

Preserving Veterans' Stories (Continued)

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.

Activities to Remember

November is a busy month with the holidays quickly approaching. Don't forget about all the wonderful activities being planned. Weekly schedules will be handed out each Saturday, just in case there are changes to the calendar. Reminders for special events will be sent out the evening before, so be sure to check your doors in the morning.



Here is a list of important dates to remember in November:

- Nov. 6:** Camo Day — Dress in your best camo outfit
- Nov. 11:** Honor Our Veterans Social
- Nov. 13:** Red, White & Blue Day — Honor our vets by wearing the colors of America
- Nov. 20:** Twin Day — Match outfits with your best friend
- Nov. 21:** Lewisville Estates Thanksgiving Day Parade
- Nov. 26:** Thanksgiving Day
- Nov. 27:** Wacky Legging Day — Wear your craziest leggings

Please don't hesitate to reach out if you have any questions about events this month!

Meghan Cholette
Activity Director

An Attitude of Gratitude

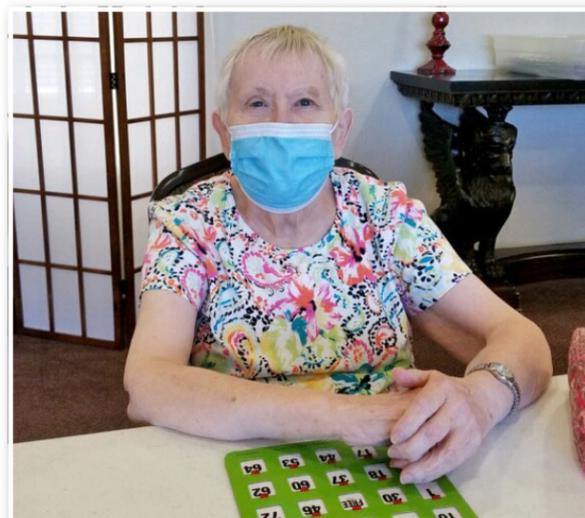
A thankful heart is a happy heart — it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



The Lewisville Estates Lifestyle

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

Like Us!

NOVEMBER 2020

Dear Residents, Families and Friends,

November is a wonderful time to remember all the things we are thankful for. This year, I am especially thankful for the health of our community. Lewisville Estates has done a fantastic job protecting residents from Covid-19, and I hope to continue to safeguard everyone as the new Executive Director. I am also grateful to be joining such a wonderful family and look forward to getting to know everyone more.

Things have looked different this year, as we are unable to hold our normal large holiday events. Please know, our team is working to bring the best holiday activities, even on a limited basis. With these restrictions still in place, we have decided to host a car parade for our residents to enjoy. Please watch out for more information coming soon! It will be our very own Lewisville Estates Thanksgiving Day Parade.

I am so excited to be leading this amazing community full of wonderful residents, dedicated staff and supportive family members. I know this has been a difficult year on everyone, and my hope is as we begin to move forward, we can encourage our residents to socialize (safely) and participate in our group activities.

Please let me know if there is anything I can do for you, and again, thank you for allowing me to lead this community.

Kolbee Kurtz
Executive Director



Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

(Continued on back.)



NOVEMBER 2020

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 & Thursday, 10 a.m.
Walmart
- Wednesday, 10 a.m.
Post Office/Bank
- Thursday, 2:30 p.m.
Misc. Errands
- Friday, 9:30 a.m.
Express Errands
- Friday, TBA
Field Trips/Outing

