

Resident of the Month!

Our L.E.A.P. (Life Enrichment Program) would like to recognize Richard and Ellen Nelson. Richard and Ellen like to do a lot of activities together, like arts and crafts, Happy Hours, socials and being part of our big events. Thank you Richard and Ellen Nelson for your sweet personalities and kind hearts. We are so glad to have you both here at Lewisville Estates.



Intergenerational Activities

From Grandparents Day on the Sunday after Labor Day to Intergenerational Month throughout September, this season offers plenty of reminders to take some time to bond with younger people. Whether they're your grandchildren, other relatives, friends, or community members in need of a mentor, here are a few ways you can connect with them:



- Teach your grandkids your favorite card game or a classic game like mahjong or chess. In return, have them show you a favorite video game or fun mobile app.
- Volunteering together is a great way to teach younger folks the importance of giving back to the community. Visit an animal shelter, or spend time helping out at a food bank.
- Like the song says, "Everything old is new again." Many in today's generation are interested in traditional hobbies like sewing, knitting and gardening. If you possess skills in these areas, offer to teach the basics. Working on projects together gives you a chance to chat about other topics as well as foster the love of learning.

Let's Keep the Bee Active Buzz ... Going!

September is Active Aging Month and here at Lewisville Estates we have many activities for everybody to participate in. One of the activities we would like to highlight this month is the "Bee Active: Catch the Buzz ..." exercise with Jacque from Advanced RehabTrust Home Health. Jacque and her company have been partnered with our community for the past eight years. You may see the yellow t-shirts with the bee on the front on many of our residents in the dining room and at the lobby on Monday and Wednesday mornings. They have a class on the 3rd floor community room at 9:30 a.m. If you have not tried the class out go on up and see what all the buzz ... is about! The goal of this class is to keep the community active and independent. You are never too old to feel good and have a great time doing it.



The Lewisville Estates Lifestyle

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

SEPT 2016

Dear Residents, Families, and Friends,

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 celebrations this summer with watermelon and ice cream socials, Beach Blanket Bingo, Summer Sock Hop and so much more. This September, we will celebrate Assisted Living Month with interactive resident and staff programs. Lunch outings for this month will be to Red Lobster and Cracker Barrel. Tuesday, Sept. 20, we have crafts with Patty and plan on making autumn wreaths. Flu Shots will be held Wednesday, Sept. 28; stay tuned for more details. Be sure to mark your calendar for our Main Event: '80s Prom on Sept. 15 at 6 p.m. Feel free to invite your family and friends to our events.

— Jessica Hazelton, EXECUTIVE DIRECTOR

Phone: 972-434-1727

Fax: 972-434-1728



Health and Wellness:

Did you know that about 25 million Americans have bladder control problems? For many, incontinence episodes can be drastically reduced and even cured. Incontinence is an involuntary loss of bladder control due primarily to weakening of the muscles of the pelvic floor of the bladder. The great news is that 80 percent of people who suffer from incontinence improve after starting treatment!

Our balance class we hold in IL every Thursday at 9:30 a.m. is a great opportunity for our Legacy staff to get to know our residents while promoting wellness. It also benefits all of our residents' strength, range of motion, balance, endurance and socialization. Please let us know if we can assist you with anything.

— Kim Mueller, OCCUPATIONAL THERAPIST/REHAB DIRECTOR
Legacy Healthcare Services
972-420-8543





INDEPENDENT LIVING

SEPTEMBER 2016

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 | Thursday
2 p.m.
Walmart |
| Tuesday
10 a.m.
Walmart | Friday
TBA
Field Trips/Outing |

Birthdays

- Peggy Cooper, 2nd
- Cynthia Pearson, 8th
- Mary Dykes, 11th
- Laura Budlong, 13th
- Doris Hawkins, 15th
- Mary Thurmond, 15th
- Shannon Pullen, 16th
- James Howard, 18th
- Sydney Del Carpio, 18th (Employee)
- Hamilton Orozco, 19th (Employee)
- Betty Baughman, 19th
- Nona Lemley, 27th
- Fay Drechshel, 28th
- George Bedford, 28th
- Donna Billings, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>LABOR DAY</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Wonderword Search, B</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Rowdy Ring Toss, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>3:30 Cupcake Walk w/ Legacy, CR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:00 Wii Games w/Max, F</p> <p>3:30 Fall Prevention Presentation, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Misc. Errands, O</p> <p>3:30 Social Time w/ Jacque, B</p> <p>6:00 Card Games, B</p>	<p>College Colors Day</p> <p>9:30 Walking Warriors w/ Kelley of Lake Village, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>2:30 Making Life Easy Program w/Home Helpers, B</p> <p>3:30 College Memories Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>PATRIOT DAY</p> <p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>2:45 Movie Time w/ Grandma and Grandpa, TH</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>3:30 Legacy Health Chat, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Town Hall Meeting, CR</p> <p>3:15 Social Time w/ Sunshine, CR</p> <p>6:00 Card Games, B</p>	<p>Donut Day</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, B</p> <p>4:00 Live Well Wellness 101 w/Legacy, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Misc. Errands, O</p> <p>3:00 Mini Massage Clinic, AR</p> <p>6:00 Card Games, B</p> <p>6:00 '80s Prom Night (Big Event), DR</p>	<p>Guacamole Day</p> <p>9:30 Walking Warriors w/ Kelley of Lake Village, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>10:30 Blood Pressure Clinic w/Encompass</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>2:30 Making Life Easy Program w/Home Helpers, B</p> <p>3:30 Chips and Guacamole Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>3:30 Ice Cream Social w/Clear Life Hearing Care, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:00 Wii Games w/Max, F</p> <p>3:30 Bee Active Social Celebration w/Jacque, L</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>AUTUMN BEGINS</p> <p>9:30 Balance Class w/ Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Misc. Errands, O</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors w/ Kelley of Lake Village, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>11:00 Out to Cracker Barrel, O</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>2:30 Making Life Easy Program w/Home Helpers, B</p> <p>3:30 Love Notes Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Albertsons, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Ring Toss of Fire, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p> <p>10:30 Flu Shots w/ Albertson's, B</p>	<p>National Good Neighbor Day</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:15 Bible Study, B</p> <p>3:30 Book Club, LL</p> <p>4:00 Good Neighbor and Game Social, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:30 Bible Study w/ Pastor Frances, B</p> <p>2:00 Misc. Errands, O</p> <p>3:30 Brain Game w/ Encompass, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors w/ Kelley of Lake Village, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>2:30 Making Life Easy Program w/Home Helpers, B</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Card Games, B</p>	<p></p>