

Lewisville Birthdays!

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



Be sure to wish the following folks a great birthday!

10/6 Blanche T.	10/18 Laurie B.
10/7 Faye N.	10/19 Nanci H.
10/16 Roy C.	10/27 Aline V.
10/17 Dorothy T.	10/29 Elaine H.
10/18 Edwin P.	10/29 Jean A.

Employee Birthdays:

10/21 Annaliza H.

On your birthday I wish you much pleasure and joy; I hope all of your wishes come true.

Current Events

10/4 Raise a Glass
Happy Hour
Time: 3:30pm
Place: Lobby



10/10 Senior Style Health and Wellness Expo
Time: 10am
Place: Lobby

10/10 Tierney's
Time: 10:30am
Place: Outing

10/10 Fine as Wine
Happy Hour
Time: 3:30pm
Place: Lobby

10/18 Sassy Senior Social
Time: 3:30pm
Place: Lobby

10/25 George Bush Presidential Library
Time: TBA
Place: Outing

10/25 Birthday Bash
Time: 3:00pm
Place: Lobby



10/31 Trick or Treat Spooktacular
Time: 6pm
Place: Lobby



Live Your Retirement to the Fullest: How Living in a Senior Community Can Impact your Quality of Life

Senior living communities may provide long term health benefits. According to seniorcare.org "The residents in these communities are achieving life-long goals like completing marathons, learning to play tennis, or perfecting a golf swing." Retirement homes aren't just for the disabled anymore. Many baby boomers are moving into community centers in order to enjoy the finer things in life. Residents are

finding that the lifestyle provided to them is more enjoyable than the lifestyle they could provide for themselves living on their own. Your quality of life depends on where you live, as does your health. With easy access to a fitness

center or medical care, seniors are more likely to partake in exercise and check-ups, therefore improving their overall health. What's more, the high amount of social involvement increases your mental well-being. Building relationships is a key element in living a long, fulfilled life. According to A Place for Mom.com, "Older adults who live alone often become isolated, which is unhealthy at any age. At senior communities we can make friends, share a meal, and enjoy festive occasions with one another." The benefits to living in a senior community are endless and can greatly influence your quality of life. Seniors are seeking to live their retirement to the fullest and senior communities allow them to do so in a safe, secure environment.



The Lewisville Estates Lifestyle

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

October 2013

LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

Meet the New Executive Director

Happy October to all Lewisville Estates residents, family members, and staff. I would like to introduce myself to all of you. My name is Pamela Schmidt and I am your new Executive Director. Let me start out by saying how much of an honor it is to be chosen for such an amazing community and group of people. I am so excited to get to know each and every one of you.

So you ask yourselves, "Who is this Pamela Schmidt?" Well, let me fill in some of the blanks for you. I was born in Philadelphia, Pennsylvania to my amazing parents John and Pat. My father was a Methodist minister, my mother a CPA. We lived in New Jersey for the first 12 years of my life before moving to Dallas, Oregon. Yes, I did say Dallas, Oregon.... There I graduated from Dallas High School and shortly thereafter, married a Navy officer. We had an amazing daughter named Amanda who is now 24 and in the Air Force. She is currently stationed in Spokane, Washington but will be transferring to Shepherd Air Force Base in Wichita Falls, Texas early 2014.

My experience in the senior industry includes working as an Executive Director in independent living, assisted living, and memory care. I have also worked as a Marketing Director, as well as a Care Coordinator. Over the past 13 years, I have received my Bachelor's Degree from California State University Chico, a Master's degree in Counseling, and most recently a Master's degree in Health Administration. During my free time I enjoy golfing, reading, watching football, boxing, any kind of exercise, and my Shitzu puppy named Barclay.

I look forward to meeting all of you and encourage you to visit with me anytime.

October 2013

LOCATIONS KEY

Activity Room, AR	Fitness Room, FR	AL Lobby, ALL
AL Parking Lot, ALPL	Flagpole, FP	Outing, O
Bistro, B	Garden, G	Route 66, R66
Community Room, CR	Library, LL	Theater, TH
Dining Room, IL	Lobby, L	

