

## Current Events

### 12/5 Field Trip to Gaylord Texan for ICE!

Time: 10:00am  
Where: Outing

### 12/10 Men's Breakfast

Time: 7am  
Where: Outing

### 12/10 Town Hall Meeting

Time: 3pm  
Where: Lobby

### 12/15 Legacy Health Talk

Time: 3pm  
Where: Library

### 12/18 Christmas Light Tours

Time: 6pm  
Where: Outing

### 12/19 Lunch at Chili's

Time: 10:30am  
Where: Outing

### 12/19 Resident Gift Exchange

Time: 2:00pm  
Where: Lobby

## Honoring our Veteran's at the 11th Annual Salute the Veteran's Luncheon.

Lewisville Estates would like to say "THANK YOU!" to the City of Highland Village for hosting this awesome event.



## Hello Residents of Lewisville Estates!

Did you know that about 25 Million Americans have bladder control problems? For many, incontinence episodes can be drastically reduced and even cured. Incontinence is an involuntary loss of bladder control due primarily to weakening of the muscles of the pelvic floor of the bladder. Great news is that 80% of people who suffer from incontinence improve after starting treatment!

Our exercise class we hold in IL every Thursday at 10:00 and AL every Tuesday and Thursday at 1:30 is a great opportunity for our Legacy staff to get to know our residents while promoting wellness. It also benefits all of our resident's strength, range of motion, balance, endurance and socialization.

Please let us know if we can assist you with anything. We are here to serve you and help you age in place.

*Beth Denson and the Legacy Healthcare Team*  
Suite 336, 972-420-8543



## Happy Holiday!

Dear Folks,

Happy Holidays from all our families to yours! As you can see the calendar this month will be filled with cheerfulness and joy. We are so grateful to all who will be providing volunteers, programs, and treating us! I would like to personally thank each of you for your kind contributions to Lewisville Estates Resident Council Employee Christmas Fund (for all hourly employees). What a difference your contributions have made to our hourly staff members!

With a warm heart,

*Katie Lee, LVN, AL Director*

## Festival of the Trees

Come join us for one of the best collections of Christmas Trees in North Texas. All families and friends are invited as there will be treats, music, and more starting at 6pm on Thursday, December 11th, in our Assisted and Independent Living. We have "Decked the Halls" and the Holiday Spirit will be flowing. We look forward to seeing you there.



## Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always. Be sure to join us for cake and entertainment in the lobby, on Friday, December 26th at 2pm.

### Resident Birthdays

12/16 Patsy Blinkley  
12/29 Lee McCleskey

### Employee Birthdays

12/16 Valeria Fairs  
12/24 Crystal Leeks  
12/24 Cassandra Caballero



## Resident of the Month

Our L.E.A.P (Life Enrichment Activities Program) would like to recognize Mrs. Mary Murphy. Mary actively participates in just about any game going on and loves being a part of the action. She enjoys Bingo, Exercise, and going for walks. Mary we are honored to celebrate you.



# December 2014

## Location Key

Activity Room - <i>AR</i> AL Parking Lot - <i>ALPL</i> Assisted Living Court Yard - <i>ALCY</i> Bistro - <i>B</i>	Country Store - <i>CS</i> Dining Room - <i>DR</i> IL Dining Room - <i>ILDR</i> Library - <i>LL</i>	IL Lobby - <i>ILL</i> Lobby - <i>L</i> Outing - <i>O</i> Private Dining Room - <i>PDR</i>	Room to room, <i>RR</i> Spa - <i>SPA</i> Theater - <i>TH</i> Lobby - <i>L</i>
--	---	--	--

