

## Lewisville Birthdays!

It's September and we have a few special days coming up!



**Be sure to wish the following folks a great birthday!**

Gloria Harrison: 9-6	Laura Budlong: 9-13
Gladys Ruppert: 9-10	Ann Golden: 9-14
Jane Thornley: 9-10	Pattie Barker: 9-16
Patricia Brumley: 9-10	Donna Billings: 9-29

### Employee Birthdays:

Willa Fee: 9-10  
AnnaLiza Holtzclaw: 9-21

## Transportation Schedule

Monday 10 a.m. Albertsons  
Tuesday 10 a.m. Walmart  
Wednesday 10 a.m. Post Office/Bank  
Thursday 10 a.m. Miscellaneous Errands  
Thursday 2 p.m. Walmart  
Friday Field Trips/Outing

## Retirement Never Tasted so Good *Continued*

Your quality of life, as well as your physical and mental health, depends on what you eat and how much you eat at each meal. With easy access to fully prepared, well-balanced meals, seniors are more likely to eat properly and cut out the high risks associated with poor nutrition.

## September

"When the goldenrod is yellow,  
And leaves are turning brown -  
Reluctantly the summer goes  
In a cloud of thistledown.

When squirrels are harvesting  
And birds in flight appear -  
By these autumn signs we know  
September days are here."

*Poem by Beverly Ashour*



**Independent Living**  
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com

## Retirement Never Tasted So Good: How Dining and Nutrition Can Impact Your Quality of Life



Nutrition may not be the first thing that comes to mind when you think of retirement, but it does play an enormous role in all aspects of your life. According to seniorliving.com, "Many [senior citizens] end up not eating balanced meals. [They] fix things that are easy and quick, but don't provide the right nutrition." Poor nutrition can lead to a mirage of other issues, including illness,

weight gain, diabetes, high cholesterol, and even mental confusion and depression. Dining at senior communities is now rivaling top restaurants with their 5 star meals! According to APlaceforMom.com, delicious, made-to-order meals were the second biggest requirement when looking at Senior Living Communities.

**Story continues on back ->**

## Active Aging Week

**09/23 Opening Ceremony**  
Time: 8:00am  
Place: Lobby

**09/23 Scrap Art Exhibit**  
Time: 9:00am - 4:00pm  
Place: Lobby

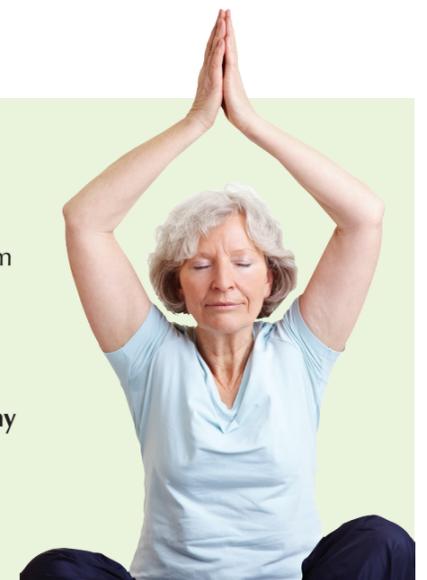
**09/24 March Off/Battle of Bands**  
Time: 4:00pm  
Place: Flagpole

**09/25 Age Before Beauty**  
Time: 1:00pm  
Place: Lobby

**09/26 Silver Lining Culinary School**  
Time: 10:00am - 5:00pm  
Place: Community Rm

**09/27 County Fair**  
Time: 4:00pm  
Place: Lobby

**09/27 Closing Ceremony**  
Time: 8:00pm  
Place: Dining Room



# Sept. 2013

## LOCATIONS KEY

Activity Room, AR  
AL Parking Lot, ALPL  
Bistro, B  
Community Room, CR  
Dining Room, IL

