

## Special Events!

Come and join us for some fun events during this Holiday Season.



## Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

**Wash your hands** — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

**Get a dose of vitamin D** — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

**Dress warmly** — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.



## Music to Your Ears

Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good. Note these health benefits of music:

**Boosts mood** — Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

**Stimulates the brain** — Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

**Evokes memories** — Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer’s patients.

**Promotes bonding** — Attending a performance or joining a sing-along or drum circle encourages social interactions and reduces feelings of loneliness.



## 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. 14, at 6 p.m. Please RSVP at the Concierge Desk.

Happy December,  
*Jessica Hazelton*, EXECUTIVE DIRECTOR



## Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight, but do you know the story behind the ornamental soldiers?

Various tools for cracking open nuts, from simple levers to screw designs, have been around for centuries and were usually made of metal. In the 1700s, woodworkers in Germany began carving nutcrackers in the shapes of soldiers and kings. Symbols of good luck and protection, the dolls were traditionally given as gifts. Pressing a handle on the back of the figurine enabled its mouth to move up and down to crack open a nut. Bright colors and handcrafted parts added to the charm of the creations.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky’s ballet “The Nutcracker” debuted in the U.S. and became a hit, making the character a beloved icon.

As pre-shelled nuts became more common, nutcrackers were used mainly for decoration. While traditional soldiers remain a popular design, whimsical figures of all kinds can now be found. Handcrafted wooden nutcrackers are still produced in Germany and are a favorite among collectors.



ASSISTED LIVING

AL#010063

## DECEMBER 2017

### Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

### Transportation Schedule

- Monday 10 a.m. Grocery Stores
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart

