

Nutritious Goals for the New Year

Use the new year as motivation to dig into some fresh healthy eating habits.

Share meals with others. Dining alone can cause you to eat mindlessly or too quickly, which can lead to weight gain; or you may form a habit of skipping meals, preventing you from getting proper nutrition. Engaging in conversation at the table helps you look forward to the experience of fully savoring your food. Enjoying many types of food prevents meals from being boring, and also gives you a greater chance of getting the wide variety of nutrients your body needs. Practice moderation, you don't have to completely give up great-tasting foods that aren't so great for your health. Instead, reduce portion sizes of your favorite indulgent foods, or splurge on a treat just once a week.



Be a Mentor

January is National Mentoring Month, the perfect time to consider becoming a mentor. Research shows that youths who are mentored have higher self-esteem and do better in school, often moving on to higher education. As a senior, you have experiences, knowledge and skills that are extremely valuable to a young person. By sharing what you've learned, you can help your mentee solve problems and accomplish goals. The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns as well as new and exciting things in their life. Mentoring is often done through specific community programs, but there's no reason you can't find someone to mentor on your own. You are sure to find that mentoring is fun and beneficial for both of you!



Employee of the Year!

Lewisville Estates would like to recognize Hilda Ibarra as our Employee of the Year! Hilda truly represents Lewisville Estates in the best of ways. For many, she is the first smiling face they see when they walk through our doors. Her positive energy is infectious, and she is guaranteed to put you in a good mood just by talking to her. Not only is she positive, but she also is incredibly hardworking and never backs down from a challenge. Hilda is always the first to volunteer to help out whenever someone needs a hand. We appreciate everything she does for our Community and are honored to have Hilda as our Employee of the Year!



The Lewisville Estates Lifestyle

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JANUARY 2022

Happy New Year, Lewisville Estates!

Happy New Year, 2022! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together. December was a lovely month full of holiday activities. A special thank-you to all the vendors who participated in the holiday spirit. We wanted to give a big shout-out to all of our staff and how hard they worked all year round, but especially our Employee of the Year, Hilda Ibarra. She has continuously gone above and beyond for both our residents, family members, and her fellow staff members throughout the year. She has truly embodied the values of Lewisville Estates and Tarantino Properties.

We would also like to recognize Debra Langley and Carlos Rodrigues on their five-year anniversary with Tarantino and Lewisville Estates. We appreciate their hard work and dedication. We know that our growth and success is dependent on having devoted and capable team members such as them, and want to recognize their contributions in helping us achieve our goals.

January will also be a busy month filled with many outings in the community and our Winter Wonderland Main Event. A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was and is very appreciative.

As we begin 2022, may we remain thankful for all we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing the quality of life for all our residents. May 2022 be the best year yet!

Thank you from all of the staff at Lewisville Estates.



