

Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

Pumpkin spice: This orange squash has long been a popular fall dessert ingredient, but pumpkin spice — a blend of pumpkin, cinnamon, nutmeg, ginger and allspice — now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

Salted caramel: Specialty sea salt is the perfect partner for caramel, the chewy confection made by boiling sugar and mixing in cream, butter and vanilla. The sweet-and-salty combination was first developed in France before showing up stateside in ice cream, coffee drinks, chocolate candies, brownies, cookies and more.

Apple cider: From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer. The seasonal beverage is often featured in muffins and other sweets, including apple cider donuts, a favorite at fall festivals.

Maple: This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles, and can be used in baked goods or added to coffee, tea or ice cream. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.



How About Them Apples?

Apple pie, apple butter, caramel apples — America's favorite fall fruit is as versatile as it is delicious. Autumn is when the crop is harvested and apples are at their freshest.



- More than 2,500 varieties of apples are grown in the United States, and more than 7,500 types are produced worldwide.
- After they are planted, apple trees grow four to seven years before producing fruit.
- Once established, an apple tree can live for more than 100 years.
- Apple varieties range in size from as small as a cherry to as big as a grapefruit. The largest apple ever picked weighed 3 pounds.
- A mature tree can produce 400 to 800 pounds of apples per year.
- Apples are part of the rose family, just like pears, plums and peaches.
- China grows the most apples, followed by the United States, Turkey, Poland and Italy.
- The apple is the official fruit of six states: Illinois, Minnesota, New York, Vermont, Washington and West Virginia.

Arts and Crafts

Come and join us every Tuesday for an Arts and Crafts class!



Resident of the Month!

Our Life Enrichment Activity Program would like to recognize Nellie Slawson. Nellie likes to participate in different activities like socials, singalongs, movie time and being part of our big events. She also has a beautiful voice and likes to sing every time she has a chance. Thank you, Nellie, for your sweet smile and personality. We are so happy to have you here at Lewisville Estates.



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 Boogie Down at the Disco Themed Party and Assisted Living Week. In October, we have many fall festivities, including Fall in Love Fashion Show, Halloween Dress-Up Week, Door Decorating Contest, employees Pumpkin Carving Contest and Halloween Social. Our main event will be held Thursday, Oct. 16: Cocktails & Costumes (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 by 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



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

OCTOBER 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

- Eleonore Murray, 4th
- Richard Nelson, 5th
- Lorenzo Marines, 8th (Employee)
- Lillian Schauseil, 9th
- Jane Bedford, 12th
- Kathryn Ingram, 16th
- Annaliza Holtzclaw, 21st (Employee)
- Inge Reece, 23rd
- LaRee Traylor, 24th
- Jean Alexander, 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 12:00 Cowboys Vs. Los Angeles, R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	Door Decoration Contest Begins 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 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 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 3:15 Bible Study, TH 3:30 Adult Coloring Club, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	Pizza Month 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:00 Baking Spooky Fun Mini Pizzas, DR 6:00 Card Games, B	Wear Fall Sweater 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 3:30 Fall Sweater & Apple Cider Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 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 3:25 Cowboys Vs. Green Bay, R66 6:30 Resident Card Games, B	COLUMBUS DAY 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:30 Fall in Love Fashion Show, L 3:15 Trivia Club, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:15 Witches With Attitude Social w/Sunshine, CR 6:00 Card Games, B	8:00 Out to Winstar Casino, O 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 3:00 Wii Games w/Max, F 3:15 Bible Study, TH 4:00 Ring Toss of Fire, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:15 Warlock Pool Tournament, R66 3:30 A Wicket Good Time w/Jacque, B 6:00 Card Games, B	9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 3:30 Think Pink Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 2:30 Movie Time With Pastor Frances, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
Food Drive Week 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 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Witch Hat Craft, CR 6:00 Card Games, B	National Chocolate Cupcake Day 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 3:15 Bible Study, TH 3:30 Decorate a Spooky Chocolate Cupcake, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Hocus Pocus Social w/Legacy, B 6:00 Card Games, B 6:00 Cocktails & Costumes (Main Event), DR	9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 3:30 Birthday Bash, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 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 3:25 Cowboys Vs. San Francisco, R66 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Shopping at Aldi, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Pumpkin Bowling, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 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 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 3:15 Bible Study, TH 3:30 Book Club, LL 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:30 Busy Hand Club, R66 3:15 Welcome Home New Residents, CR 6:00 Card Games, B	9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 3:30 Witches Brew Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 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 3:25 Cowboys Vs. Washington, R66 6:30 Resident Card Games, B	Candy Corn Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Candy Corn Toss, B 6:00 Card Games, B	HALLOWEEN 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 3:30 Halloween Social, B 6:00 Card Games, B				