

## What Is Mindfulness?

The word “mindfulness” is a frequent topic these days, whether on talk shows, in magazine articles and even for adult coloring books. While it may seem like a vague term, mindfulness is a fairly simple concept with many benefits.

Essentially, mindfulness means being aware of your thoughts, feelings, physical sensations and environment in the moment, rather than thinking about the past or worrying about the future.

Practicing mindfulness is credited with helping to reduce stress and anxiety, cultivate compassion and build relationships. Studies reveal physical benefits, too, such as a stronger immune system, improved memory and sharper cognitive skills. As a therapeutic technique, mindfulness has been used to promote healing for hospital patients and veterans with post-traumatic stress disorder as well as a helpful tool in schools.

Observation is the key to mindfulness. Notice the sights, sounds and smells around you, and pay attention to sensations like the warmth of the sunshine on your face or the flavor of your morning coffee. By adding “mindfulness moments” to your daily routine, you may soon feel a deeper connection to both yourself and the world.



## Happy Hour and Birthday Bash!

Come and join us every Friday afternoon for a fun themed Happy Hour and on the last Friday of the month a birthday celebration with some great entertainment.



## 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 Rehab Trust Home Health. Jacque and her company have been partnered with our Community for the past nine years. You may see the yellow T-shirts with the bee on the front on many of our residents in the Dining Room and in the Lobby on Monday and Wednesday mornings. They have a class in 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.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

September 2017

## 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, Boogie down at the disco and so much more. A sincere thanks to those of you who participated in the purchase of the school supplies for our staff and their kids. Everyone was very grateful! This September, we will celebrate Assisted Living week with interactive resident and staff programs. Lunch outings for this month will be to Red Lobster and Rosa's Café. Tuesday, Sept. 12, we have crafts with Patty and plan on making autumn or Halloween wreaths. Be sure to mark your calendar for our Main Event: Viva Italy on Sept. 21, at 6 p.m. Also we will be celebrating Active Aging Week, Wednesday, Sept. 27. Feel free to invite your family and friends to our events.

Regards,

Jessica Hazelton, EXECUTIVE DIRECTOR



## Resident of the Month!

Our L.E.A.P. year would like to recognize Nell Boyd. Nell likes to participate in different activities like bingo, afternoon games, socials, Happy Hours and she also likes to be part of our Main Events. Thank you, Nell, for your sweet personality, fun dancing skills. We are so glad to have you here at Lewisville Estates.



INDEPENDENT LIVING

## SEPTEMBER 2017

### 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

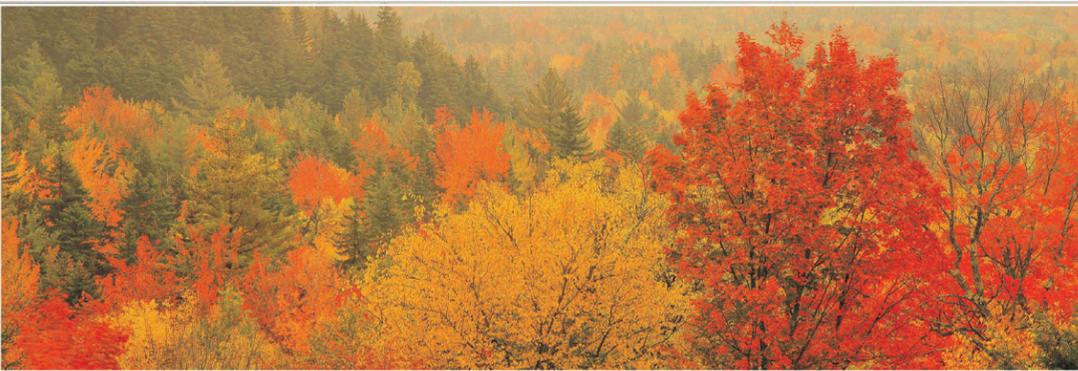
- Monday  
10 a.m.  
Grocery Stores
- Tuesday  
10 a.m.  
Walmart
- Wednesday  
10 a.m.  
Post Office/Bank
- Thursday  
2 p.m.  
Walmart

- Friday  
TBA  
Field Trips/Outing

### Birthdays

- Peggy Cooper, 2nd
- Stefan Domingo, 8th (Employee)
- Mary Dykes, 11th
- Laura Budlong, 13th
- Doris Hawkins, 15th
- Shannon Pullen, 16th
- Sydney Del Carpio, 18th (Employee)
- Betty Baughman, 19th
- George Bedford, 28th
- Donna Billings, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>LABOR DAY</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Winco, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:15 Trivia Club, B</b> 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	<b>National Bake &amp; Decorate Month</b> 9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 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 3:15 Bible Study, TH <b>3:30 Cookies &amp; Cupcakes Decoration Social, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>1:00 Summer Singalong, CR</b> <b>2:00 Shopping at Walmart, O</b> 6:00 Card Games, B	<b>Wear Your Favorite College Colors Day</b> 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>3:30 College Memories Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>Grandparents Day</b> 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL <b>2:30 Movie Time With Grandma &amp; Grandpa, TH</b> 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>PATRIOT DAY</b> <b>National Assisted Living Week</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Tom Thumb, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:15 Trivia Club, B</b> 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>2:30 Town Hall Meeting, CR</b> <b>3:15 BBQ Social w/Sunshine, B</b> 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 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 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>1:00 Summer Singalong, CR</b> <b>2:00 Shopping at Walmart, O</b> <b>2:30 Knitting Club Social, R66</b> 6:00 Card Games, B	<b>National Popcorn Week</b> 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> <b>11:00 Out to Red Lobster, O</b> 1:00 Bridge, CR <b>3:30 What Is Popping Happy Hour?, L</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 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 10:00 Coffee & Snacks Monday Social, L <b>10:00 Dollar Tree, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:15 Trivia Club, B</b> 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	<b>ROSH HASHANAH BEGINS AT SUNDOWN</b> 9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 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 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>World Alzheimer's Day</b> <b>9:00 Alzheimer's Walk, L</b> <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>1:00 Summer Singalong, CR</b> <b>2:00 Shopping at Walmart, O</b> <b>6:00 Viva Italy (Main Event), DR</b>	<b>FALL BEGINS</b> <b>Ice Cream Cone Day</b> 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>3:30 Ice Cream Cone Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>Active Aging Week Begins</b> 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>One-Hit Wonder Day</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Shopping at Aldi, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:30 Name That Tune: One-Hit Wonder, B</b> 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 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 3:15 Bible Study, TH <b>3:30 Active Aging Week Celebration w/Jacque, L</b> <b>Book Club, LL</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>1:00 Summer Singalong, CR</b> <b>2:00 Shopping at Walmart, O</b> <b>3:00 Social Time w/Legacy, CR</b> 6:00 Card Games, B	<b>YOM KIPPUR BEGINS AT SUNDOWN</b> 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>3:30 Birthday Bash</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B