>10:00 Fab! Fit! and Fun! (Exercise with Allison)</div> <div>10:00 Post Office/Bank (O)</div> <div>1:30 Bible Study (AR)</div> <div>2:30 Ugly Sweater Contest (Staff and Residents)</div> <div>3:30 Hot Chocolate Bar w/Cookies</div> <div>4:00 Afternoon Outburst!</div>	<div>Happy National Chocolate Day!</div> <div>10:00 Wake and Shake! (Exercise w/Allison)</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Art with Friends ( AR)</div> <div>1:00 Puzzle Table</div> <div>2:00 Christmas Party!</div> <div>4:00 Meditation and Relaxation</div>	<div>10:00 Silver Sneakers (Exercise Class)</div> <div>11:00 Outing (Burgerliscious)</div> <div>1:00 Puzzle Mania</div> <div>2:00 Movie and Popcorn</div>	<div>7:30 Santa Hat Pancake Breakfast</div> <div>10:45 Body Mind and Soul</div> <div>1:30 Uno Crew!</div> <div>3:45 Bowling</div>
<div>7:30 In Search of the Lord’s Way, KDFID Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>		<div>9:30 Take a Walk Around L.E. (O)</div> <div>10:00 Walmart Shopping (O)</div> <div>2:00 Champagne Bingo</div> <div>3:30 Word Searches</div> <div>4:00 Crosswords Before Dinner</div>	<div>10:00 Fab! Fit! and Fun! (Exercise with Allison)</div> <div>10:00 Post Office/Bank (O)</div> <div>1:30 Bible Study (AR)</div> <div>3:00 Current Events News Paper Discussion Group</div> <div>3:30 Bowling</div> <div>4:00 Word Searches</div>	<div>10:00 Walmart Shopping (O)</div> <div>10:30 Art with Friends ( AR)</div> <div>1:00 Puzzle Table</div> <div>3:00 Snack and Chat Social Discussion Group New Year’s Vision</div> <div>4:00 Word for the Year</div>	<div>10:00 2024 Fitness! (Exercise w/Allison)</div> <div>10:30 Morning Outburst!</div> <div>11:00 Word Games</div> <div>1:00 Puzzle Mania!</div> <div>2:00 Happy Hour Social</div> <div>3:30 Mexican Train Brigade!</div> <div>4:00 Word Searches</div>	<div>10:45 Body Mind and Soul</div> <div>1:30 Mexican Train Brigade!</div> <div>3:45 Miniature Golf</div>
<div>7:30 In Search of the Lord’s Way, KDFID Channel 7 (L)</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays)</div>						





## Handmade for the Holidays

Cookies baked with love, a DIY wreath, handmade gifts: For many, these are some of the things that paint a sentimental portrait of the holidays. These traditions are good for your mental health, too. Putting time and effort into making something with your hands has been shown to relieve stress and enhance your self-esteem. It's not necessary to have a completely homemade holiday, but choosing to DIY one or two aspects can help make the season shine a little brighter. A simple place to start is food. Look up recipes for cookies, fudge, breads and snack mixes, which are all easy to share with others. Evenings at home can be even cozier when you simmer sliced apples for cider or make hot cocoa from scratch, rather than buying premade versions. When it's time to deck the halls of your home, add a personal touch with some DIY decorations. Tutorials for wreaths, ornaments and other adornments range in difficulty and style, so there's a project for all ages and personalities. Even cutting out paper snowflakes can fill you up with warmth and nostalgia.

You don't need to be skilled at sewing or knitting to give a handmade gift. Other presents that you can make include body scrubs, herb-infused olive oils, houseplant terrariums or a personalized playlist.

