



Happy New Year Everyone!

Here's to a new year! With a new year comes new beginnings. New resolutions and dreams. Although life can certainly be stressful at times, you can always power through. Set your goals high, and believe that you can achieve them. Be the beacon of hope and care that you wish to see in the world. I have seen the love and dedication that all of you bring, and I know that if you put your mind to it, you can accomplish anything.

In December, we had such a wonderful time full of events and joy. From our Christmas celebrations and resident appreciation lunch, to our winter-themed crafts and games, there was never a dull moment to be found.

In January, we are looking forward to bringing in the new year with tons of amazing activities. We will be hosting our main event with great live musical performances, as well as playing some super fun games and crafts throughout the month. Be on the lookout for all the outings that we will be going on this month to local restaurants and stores. Make sure to always keep an eye on our outing sign up book and your weekly reminders so you don't miss out on a moment of fun!

I am so grateful to have such wonderful people in my life, and I hope that all of you have an amazing year.



JANUARY 2023

Employee of the Year 2022!

Ladies and Gentlemen, we would like to announce Victoria Jackson as The Employee of The Year 2022! Victoria has a technique for sustaining improved performance. She's the jack of all trades! Victoria is the best at any and everything that she does and for that we would like to show our appreciation. You've always demonstrated fantastic effort and have always been willing to help others with no complaints! You put in all work with great attitude! Victoria, thanks for all that you do! We greatly appreciate you.

Congratulations on being Employee of the Year and thank for being a part of The Lewisville Estates Family!



INDEPENDENT LIVING

JANUARY 2023

Locations

Parking Lot	PL
Bistro	B
Community Room	CR
Dining Room	DR
Fitness Room	FR
Garden	G
Library	LL
Lobby	L
Outing	O
Route 66	R66
Theater	TH

Transportation
Schedule:

Monday, 10AM (Grocery Stores)
Tuesday & Thursday, 10AM (Walmart)
Wednesday, 10AM (Post Office/Bank)
Thursday, 2:30PM (Misc. Errands)
Friday, 9:30AM (Express Errands)
Friday, TBA(Field Trips/Outings)

- 1-Dorothy P.
3-Janice M.
6-Billy L.
7-Rex M.
13-Maria B.
16-Janis H.
19-Jo A.
28-Fran S.
30-Lana H.

“There is no happiness like that of being loved by your fellow-creatures, and feeling that your presence is an addition to their comfort.”
—Charlotte Bronte