INDEPENDENT LIVING

JANUARY 2022

Locations

- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

Transportation Schedule

- Monday, 10 a.m. Grocery Stores
- Tuesday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 10 a.m. Walmart
- Thursday, 2:30 p.m. Misc. Errands
- Friday, 9:30 a.m. Express Errands
- Friday, TBA Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Birthdays</p> <p>Hortencia Reyes, 3rd (Employee) Janice Martin, 3rd Billy Lane, 6th Helen Mercatante, 14th</p>		<p>Joy Pilgrim, 15th Janis Howell, 16th Vernon Smith, 18th Jo Andres, 19th Socorro "Coco" Ruiz, 21st (Employee) Mary Lou Taylor, 23rd</p>	<p>NEW YEAR'S DAY 1</p> <p>10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 2</p> <p>9:00 Community Church, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 Get Fit w/Jada!, CR 3</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Country Store 11:00 Morning Devotional, CR 12:00 Ambassadors Meeting, B 1:00 Bridge, B 2:00 Pokeno, CR 4:00 Four in a Row: Connect 4, CR</p>	<p>9:00 Walking Club, L 4</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B 10:30 Activity Meeting w/Jada, TH 2:00 Question & Answer Game, CR 3:00 Beach Volleyball, CR</p>	<p>10:00 Exercise Class, CR 5</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store 11:00 Morning Devotional, CR 2:30 Spades (Card Game), B 3:00 Dominoes Club w/ Ice Cream, CR 7:00 Movie Night, TH</p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR 6</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Coloring Club, B 2:30 Misc Errands, O 3:00 Uno & Friends, B 4:00 Bean Bag Toss, CR</p>	<p>9:00 Men's Coffee Group, B 7</p> <p>10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Puzzle Time w/ Friends, R66 3:30 Happy Hour, L</p>	<p>10:30 Coffee Club, L 8</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9</p> <p>9:00 Community Church, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 Get Fit w/Jada!, CR 10</p> <p>10:00 Coloring Club, B 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 4:00 The Outburst Game!, CR</p>	<p>9:00 Walking Club, L 11</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:30 Activity Meeting w/Jada, TH 1:30 Hand & Foot, B 2:30 Town Hall Meeting, CR 4:00 Uno & Friends, B</p>	<p>10:00 Exercise Class, CR 12</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store 11:00 Morning Devotional, CR 1:30 Spades (Card Game), B 3:00 Dominoes Club w/ Snacks, CR 4:30 BJ's Brewhouse (Dinner Out), O 7:00 Movie Night, TH</p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR 13</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:00 Bingo, CR 2:30 Misc Errands, O 3:30 Arts & Crafts, CR</p>	<p>9:00 Men's Coffee Group, B 14</p> <p>10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Coffee & Conversations, L 1:30 Take a walk outside L.E., L 3:30 Happy Hour</p>	<p>10:30 Coffee Club, L 15</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 16</p> <p>9:00 Community Church, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>MARTIN LUTHER KING JR. DAY 17</p> <p>10:00 Get Fit w/Jada!, CR 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 3:30 Hand & Foot, B 4:00 The Whisper Game, CR</p>	<p>9:00 Walking Club, L 18</p> <p>10:00 Balance Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Catholic Communion, B 10:30 Activity Meeting w/Jada, TH 2:00 Bucket Toss w/ Something Inside, CR 3:00 Mini Golf, CR 4:00 Story Time, CR</p>	<p>10:00 Exercise Class, CR 19</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store 11:00 Morning Devotional, CR 2:30 Spades (Card Game), B 3:00 Dominoes Club w/ Ice Cream, CR 7:00 Movie Night, TH</p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR 20</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:30 Misc Errands, O 3:30 Winter Wonderland (Main Event), CR</p>	<p>9:00 Men's Coffee Group, B 21</p> <p>9:30 Kimbell Art Museum, O</p> <p>10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 3:30 Happy Hour, L</p>	<p>10:30 Coffee Club, L 22</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 23</p> <p>9:00 Community Church, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 Get Fit w/Jada!, CR 24</p> <p>10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 3:30 Bean Bag Toss, CR</p>	<p>9:00 Walking Club, L 25</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:30 Activity Meeting w/Jada, TH 1:30 Hand & Foot, B 3:00 Lima Bean Auction!, CR</p>	<p>9:00 Food Forum, DR 26</p> <p>10:00 Exercise Class, CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Country Store 11:00 Morning Devotional, CR 2:00 The Whisper Game, CR 3:00 Dominoes Club w/Snacks, CR 7:00 Movie Night, TH</p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR 27</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>2:30 Misc Errands, O 3:00 New Year's Word Search, L 3:00 Charades, CR 4:00 Ice Cream Social, L</p>	<p>9:00 Men's Coffee Group, B 28</p> <p>10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Puzzle Time w/ Friends, R66 3:30 Happy Hour, L</p>	<p>10:30 Coffee Club, L 29</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 30</p> <p>9:00 Community Church, CR</p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 Get Fit w/Jada!, CR 31</p> <p>10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 4:00 Four in a Row: Connect 4, CR</p>					