### Birthdays

- Harold Lang, 15th
- Patsy Binkley, 16th
- Carolyn Conn, 24th
- Crystal Leeks, 24th Employee
- Majesse Wilkinson, 25th (Employee)
- Lois Kindblade, 25th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>7:30 The Truth in Love (TV Channel 7), L</b> 3 <b>8:30 New Covenant Baptist Church, L</b> <b>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>National Cookie Day</b> 4 <b>9:30 Exercise With Legacy, AR</b> <b>10:00 Shopping at Winco, O</b> <b>10:30 Therapy for the Mind, L</b> 10:40 Word of the Day!, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Adult Coloring Club, AR <b>3:00 Resident Puzzle Day, LL</b>	<b>9:30 Senior Fitness w/Teresa, AR</b> 5 <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 10:40 Word of the Day!, L <b>1:00 Resident Bible Study, AR</b> 2:00 Art Expression, AR <b>3:30 Legacy Holiday Social</b>	<b>Beauty Salon Is Open</b> 6 <b>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</b> 10:40 Word of the Day!, L <b>1:00 Resident Bible Study, AR</b> 2:00 Sassy Senior Bingo, AR <b>4:00 Holiday Music Club, L</b>	<b>8:00 Beauty Salon Is Open</b> 7 <b>9:30 Chair Yoga, L</b> <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 10:40 Word of the Day!, L 1:00 Storytelling Club <b>2:00 Shopping at Walmart, O</b> <b>2:00 Reminiscing, L</b> 3:00 Singalong, L <b>4:00 Ambassador Meeting, AR</b>	<b>Wear Jingle Bells Day</b> 1 <b>9:30 Senior Fitness w/ Teresa, AR</b> 10:30 Lunch Outing, O 10:40 Word of the Day!, L <b>1:00 Bible Study w/Laura, L</b> <b>2:00 Holiday Cookies Social Hour, L</b> 3:00 Name Your Game!, L	<b>9:30 Word of the Day!</b> 2 <b>10:30 Wonderword Search, AR</b> <b>10:30 Lewisville Students Carols, L</b> <b>1:00 Saturday Bingo w/Mary, AR</b> 3:00 Resident Choice of Game, L
<b>7:30 The Truth in Love (TV Channel 7), L</b> 10 <b>8:30 New Covenant Baptist Church, L</b> <b>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 11 <b>10:00 Shopping at Big Lots, O</b> <b>10:30 Therapy for the Mind, L</b> 10:40 Word of the Day!, L 1:15 Wonder Word Search, AR <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> <b>3:00 Resident Puzzle Day, LL</b>	<b>HANUKKAH BEGINS AT SUNDOWN</b> 12 <b>9:30 Senior Fitness w/ Teresa, AR</b> <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 10:40 Word of the Day!, L <b>1:00 Resident Bible Study, AR</b> 2:00 Art Expression, AR	<b>Beauty Salon Is Open</b> 13 <b>National Cocoa Day</b> <b>9:30 Tone Those Bones w/ Erin (Rehab Trust), AR</b> 10:40 Word of the Day!, L <b>1:00 Chicken Foot (Dominoes), AR</b> <b>1:00 Resident Bible Study, AR</b> 2:00 Sassy Senior Bingo, AR <b>3:00 Town Hall Meeting, L</b>	<b>8:00 Beauty Salon Is Open</b> 14 <b>9:30 Chair Yoga, L</b> <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 10:40 Word of the Day!, L 1:00 Storytelling Club <b>2:00 Shopping at Walmart, O</b> <b>2:00 Reminiscing, L</b> 3:00 Singalong, L <b>6:00 Christmas Tree Forest (Main Event), L</b>	<b>Wear Christmas Colors Day</b> 8 <b>9:30 Senior Fitness w/ Teresa, AR</b> 10:00 Trivia Club, L <b>10:30 Fancy Nails w/Tiffanie (Lake Village), AR</b> 10:40 Word of the Day!, L <b>1:00 Bible Study w/Laura, L</b> <b>2:00 Hot Cocoa Social Hour, L</b> 3:00 Name Your Game!, L	<b>9:30 Word of the Day!</b> 9 <b>10:30 Wonderword Search, AR</b> <b>1:00 Saturday Bingo w/Mary, AR</b> 3:00 Resident Choice of Game, L
<b>7:30 The Truth in Love (TV Channel 7), L</b> 17 <b>8:30 New Covenant Baptist Church, L</b> <b>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 18 <b>10:00 Dollar Store</b> <b>10:30 Therapy for the Mind, L</b> 10:40 Word of the Day!, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Adult Coloring Club, AR <b>3:00 Resident Puzzle Day, LL</b>	<b>9:30 Senior Fitness w/Teresa, AR</b> 19 <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 10:40 Word of the Day!, L <b>1:00 Resident Bible Study, AR</b> 2:00 Art Expression, AR	<b>Beauty Salon Is Open</b> 20 <b>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</b> 10:40 Word of the Day!, L <b>1:00 Resident Bible Study, AR</b> 2:00 Sassy Senior Bingo, AR <b>6:00 Christmas Light Tour</b>	<b>WINTER BEGINS</b> 21 <b>8:00 Beauty Salon Is Open</b> <b>9:30 Chair Yoga, L</b> <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 10:40 Word of the Day!, L 1:00 Storytelling Club <b>2:00 Shopping at Walmart, O</b> <b>2:00 Reminiscing, L</b> <b>2:00 Remember the Night Before Christmas</b> 3:00 Singalong, L	<b>Wear Christmas Hat Day</b> 22 <b>9:30 Senior Fitness w/ Teresa, AR</b> <b>10:00 Trivia Club, L</b> 10:40 Word of the Day!, L <b>1:00 Bible Study w/Laura, L</b> <b>2:00 Dear Santa Social Hour, L</b> 3:00 Name Your Game!, L	<b>9:30 Word of the Day!</b> 23 <b>10:30 Wonderword Search, AR</b> <b>1:00 Saturday Bingo w/Mary, AR</b> <b>2:00 Star Kids, L</b> 3:00 Resident Choice of Game, L
<b>CHRISTMAS EVE</b> 24 <b>7:30 The Truth in Love (TV Channel 7), L</b> <b>8:30 New Covenant Baptist Church, L</b> <b>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>CHRISTMAS</b> 25 <b>10:30 Therapy for the Mind, L</b> 10:40 Word of the Day!, L 1:15 Wonder Word Search, AR <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> <b>2:00 Christmas Movie</b> <b>3:00 Resident Puzzle Day, LL</b>	<b>9:30 Senior Fitness w/Teresa, AR</b> 26 <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 10:40 Word of the Day!, L <b>1:00 Resident Bible Study, AR</b> 2:00 Art Expression, AR	<b>Beauty Salon Is Open</b> 27 <b>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</b> 10:40 Word of the Day!, L <b>1:00 Resident Bible Study, AR</b> 2:00 Sassy Senior Bingo, AR <b>4:00 Rowdy Ring Toss, L</b>	<b>8:00 Beauty Salon Is Open</b> 28 <b>9:30 Chair Yoga, L</b> <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 10:40 Word of the Day!, L 1:00 Storytelling Club <b>2:00 Shopping at Walmart, O</b> <b>2:00 Reminiscing, L</b> 3:00 Singalong, L	<b>9:30 Senior Fitness w/Teresa, AR</b> 29 10:40 Word of the Day!, L <b>1:00 Bible Study w/Laura, L</b> <b>2:00 A Toast of Celebration Social Hour, L</b> 3:00 Name Your Game!, L	<b>9:30 Word of the Day!</b> 30 <b>10:30 Wonderword Search, AR</b> <b>1:00 Saturday Bingo w/Mary, AR</b> 3:00 Resident Choice of Game, L
<b>NEW YEAR'S EVE</b> 31 <b>7:30 The Truth in Love (TV Channel 7), L</b> <b>8:30 New Covenant Baptist Church, L</b> <b>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>						