Fitness Room, FR  
Flagpole, FP  
Garden, G  
Library, LL  
Lobby, L

AL Lobby, ALL  
Outing, O  
Route 66, R66  
Theater, TH

*Activities Subject to Change*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30am Bible Study, B <b>1</b> 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	Labor Day <b>2</b> 9:30am Exercise w/ Jacque (Rehab Trust), CR 10am Cafe Latte/ Monday Mind Games, L 1:30pm Roll to Play Resident's Choice, AR 2pm Matinee Movie, TH 4pm Residents Comedy Hour, L	9:30am Tone Those Bones <b>3</b> (With Laura), CR 9:30am Walking Warriors Club, Hallways 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30am Farkle Fun, Bistro 2pm Poker, B 4pm Ring Toss, L	9:30am Exercise with Jacque <b>4</b> (Rehab Trust), CR 10am Post Office/Bank, O 10:30am Happy Hangman, R66 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Target Toss Football, L	<b>5</b> 10am Bible Study & Singing, ALL 10am Misc. Errands, O 10am Stories & Poems, L 2pm Art Expressions, AR 2pm Walmart, O 4pm Lewisville Derby/Horse Racing, L 7pm Bring a Friend Movie Night, TH	9:30am Walking Warriors <b>6</b> Club, Hallways 9:30am Sittercise, CR 10:30am Start of Fall Word Search, R66 1pm Bridge, Bistro 2pm Pinko Planko, L 2pm Express Errands, O 3:30pm End of Summer Happy Hour, L	9:30am Coffee & Conversation, L <b>7</b> 1pm Timeless Trivia Pursuit, L 1pm Resident's Choice of Games, AR 2pm Fun Flicks & Popcorn, TH 3pm Billards Pool, 2nd FL 7pm Games People Play, B
National Grandparents Day <b>8</b> 10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise w/ Jacque (Rehab Trust), CR <b>9</b> 10am Cafe Latte/ Monday Mind Games, L 10:30am Blood Pressure Check, CR 1:30pm Roll to Play, CR 2pm Pokeno for Prizes, AR 4pm Ping-Pong Plunk, L 4pm Ring of Fire Darts, L	9:30am Sit and Be Fit, CR <b>10</b> 9:30am Walking Warriors Club, Hallways 10am Walmart, O 10am Rosary Service, B 10am Catholic Communion, B 2pm Poker, B 2:30pm Town Hall Meeting, CR 3:30pm Ambassador Meeting, CR 4pm Target Toss, L	7:30am Men's Breakfast of Champions, O <b>11</b> 9:30am Exercise with Jacque (Rehab Trust), CR 10am Post Office/Bank, O 10:30am Beach Ball Volleyball, CR 1:30pm 09/11 Remebrance, FP 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Bowling Madness, L	<b>12</b> 10am Word Scramble, R66 10am Misc. Errands, O 10am Bible Study & Singing, ALL 2pm Art Expressions, AR 2pm Walmart, O 4pm Lewisville Derby/Horse Racing, L 7pm Bring a Friend Movie Night, TH	9:30am Walking Warriors <b>13</b> Club, Hallways 9:30am Stretch and Grow, CR 10:30am Questions and Answers, L 1pm Bridge, Bistro 1pm Ping Pong Poker, L 2pm Express Errands, O 2pm Pinko Planko, L 3:30pm Ice Cream Social, L	9:30am Coffee & Conversation, L <b>14</b> 1pm Timeless Trivia Pursuit, L 1pm Resident's Choice of Games, AR 2pm Fun Flicks & Popcorn, TH 3pm Billards Pool, 2nd FL 7pm Games People Play, B