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--|---|
| <p>DAYLIGHT SAVING TIME ENDS 1</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>3:00 Resident Choice Game</p> <p>4:30 Trivia on the Go</p> <p>7:20 <i>Cowboys vs. Eagles, R66</i></p> | <p>9:30 Walking Warriors</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>2:00 Pokeno for Prizes, CR</p> <p>4:00 Resident Advisory Meeting, CR</p> | <p>ELECTION DAY 3</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>11:00 Morning Devotional, CR</p> <p>2:30 Brain Busters Trivia, CR</p> <p>4:00 Ambassadors Meeting, CR</p> | <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>2:30 Grab & Go Snacks, CR</p> <p>3:30 Senior Dance Class, CR</p> | <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>4:00 Social Hour, CR</p> | <p>6</p> <p>Wear Camo Day</p> <p>10:00 Current Events Social, L</p> <p>10:00 Bible Study, CR</p> <p>11:15 Chair Yoga & Stretch, G</p> <p>3:00 Grab & Go Happy Hour, CR</p> | <p>7</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>2:30 Movies and Popcorn, TH</p> |
| <p>8</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>3:00 Resident Choice Game</p> <p>3:25 <i>Cowboys vs. Steelers, R66</i></p> <p>4:30 Trivia on the Go</p> | <p>9</p> <p>9:30 Walking Warriors</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Busy Hands Club, R66</p> | <p>10</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>11:00 Morning Devotional, CR</p> <p>2:30 Crafters Corner, CR</p> <p>4:00 Sensational Singers, CR</p> | <p>VETERANS DAY 11</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>3:00 Honor Our Veterans Social, CR</p> | <p>12</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>4:00 Social Hour, CR</p> | <p>13</p> <p>Wear Red, White & Blue Day</p> <p>10:00 Current Events Social, L</p> <p>10:00 Bible Study, CR</p> <p>11:15 Chair Yoga & Stretch, G</p> <p>3:00 Grab & Go Happy Hour, CR</p> | <p>14</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>2:30 Movies and Popcorn, TH</p> |
| <p>15</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>3:00 Resident Choice Game</p> <p>4:30 Trivia on the Go</p> | <p>16</p> <p>9:30 Walking Warriors</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Busy Hands Club, R66</p> | <p>17</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>11:00 Morning Devotional, CR</p> <p>2:30 Brain Busters Trivia, CR</p> <p>4:00 Sensational Singers, CR</p> | <p>18</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>2:30 Grab & Go Snacks, CR</p> <p>3:30 Senior Dance Class, CR</p> | <p>19</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>4:00 Social Hour, CR</p> | <p>20</p> <p>Dress As a Twin Day!</p> <p>10:00 Current Events Social, L</p> <p>10:00 Bible Study, CR</p> <p>11:15 Chair Yoga & Stretch, G</p> <p>3:00 Grab & Go Birthday Bash, CR</p> | <p>21</p> <p>9:30 Walking Warriors</p> <p>10:00 Lewisville Estates' Thanksgiving Day Parade, FP</p> <p>10:30 Coffee & Conversation, L</p> <p>2:30 Movies and Popcorn, TH</p> |
| <p>22</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>3:00 Resident Choice Game</p> <p>3:25 <i>Cowboys vs. Vikings, R66</i></p> <p>4:30 Trivia on the Go</p> | <p>23</p> <p>9:30 Walking Warriors</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Busy Hands Club, R66</p> | <p>24</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>11:00 Morning Devotional, CR</p> <p>2:30 Crafters Corner, CR</p> <p>4:00 Sensational Singers, CR</p> | <p>25</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>2:30 Grab & Go Snacks, CR</p> <p>3:30 Senior Dance Class, CR</p> | <p>THANKSGIVING 26</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>9:30 Grocery Orders</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>3:30 <i>Cowboys vs. Washington, R66</i></p> <p>4:00 Social Hour, CR</p> | <p>27</p> <p>Wear Wacky Leggings Day!</p> <p>10:00 Current Events Social, L</p> <p>10:00 Bible Study, CR</p> <p>11:15 Chair Yoga & Stretch, G</p> <p>3:00 Grab & Go Happy Hour, CR</p> | <p>28</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>2:30 Movies and Popcorn, TH</p> |
| <p>29</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>3:00 Resident Choice Game</p> <p>4:30 Trivia on the Go</p> | <p>30</p> <p>9:30 Walking Warriors</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Busy Hands Club, R66</p> |  | | <p>Birthdays</p> <p>Jocelyn Barona, 4th (Employee)</p> <p>Marie Shea, 5th</p> <p>Emma Miller, 6th</p> <p>Geneva Johnson, 13th</p> <p>Judy Kuhn, 13th</p> <p>Nelson Trent, 23rd</p> <p>Carmine Rueli, 26th (Employee)</p> | | |