

## Your Friends at the Pharmacy

Pharmacists are most commonly seen behind the counter at your local drugstore or retail chain. But these professionals work in a variety of settings — including hospitals, senior care centers and research facilities — all with the mission of improving patients' health with the help of medications.

With a six-year doctor of pharmacy degree, pharmacists are the No. 1 medication experts. Along with dispensing prescriptions, they are responsible for educating you about them. They will alert you to a drug's potentially harmful interactions with other medications, foods or beverages.

Since pharmacists are extremely knowledgeable (and free!) resources for any medication-related concern, it's wise to use one pharmacy and keep yours up-to-date on your medical history, including allergies, and all the medications you are taking.

Along with prescriptions, a pharmacist's expertise extends to over-the-counter medications, vitamins and supplements, too.



Arts and Crafts with Community Care Pharmacy



Out to Mama's Daughter



Out to Saltgrass



Out to Pizza Hut

## Outings!

Come and Join us every second and fourth Friday for a fun outing. Also, we are going to be having some surprise outings in our next following months.

**The Lewisville Estates Lifestyle**

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

Like Us!

**OCTOBER 2016**

## Dear Residents, Family, and Friends:

I am excited to have cooler temperatures finally approaching us. Welcome to the season of pumpkin pie, pumpkin spice lattes and of course, hot apple cider!

We had a busy and productive September. We hope everyone enjoyed the '80's Themed Party and Assisted Living Week. In October, we have many fall festivities, including: Halloween Dress-Up Week, Door Decorating Contest, resident and employee Pumpkin Carving Contest and Halloween Social. Our main event will be held Thursday, Oct. 15: A Wicked Good Time (Costume Party)! Feel free to invite family and friends! Please make sure you check your calendars for dates and times. Since we are approaching one of my favorite holidays, I thought I would share a few Halloween facts:

- The largest pumpkin measured was grown by Norm Craven, who broke the world record in 1993 weighing in at 836 pounds.
- According to national tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.
- The first Jack-O'-Lanterns were actually made from turnips.

Please encourage family and friends to like our Facebook page so they can look at the fun events we have during the week.

Have a great month,

Jessica Hazelton

EXECUTIVE DIRECTOR



## Resident of the Month

Our Life Enrichment Activities Program (L.E.A.P) would like to recognize Peggy Cooper. Peggy likes to participate in different activities, and she also enjoys our happy hours and playing cards with her friends.

Thank you, Peggy, for your sweet personality and beautiful smile. We are so happy to have you here at Lewisville Estates.



### 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<br>10 a.m.<br>Albertsons | Thursday<br>2 p.m.<br>Walmart       |
| Tuesday<br>10 a.m.<br>Walmart   | Friday<br>TBA<br>Field Trips/Outing |