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>1</div><div>New Year’s Day</div><div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7)</div><div>10:00 Community Church</div><div>1:30 Bridge</div><div>3:00 Card Game Mania</div></div>	<div><div>2</div><div>New Year’s Day (Observed)</div><div>10:00 “Walk This Weigh” by Jada</div><div>11:00 Morning Devotional</div><div>12:00 “Country Store Is Open”</div><div>1:00 Puzzle Mania</div><div>2:00 What’s your Snowman Name?</div><div>3:30 Hand & Foot</div></div>	<div><div>3</div><div>10:00 Balance Class w/ Legacy(CR)</div><div>10:00 Catholic Communion (Bistro)</div><div>10:00 Walmart Shopping (O)</div><div>10:30 Activity Meeting</div><div>12:00 Puzzle Mania</div><div>1:00 Cribbage</div><div>2:00 Cotton Ball Penguin Craft</div><div>3:30 Hand & Foot</div></div>	<div><div>4</div><div>10:00 Bible Study by Richard N. (theater)</div><div>10:00 Post Office/Bank</div><div>10:00 Walk This Weigh w/ Jada</div><div>10:30 County Store</div><div>11:00 Morning Devotional</div><div>12:00 Puzzle Mania</div><div>3:00 Dominos/42/Mexican Train</div></div>	<div><div>5</div><div>9:45 Blood Pressure Clinic w/ Legacy</div><div>10:00 Strength Class w/ Legacy</div><div>10:00 Walmart Shopping (O)</div><div>11:00 Puzzle Mania</div><div>2:00 Ladder Ball Game</div><div>2:30 Misc. Errands</div><div>3:00 Skip- Bo Click (B)</div><div>4:00 Crosswords before dinner</div></div>	<div><div>6</div><div>10:00 Bible Study</div><div>10:30 Walk This Weigh Exercise w/ Jada</div><div>11:00 Spades</div><div>1:30 Wahoo Board Game</div><div>2:00 Uno & Friends</div><div>3:30 New Year Resolution Happy Hour</div></div>	<div><div>7</div><div>10:30 The Coffee Club</div><div>11:00 Puzzle Mania</div><div>2:00 Skip-Bo Crew</div><div>2:30 Afternoon Movie: New Year</div></div>
<div><div>8</div><div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7)</div><div>10:00 Community Church</div><div>1:30 Bridge</div><div>3:00 Card Game Mania</div></div>	<div><div>9</div><div>9:30 Coffee and Cross Words</div><div>10:00 “Walk This Weigh” by Jada</div><div>11:00 Morning Devotional</div><div>12:00 “Country Store Is Open”</div><div>2:00 Pokeno for Prizes</div><div>3:30 Hand & Foot</div><div>4:00 Knitting & Crotchset Class</div></div>	<div><div>10</div><div>10:00 Balance Class w/ Legacy(CR)</div><div>10:00 Catholic Communion (Bistro)</div><div>10:00 Walmart Shopping (O)</div><div>12:00 Puzzle Mania</div><div>2:30 Town Hall Meeting</div><div>3:30 Hand & Foot</div><div>6:00 Dinner Outing: 54th Street</div></div>	<div><div>11</div><div>10:00 Bible Study by Richard N. (theater)</div><div>10:00 Post Office/Bank</div><div>10:00 Walk This Weigh w/ Jada</div><div>10:30 County Store</div><div>11:00 Morning Devotional</div><div>12:00 Puzzle Mania</div><div>3:00 Dominos/42/Mexican Train</div></div>	<div><div>12</div><div>9:45 Blood Pressure Clinic w/ Legacy</div><div>10:00 Strength Class w/ Legacy</div><div>10:00 Walmart Shopping (O)</div><div>11:00 Nails & All by: Jada</div><div>1:00 Puzzle Mania</div><div>2:30 Misc. Errands</div><div>3:00 Skip- Bo Click (B)</div><div>6:30 Bingo & Pizza Night!</div></div>	<div><div>13</div><div>10:00 Bible Study</div><div>10:30 Walk This Weigh Exercise w/ Jada</div><div>11:00 Spades</div><div>11:00 Tanger Outlet Mall</div><div>1:30 Wahoo Board Game</div><div>2:00 Uno & Friends</div><div>3:30 Join Us: Happy Hour</div></div>	<div><div>14</div><div>10:30 The Coffee Club</div><div>11:00 Puzzle Mania</div><div>2:00 Skip-Bo Crew</div><div>2:30 Afternoon Movie</div></div>
<div><div>15</div><div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7)</div><div>10:00 Community Church</div><div>1:30 Bridge</div><div>3:00 Card Game Mania</div></div>	<div><div>16</div><div>Martin Luther King Jr. Day</div><div>10:00 “Walk This Weigh” by Jada</div><div>11:00 Morning Devotional</div><div>12:00 “Country Store Is Open”</div><div>2:00 Cup Shooting (Must See)</div><div>3:30 Hand & Foot</div></div>	<div><div>17</div><div>10:00 Balance Class w/ Legacy(CR)</div><div>10:00 Catholic Communion (Bistro)</div><div>10:00 Walmart Shopping (O)</div><div>12:00 Puzzle Mania</div><div>1:00 Knitting & Crotchset</div><div>2:00 Spelling Bee Contest</div><div>3:30 Hand & Foot</div></div>	<div><div>18</div><div>10:00 Bible Study by Richard N. (theater)</div><div>10:00 Post Office/Bank</div><div>10:00 Walk This Weigh w/ Jada</div><div>10:30 County Store</div><div>11:00 Morning Devotional</div><div>12:00 Puzzle Mania</div><div>3:00 Dominos/42/Mexican Train</div><div>6:30 Bingo & Pizza Night!</div></div>	<div><div>19</div><div>9:45 Blood Pressure Clinic w/ Legacy</div><div>10:00 Strength Class w/ Legacy</div><div>10:00 Walmart Shopping (O)</div><div>2:30 Misc. Errands</div><div>3:00 Guess Who</div><div>3:00 New Year, New Us Main Event!</div></div>	<div><div>20</div><div>10:00 Bible Study</div><div>10:30 Walk This Weigh Exercise w/ Jada</div><div>11:00 Spades</div><div>1:30 Wahoo Board Game</div><div>2:00 Uno & Friends</div><div>3:30 “Do Your Dance” Happy Hour</div></div>	<div><div>21</div><div>10:30 The Coffee Club</div><div>11:00 Puzzle Mania</div><div>2:00 Skip-Bo Crew</div><div>2:30 Afternoon Movie</div></div>
