



The Lewisville Estates Lifestyle

Independent Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com **September 2015**

Happy Fall Y'all!

As another summer comes to an end, I know we will all be looking forward to the cooler temperatures September and the fall season will bring! We had a lot of fun celebrating summer this year with take me to the ball park, watermelon and ice cream socials, celebrating Uncle Sam with a Backyard BBQ Event and so much more!



Take me to the ball park social.

This September we look forward to kicking off our Walking Warriors program, outings that will include lunch at Red Lobster and Cracker Barrel, a cooking demo with our very own Chef Monte, making Autumn Wreaths and of course, our Murder Mystery Dinner on Sept. 17. Be sure to check your calendar and weekly reminders for other great activities throughout the month. Don't forget to invite your family and friends to our Happy Hours and other events!

We will continue to gear up for our Walk to End Alzheimer's that will be held on Sept. 26, 2015. We will be representing Lewisville Estates by hosting a small fundraiser on campus and joining the festivities in Denton. Please sign up at the front desk if you would like to participate.

I also wanted to take a moment to give a shout out to the amazing staff we have at Lewisville Estates. The hard work and dedication they put forth on a daily basis is significant. Please take a moment to thank them and let them know how special they are to us!

Thanks,
Jessica Hazelton
Executive Director

Resident of the Month

Our Life Enrichment Activities Program (L.E.A.P) would like to recognize Mrs. Shannon Pullen. Shannon likes to participate in different activities in our community and be part of our big events. She enjoys playing games, Bingo, happy hours, socials and doing arts and crafts. Thank you, Shannon, for your great personality and beautiful smile. We are so happy to have you here at Lewisville Estates.



INDEPENDENT LIVING

SEPTEMBER 2015

Locations

- Activity Room, AR
- 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. Albertsons
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA
- Field Trips/Outing
- Friday 2 p.m. Express Errands

Birthdays

- Peggy Cooper, 2nd
- David Delgado, 4th (Employee)
- Willa Fee, 10th (Employee)
- Mary Dykes, 11th
- Laura Budlong, 13th
- Doris Hawkins, 15th
- Mary Thurmond, 15th
- Shannon Pullen, 16th
- Sydney Del Carpio, 18th (Employee)
- Nona Lemley, 27th
- George Bedford, 28th
- Bill Williams, 28th (Employee)
- Donna Billings, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Chair Yoga Class, CR 1 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 10:30 Facials w/Mary Kay, AR 1:45 Line Dancing w/Geri, L 2:00 Community Pep Rally, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 2 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Bible Study, B 3:00 Wii Games w/Max, F 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 3 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/ Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 Fall Prevention Talk, B 6:00 Card Games, B	9:30 Chair Zumba Class, F 4 9:30 Kick Off Walking Warriors With Cindy, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 1:45 Ear & Hearing Clinic w/Dr. Stuart, B 2:00 Express Errands, O 3:30 Fiesta Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 5 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 6 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	LABOR DAY 7 10:00 Coffee & Snacks Monday Social, L 10:30 Labor Day Wonderword Search, B 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 8 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 10:30 Dress Up Nails w/Avon, R66 1:45 Line Dancing w/Geri, L 2:30 Town Hall Meeting, CR 2:30 Art Expression, AR 3:30 Ice Tea & BBQ Social With Margaret (Sunshine), CR 6:00 Card Games, B	7:00 Men's Breakfast, O 9 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:30 Braincercise Talk, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	Popcorn Day 10 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/ Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 Trivia & Prizes w/ Jacque of A.R.T., B 4:00 Popcorn Social, L 6:00 Card Games, B	9:30 Walking Warriors 11 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 11:00 Red Lobster, O 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Wine & Cheese Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 12 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
ROSH HASHANAH 13 Grandparents Day 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 2:45 Movie With Grandpa & Grandma, TH 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 14 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 15 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 11:00 Gift Galore (Vendor), L 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 16 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Bible Study, B 3:00 Wii Games w/Max, F 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 17 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/ Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 Pictionary, L 5:30 Murder Mystery Dinner, DR 6:00 Card Games, B	Wear Purple Day 18 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Purple Beer Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 19 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 20 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 21 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:00 Flu Shots, B 22 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	AUTUMN BEGINS 23 YOM KIPPUR 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:30 Diabetes Prevention, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 24 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/ Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 Cooking Demo With Chef Monte, DR 6:00 Card Games, B	9:30 Walking Warriors 25 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 11:00 Out to Cracker Barrel, O 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B	Alzheimer's Walk 26 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
Active Aging Week Begins 27 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 28 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Ring Toss of Fire, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 29 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression: Autumn Wreaths, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 30 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Bible Study, B 3:00 Wii Games w/Max, F 3:30 Medication Management Talk, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH			

Our Lewisville Estates Ambassadors!

Thank you for all that you do here at Lewisville Estates. Also to our sponsors, Margaret (sunshine), Advanced RehabTrust, Lake Village, Reliant and Legacy.



Walking Warriors

Join us on Sept. 4 at 9:30 a.m. in the Bistro as we kick off our Walking Warriors program. We will walk as a group every Friday at 9:30 a.m. We will not only be walking for fitness but also to earn Lewisville Estates Bucks and reach quarterly goals. Cindy from Lake Village will join us and help keep everyone motivated and energized! Let's get our walking shoes on!



The Real Reasons You Should Exercise

We all know exercise is an important part of life, but what's it all about? The truth is that exercise does more than what you might think. Here's why you should really be exercising:

Exercise can help you stay strong and fit enough to keep doing the things you like to do as you get older along with helping to prevent or delay any diseases and disabilities. Making exercise and physical activity part of your life can improve your health and help you maintain your independence as you age. Exercise also helps people with high blood pressure, balance problems or people who have difficulty walking.

Along with physical benefits, exercise can also help manage stress and improve your mood. Being active on a regular basis may help reduce feelings of depression and improve or help maintain cognitive functions.

Have you seen the shirts that say, "I work out with Advanced Rehab Trust?" Jacque Archer with Advanced Rehab Trust has been leading an exercise group at Lewisville Estates for six years, and the residents who participate love the class. Come join the class to see what all the fun is really about!

Advanced Rehab Trust Home Health
p: 940.384.0393

Social Time With Margaret!

Come and join us every second Tuesday of the month for a great social hour with Margaret (Sunshine) with great snacks and games.



Chick-Fil-A Social



Chick-Fil-A Social