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30am Walking Warriors 1 9:30am Tone Those Bones, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30am Farkel Fun, CR 1:30pm Spanish Class, AR 2pm Poker, B 2:30pm UNT Students Visit, L 4pm Rowdy Ring Toss, L	2 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10:30am Happy Hangman, L 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Bounce Basketball	3 10am Miscellaneous Errands, O 10am Don't Quote Me, L 10am Bible Study/Sing A Long, ALL 2pm Art Expression, AR 2pm Walmart, O 4pm Lewisville Derby Horse Racing, L 7pm Bring a Friend Movie Night, TH 7pm Bereavement Support Group, ALL	4 9:30am Walking Warriors 9:30am Sittercise, CR 10:30am Timeless Trivia, L 1pm Bridge, B 2pm Pinko Planko, L 2pm Express Errands, O 3:30pm Raise a Glass Happy Hour, L *Gifts Galore Store is Open	5  9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B
 6 10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	 7 9:30am Exercise with Jaque, CR 9:30am Walking Warriors 10am Café Latte Monday Mind Games, L 10:30am Blood Pressure Checks, CR 2pm Pokeno for Prizes, AR 4pm Ring of Fire Darts, L	8 9:30am Walking Warriors 9:30am Sit and Be Fit, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30am Quizmania, L 1:30pm Spanish Class, AR 2pm Poker, B 4pm Gutter Gang Bowling, L	9 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10:30am Imagine It, L 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Slam Dunk Basketball, L	10 10am Miscellaneous Errands, O 10am Word Scramble, L 10AM SENIOR STYLE HEALTH AND WELLNESS EXPO 10am Bible Study/Sing A Long, ALL 10:30pm Tierney's, O 2pm Happy Horseshoe, L 2pm Walmart, O 3:30pm Fine as Wine, L 4pm Lewisville Derby Horse Racing, L 7pm Bring a Friend Movie Night, TH	11 9:30am Walking Warriors 9:30am Stretch n Grow, CR 10:30am Questions and Answers, L 10:30am Tierney's, O 1pm Bridge, B 2pm Rowdy Ringtoss, L 2pm Express Errands, O 3:30pm Fine as Wine Happy Hour, L	12  9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B
 13 10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	 14 9:30am Exercise with Jaque, CR 9:30am Walking Warriors 10am Café Latte Monday Mind Games, L 10:30am Blood Pressure Checks, CR 2pm Pokeno for Prizes, AR 4pm Bucket Bonanza, L	15 9:30am Walking Warriors 9:30am Tone Those Bones, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30am Stories and Poems, L 1:30pm Spanish Class, AR 2pm Poker, B 4pm Power Tower, L	16 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10:30am Timeless Trivia, L 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Target Toss, L	17 10am Miscellaneous Errands, O 10am Timeless Trivia, L 10am Bible Study/Sing A Long, ALL 2pm Art Expression, AR 2pm Walmart, O 4pm Lewisville Derby Horse Racing, L 7pm Bring a Friend Movie Night, TH 7pm Dementia and Memory Challenges Support Group, ALL	18 9:30am Walking Warriors 9:30am Sittercise, CR 10:30am Search and Find, L 1pm Bridge, B 2pm Roll to Play, L 2pm Express Errands, O 3:30pm Sassy Senior Social Happy Hour, L	19  9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B
 20 10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	 21 9:30am Exercise with Jaque, CR 9:30am Walking Warriors 10am Café Latte Monday Mind Games, L 10:30am Blood Pressure Checks, CR 2pm Pokeno for Prizes, AR 4pm Ping Pong Plunk, L	22 9:30am Walking Warriors 9:30am Tone Those Bones, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30am Don't Quote Me, L 1:30pm Spanish Class, AR 2pm Poker, B 4pm Toss Across Bean Bags, L	23 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10:30am Pub Trivia, L 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Dice A Lot, L	24 10am Miscellaneous Errands, O 10am Don't Quote Me, L 10am Bible Study/Sing A Long, ALL 2pm Bucket Bonanza, L 2pm Walmart, O 4pm Lewisville Derby Horse Racing, L 7pm Bring a Friend Movie Night, TH	 25 9:30am Walking Warriors 9:30am Stretch n Grow, CR 10:30am Happy Hangman, L 1pm Bridge, B 2pm Tic Tac Toe, L 2pm Express Errands, O 3:30pm Birthday Bash, L *TBD George Bush Presidential Library, O	26  9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B
 27 10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	 28 9:30am Exercise with Jaque, CR 9:30am Walking Warriors 10am Café Latte Monday Mind Games, L 10:30am Blood Pressure Checks, CR 2pm Pokeno for Prizes, AR 4pm Ring of Fire Darts, L	29 9:30am Walking Warriors 9:30am Tone Those Bones, CR 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30am Word Scramble, L 1:30pm Spanish Class, AR 2pm Poker, B 4pm Power Tower, L	30 9:30am Exercise with Jacque, CR 10am Post Office/Bank, O 10:30am Quizmania, L 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Pingo Pong Plunk, L	31 10am Miscellaneous Errands, O 10am Pub Trivia, L 10am Bible Study/Sing A Long, ALL 2pm Toss Across, L 2pm Walmart, O 4pm Lewisville Derby Horse Racing, L 6pm TRICK OR TREAT SPOOKTACULAR 7pm Bring a Friend Movie Night, TH		