<div><div>22</div><div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7)</div><div>10:00 Community Church</div><div>1:30 Bridge</div><div>3:00 Card Game Mania</div></div>	<div><div>23</div><div>10:00 “Walk This Weigh” by Jada</div><div>11:00 Morning Devotional</div><div>12:00 “Country Store Is Open”</div><div>2:00 Pokeno for Prizes</div><div>3:30 Hand & Foot</div><div>4:00 Dear Abby/ Dear Carolyn</div></div>	<div><div>24</div><div>10:00 Balance Class w/ Legacy(CR)</div><div>10:00 Catholic Communion (Bistro)</div><div>10:00 Walmart Shopping (O)</div><div>12:00 Puzzle Mania</div><div>2:00 Texas Hold Em’</div><div>3:30 Hand & Foot</div></div>	<div><div>25</div><div>10:00 Bible Study by Richard N. (theater)</div><div>10:00 Post Office/Bank</div><div>10:00 Walk This Weigh w/ Jada</div><div>10:30 County Store</div><div>11:00 Morning Devotional</div><div>12:00 Puzzle Mania</div><div>2:00 Food Forum</div><div>3:00 Dominos/42/Mexican Train</div></div>	<div><div>26</div><div>9:45 Blood Pressure Clinic w/ Legacy</div><div>10:00 Strength Class w/ Legacy</div><div>10:00 Walmart Shopping (O)</div><div>11:00 Adult Coloring Club</div><div>1:00 Knitting & Crotchset Class</div><div>2:30 Misc. Errands</div><div>3:30 Water, Cup & Ball Challenge</div></div>	<div><div>27</div><div>10:00 Bible Study</div><div>10:30 Walk This Weigh Exercise w/ Jada</div><div>11:00 Lunch Outing: Cracker Barrel</div><div>1:30 Wahoo Board Game</div><div>2:00 Uno & Friends</div><div>3:30 Happy Hour</div></div>	<div><div>28</div><div>10:30 The Coffee Club</div><div>11:00 Puzzle Mania</div><div>2:00 Skip-Bo Crew</div><div>2:30 Afternoon Movie</div></div>
<div><div>29</div><div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7)</div><div>10:00 Community Church</div><div>1:30 Bridge</div><div>3:00 Card Game Mania</div></div>	<div><div>30</div><div>9:00 Men’s Coffee Table</div><div>10:00 “Walk This Weigh” by Jada</div><div>11:00 Morning Devotional</div><div>12:00 “Country Store Is Open”</div><div>2:00 Pokeno for Prizes</div><div>3:30 Hand & Foot</div></div>	<div><div>31</div><div>10:00 Balance Class w/ Legacy(CR)</div><div>10:00 Catholic Communion (Bistro)</div><div>10:00 Walmart Shopping (O)</div><div>12:00 Puzzle Mania</div><div>3:30 Hand & Foot</div></div>	<div><div>32</div><div>10:00 Bible Study by Richard N. (theater)</div><div>10:00 Post Office/Bank</div><div>10:00 Walk This Weigh w/ Jada</div><div>10:30 County Store</div><div>11:00 Morning Devotional</div><div>12:00 Puzzle Mania</div><div>2:00 Food Forum</div><div>3:00 Dominos/42/Mexican Train</div></div>	<div><div>33</div><div>9:45 Blood Pressure Clinic w/ Legacy</div><div>10:00 Strength Class w/ Legacy</div><div>10:00 Walmart Shopping (O)</div><div>11:00 Adult Coloring Club</div><div>1:00 Knitting & Crotchset Class</div><div>2:30 Misc. Errands</div><div>3:30 Water, Cup & Ball Challenge</div></div>	<div><div>34</div><div>10:00 Bible Study</div><div>10:30 Walk This Weigh Exercise w/ Jada</div><div>11:00 Lunch Outing: Cracker Barrel</div><div>1:30 Wahoo Board Game</div><div>2:00 Uno & Friends</div><div>3:30 Happy Hour</div></div>	<div><div>35</div><div>10:30 The Coffee Club</div><div>11:00 Puzzle Mania</div><div>2:00 Skip-Bo Crew</div><div>2:30 Afternoon Movie</div></div>



New Year, New Challenge

When it comes to a better brain boost, it's best to get out of your comfort zone, say doctors. That may mean learning to speak a new language or play a musical instrument, or taking on another activity that's new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells. Researchers say pursuits that require continuous challenges showed the biggest benefits.



Dress for the Weather

Winter weather is unpredictable, so please be prepared with proper clothing when you leave the building. Dressing in layers and taking along a coat is advisable.

The Words of MLK

In honor of Martin Luther King Jr. Day, here are some of his most enduring speeches. *Montgomery bus boycott speech.* One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement. *"I Have a Dream."* King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character." *Nobel Peace Prize speech.* In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold." *"How Long, Not Long."*