10:30am Bible Study, B <b>15</b> 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise w/ Jacque(Rehab Trust), CR <b>16</b> 10am Cafe Latte/ Monday Mind Games, L 10:30am Blood Pressure Check, CR 1:30pm Roll to Play, CR 2pm Pokeno for Prizes, AR 4pm Bucket Bonanza, L	9:30am Tone Those Bones <b>17</b> (With Laura), CR 9:30am Walking Warriors Club, Hallways 10am Walmart, O 10am Rosary Service, B 10am Catholic Communion, B 10:30am Happy Hangman, R66 1:30pm Word Scramble, L 2pm Poker, B 4pm Ping Pong Plunk, L	<b>18</b> 9:30am Exercise with Jacque (Rehab Trust), CR 10am Post Office/Bank, O 10:30am Let's Share, L 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Ring of Fire Darts, L	10am Board Game Fun, B <b>19</b> 10am Misc. Errands, O 10am Bible Study & Singing, ALL 2pm Walmart, O 2pm Happy Horseshoes, L 4pm Lewisville Derby/Horse Racing, L 7pm Bring a Friend Movie Night, TH	<b>20</b> 9:30am Walking Warriors Club, Hallways 9:30am Sittercise, CR 10:30am Questions & Answers, L 1pm Bridge, Bistro 2pm Art Expression, AR 2pm Express Errands, O 3:30pm Birthday Bash, L	9:30am Coffee & Conversation, L <b>21</b> 1pm Timeless Trivia Pursuit, L 1pm Resident's Choice of Games, AR 2pm Fun Flicks & Popcorn, TH 3pm Billards Pool, 2nd FL 7pm Games People Play, B
First Day of Autumn <b>22</b> 10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L 7pm Games People Play, B	7am Breakfast of Champions, DR <b>23</b> 8am Opening Ceremony, L 9am Scrap Art Exhibit, L 9:30am Exercise w/ Jacque (Rehab Trust), CR 10am Cafe Latte/ Monday Mind Games, L 10:30am Blood Pressure Check, CR 10:30am Neighborhood Adoption, FP 11:30am We Go Green Lunch, DR 12pm Keep Lewisville Beautiful, L 1:30pm Roll to Play, CR 2pm Walking Warriors Competition, L 2pm Pokeno for Prizes, AR 4pm Bucket Bonanza, L 4:30pm Exhibit Winner(s), DR 5pm We Go Green Dinner, DR	<b>24</b> 9am Picture This, L 9:30am Sit and Be Fit, CR 9:30am Walking Warriors Club, Hallways 9:30am Tone Those Bones, CR 10am Walmart, O 10am Rosary Service, B 10am Catholic Communion, B	<b>25</b> 9:30am Exercise with Jacque (Rehab Trust), CR 10am Post Office/Bank, O 10:30am Picasso Painting Class, AR 1pm Age Before Beauty, L 3pm Wii Games, FR 4pm Are You Smarter Than, L 5pm Comedy Club at Lewisville Estates, DR 4pm Sassy Senior Bingo, CR	<b>26</b> 9:30am, Exercise with Jacque (Rehab Trust), CR 10am Bible Study & Singing, ALL 10am Misc. Errands, O 10am Silver Lining Culinary School, CR 10am Silver Lining Cook Book Sale, CR 2pm Walmart, O 3pm Bible Study, Bistro 4pm Drumming Circle, L 10am Board Game Fun, Bistro 7pm Bring a Friend Movie Night, TH	<b>27</b> 9:30am Walking Warriors Club, Hallways 9:30am Stretch and Grow, CR 10:30am Music Spa Therapy, CR 1pm Where For Thou Art, L 1pm Bridge, Bistro 2pm Pinko Planko, L 2pm Express Errands, O 3pm Pet Therapy, CR 4pm County Fair, Lobby 8pm Closing Ceremony, DR	Good Neighbor Day <b>28</b> 9:30am Coffee & Conversation, L 1pm Timeless Trivia Pursuit, L 1pm Resident's Choice of Games, AR 2pm Fun Flicks & Popcorn, TH 3pm Billards Pool, 2nd FL 7pm Games People Play, B
10:30am Bible Study, B <b>29</b> 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise w/ Jacque(Rehab Trust), CR <b>30</b> 10am Cafe Latte/ Monday Mind Games, L 10:30am Blood Pressure Check, CR 1:30pm Roll to Play, CR 2pm Pokeno for Prizes, AR 4pm Power Tower, L	10am Wii Gaming Competition, FR 1:30pm Exercise with Jacque, CR 10:30am Happy Hangman, R66 2pm Poker, B 3pm Dance The Day Away, CR 4pm March Off/Battle of Bands, FP				