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30am Exercise Extreme, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Morning Walk, <i>LL</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Coffee & Snacks, <i>L</i> 2:30pm Texas Hold 'em, <i>B</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	2 9:30am Catholic Communion, <i>RR</i> 9:30am Stretch & Grow w/ Philip, <i>AR</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression w/ Patty, <i>AR</i> 1:30pm UNO Card Games, <i>B</i> 2:30pm Matinee Movie & Popcorn, <i>L</i> 3:30pm Dominoes Club, <i>LL</i>	3 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Hi/Lo Games, <i>B</i> 3:00pm Walk-In-Talk History, <i>LL</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	4 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Legacy Exercises w/ Michael, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Blackjack 21 w/ Philip, <i>B</i>	5 <b>Santa Day</b> 9:30am Exercise Extreme, <i>AR</i> 10:00am Field Trip to Gaylord Texan for ICE!, <i>O</i> 2pm Pictures w/ Santa Social, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Best Santa Stories, <i>L</i>	6 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with the Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
7 <b>Pearl Harbor Day</b> 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	8 9:30am Exercise Extreme, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Morning Walk, <i>LL</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2:00pm Coffee & Snacks, <i>L</i> 2:30pm Texas Hold 'em, <i>B</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9 9:30am Catholic Communion, <i>RR</i> 9:30am Stretch & Grow w/ Philip, <i>AR</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression w/ Patty, <i>AR</i> 1:30pm UNO Card Games, <i>B</i> 2:30pm Matinee Movie & Popcorn, <i>L</i> 3:30pm Dominoes Club, <i>LL</i>	10 7am Men's Breakfast, <i>O</i> 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Hi/Lo Games, <i>B</i> 3pm Town Hall Meeting, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	11 <b>Festival of the Trees</b> 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Legacy Exercises w/ Michael, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 6:30pm Festival Begins, <i>IL &amp; AL</i>	12 <b>Ice Cream Day</b> 9:30am Exercise Extreme, <i>AR</i> 10:00am Farkel Fridays, <i>B</i> 2pm Ice Cream Sundae Social featuring Paul Anderson, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Yahtzee!!, <i>LL</i>	13 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i> <b>12 Days of Christmas Begins</b>
14 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	15 9:30am Exercise Extreme, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Morning Walk, <i>LL</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2:00pm Coffee & Snacks, <i>B</i> 3pm Legacy Health Talk, <i>LL</i> 3:30pm Sassy Senior Bingo, <i>AR</i> 6:00pm Christmas Light Tours IL, <i>O</i>	16 9:30am Catholic Communion, <i>RR</i> 9:30am Stretch & Grow w/ Philip, <i>AR</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression w/ Patty, <i>AR</i> 1:30pm UNO Card Games, <i>B</i> 2:30pm Matinee Movie & Popcorn, <i>L</i> 3:30pm Dominoes Club, <i>LL</i>	17 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Hi/Lo Games, <i>B</i> 3:00pm Walk-In-Talk History, <i>LL</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	18 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Legacy Exercises w/ Michael, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Blackjack 21 w/ Philip, <i>B</i> 6:00pm Christmas Light Tours AL, <i>O</i>	19 <b>Gifting Day</b> 9:30am Exercise Extreme, <i>AR</i> 10:30am Lunch Outing to Chili's, <i>O</i> 2pm Resident Gift Exchange Social, <i>L</i> 3:00pm Special Christmas Movie: It's a Wonderful Life, <i>L</i>	20 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
21 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	22 9:30am Exercise Extreme, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Morning Walk, <i>LL</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Coffee & Snacks, <i>L</i> 2:30pm Texas Hold 'em, <i>B</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	23 9:30am Catholic Communion, <i>RR</i> 9:30am Stretch & Grow w/ Philip, <i>AR</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression w/ Patty, <i>AR</i> 1:30pm UNO Card Games, <i>B</i> 2:30pm Holiday Punch Social featuring Best Christmas Songs Ever!, <i>L</i> 3:30pm Dominoes Club, <i>LL</i>	24 <b>Christmas Eve</b> 8am-5pm Beauty Salon, <i>BS</i> 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Hot Cocoa Marshmallow Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Reindeer Games, <i>B</i> 1:30pm Christmas Bingo, <i>AR</i>	25 <b>Christmas Day</b> 9am Disney Parks Christmas Parade, <i>ABC</i> 10:30am Christmas Word Search, <i>LL</i> 11am NBA Washington @ New York, <i>ESPN</i> 1:30pm Jingle Bells Games w/ Staff, <i>AR</i> 1:30pm NBA OK City @ San Antonio, <i>ABC</i> 4pm NBA Cleveland @ Miami, <i>ABC</i> 7pm NBA LA Lakers @ Chicago, <i>TNT</i>	26 <b>Boxing Day</b> 9:30am Exercise Extreme, <i>AR</i> 10:00 am Farkel Fridays, <i>B</i> 10:30am What is "Boxing Day?", <i>L</i> 2pm Boxing Day Social featuring Art Stern, <i>L</i> 3pm A Special Boxing Day Movie: Rocky, <i>L</i>	27 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
28 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	29 9:30am Exercise Extreme, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Morning Walk, <i>LL</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Coffee & Snacks, <i>AR</i> 2:30pm Texas Hold 'em, <i>B</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	30 9:30am Catholic Communion, <i>RR</i> 9:30am Stretch & Grow w/ Philip, <i>AR</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Appreciation w/ Philip, <i>AR</i> 1:30pm UNO Card Games, <i>B</i> 2:30pm Matinee Movie & Popcorn, <i>L</i> 3:30pm Dominoes Club, <i>LL</i>	31 <b>New Year's Eve</b> 8am-5pm Beauty Salon, <i>BS</i> 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 11:30am Resident New Year's Eve Celebration @ Lunch, <i>DR</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 2:30pm The Year in Review, <i>L</i>			