### Birthdays

- Richard Nelson, 5th
- Starr Montgomery, 5th
- Lorenzo Marines, 8th (Employee)
- Lillian Schauseil, 9th
- Norbert Britton, 10th
- Jane Bedford, 12th
- Mary Cole, 20th
- Annaliza Holtzclaw, 21st (Employee)
- Inge Reece, 23rd
- LaRee Traylor, 24th
- Elaine Hatfield, 29th
- Jean Alexander, 29th
- Billy Lewis, 29th
- Kitty Schwartz, 29th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>ROSH HASHANAH</b> <i>starts at sunset</i> <b>2</b> 9:00 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game <b>3:25 Cowboys Vs. San Francisco</b> 6:30 Resident Card Games, B	<b>Door Decorating Contest Begins</b> <b>3</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Community Pep Rally, L 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> <b>4</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B	<b>5</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 <b>11:00 Gift Galore (Vendor), L</b> 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>3:15 Cooking Demo With Chef Art, DR</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>Mad Hatter Day</b> <b>6</b> <b>9:30 Balance Class w/Legacy, CR</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:00 Misc. Errands, O</b> <b>10:30 Bible Study w/Pastor Frances, B</b> <b>12:30 Singalong, O</b> <b>1:45 Ear and Hearing Clinic w/Dr. Stuart, B</b> <b>2:00 Shopping at Walmart, O</b> <b>2:30 Warlock Pool Tournament, R66</b> 4:00 Mad Hatter Contest and Game Time, B 6:00 Card Games, B	<b>Wear Fall Sweater</b> <b>7</b> <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</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>2:00 Express Errands, O</b> <b>2:30 Making Life Easy Program w/Home Helpers, B</b> <b>3:30 Fall Sweater &amp; Apple Cider Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors <b>8</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, B <b>9</b> 1:15 Chicken Foot, LL 3:00 Resident Choice Game <b>3:25 Cowboys Vs. Cincinnati, R66</b> 6:30 Resident Card Games, B	<b>COLUMBUS DAY</b> <b>10</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR <b>3:30 Legacy Health Chat, B</b> 6:00 Card Games, B	<b>YOM KIPPUR</b> <i>starts at sunset</i> <b>11</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 Witches With Attitude Social w/Sunshine, CR</b> 6:00 Card Games, B	<b>12</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 <b>11:00 Glitz &amp; Blitz (Vendor), L</b> 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, B <b>4:00 Senior Fit Test w/Legacy, CR</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>13</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:00 Misc. Errands, O</b> <b>10:30 Bible Study w/Pastor Frances, B</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> <b>3:30 Let's Get Wicked w/Jacque, B</b> 6:00 Card Games, B	<b>Wear Pink Day</b> <b>14</b> <b>9:30 Pink Star Walk w/ Our 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>2:00 Express Errands, O</b> <b>2:30 Making Life Easy Program w/Home Helpers, B</b> <b>3:30 Think Pink Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors <b>15</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, B <b>16</b> 1:15 Chicken Foot, LL 3:00 Resident Choice Game <b>3:25 Cowboys Vs. Green Bay, R66</b> 6:30 Resident Card Games, B	<b>17</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 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	<b>9:30 Chair Yoga Class, CR</b> <b>18</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B	<b>19</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 4:00 Pumpkin Bowling Game & Pumpkin Pie, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> <b>20</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:00 Misc. Errands, O</b> <b>10:30 Bible Study w/Pastor Frances, B</b> <b>11:00 Gary's Sales (Vendor), L</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> 6:00 Card Games, B <b>6:00 A Wicked Good Time (Big Event), DR</b>	<b>Wear Pink Day</b> <b>21</b> <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Blood Pressure Clinic w/Encompass</b> <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>2:30 Making Life Easy Program w/Home Helpers, B</b> <b>3:30 Birthday Bash, L</b> 6:00 Card Games, B	9:30 Walking Warriors <b>22</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>23</b> 9:00 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>24</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR <b>3:30 Afternoon Social w/ Esteem Home Health, B</b> 6:00 Card Games, B	<b>Make a Difference Day</b> <b>25</b> <b>Wear Camo Day</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>11:00 Casper Kind Messages, L</b> 2:30 Art Expression, AR 6:00 Card Games, B	<b>26</b> <b>Wear Western Day</b> <b>8:00 Out to Winstar Casino, O</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, B <b>3:30 Book Club, LL</b> <b>4:00 Scavenger Hunt w/Legacy, L</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>Jersey Day</b> <b>27</b> <b>9:30 Balance Class w/Legacy, CR</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:00 Misc. Errands, O</b> <b>10:30 Bible Study w/Pastor Frances, B</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> <b>3:30 Brewing Up Trouble w/ Encompass, B</b> 6:00 Card Games, B	<b>Wear Witches Hats</b> <b>28</b> <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</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>2:00 Express Errands, O</b> <b>2:30 Making Life Easy Program w/Home Helpers, B</b> <b>3:30 Let's Get Wicked Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors <b>29</b> 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>30</b> 9:00 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B <b>7:30 Cowboys Vs. Philadelphia, R66</b>	<b>HALLOWEEN</b> <b>31</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR <b>3:30 Halloween Social, B</b> 6:00 Card Games, B					