



Residents, Families And Friends

Happy November! Please take some time to appreciate all the things that you are thankful for. Our families, our friends, and all the wonderful people in our lives. And as the leaves change into reds and golds, make sure you tell your loved ones how important they are; and continue to spread kindness all around you.

We had an amazing October this year! From our fun spirit days to our spooky Halloween celebrations, it was truly a great time that we are so happy all our residents got to enjoy.

This November, I am very excited to announce that we will be having our very own Thanksgiving feast for our residents and family members to enjoy! Here at Lewisville Estates, we know how important it is to spend Thanksgiving with your families and we want to make sure that everyone can enjoy a wonderful meal with their loved ones. Please keep an eye on your email for more details about this event. In the meantime, check out our calendar so you don't miss out on all the fun events we have coming up this month such as: our trip to the aquarium, our Thanksgiving main event, and our fall craft projects to decorate your door for the season!



NOVEMBER 2022

Employee of the Month!

Ladies and Gentlemen, Lewisville Estates would like to recognize John Mark West as our Employee of The Month for November! John Mark is always going above and beyond for our residents. There's never a moment when he's not smiling or helping out! You exceed our expectations at every step, and we appreciate the results you produce! Thank you for the warm personality and outstanding work John Mark, you're greatly appreciated! We're beyond happy to have you here at Lewisville Estates!



INDEPENDENT LIVING

NOVEMBER 2022

Locations

- Parking Lot PL
- Bistro B
- Community Room CR
- Dining Room DR
- Fitness Room FR
- Garden G
- Library LL
- Lobby L
- Outing O
- Route 66 R66
- Theater TH

Transportation Schedule:

- Monday, 10AM** (Grocery Stores)
- Tuesday & Thursday, 10AM** (Walmart)
- Wednesday, 10AM** (Post Office/Bank)
- Thursday, 2:30PM** (Misc. Errands)
- Friday, 9:30AM** (Express Errands)
- Friday, TBA**(Field Trips/Outings)
- 1-Barbara Moore
- 1-Jim Vanderburg
- 3-Judy Kuhn
- 3-Brenda Patterson
- 6-Emma Miller
- 13-Geneva Johnson
- 18-Jesse Martinez
- 22-Claryce Talbert
- 29-Carol Brooks
- 29-Oma Richardson

"Care less for your harvest than for how it is shared, and your life will have meaning and your heart will have peace."
—Kent Nerburn

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Balance Class w/ Legacy(CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Adult Coloring Club 12:00 Puzzle Mania 1:00 Outburst Game 2:00 Pokeno for Prizes 3:30 Hand & Foot	2 10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Walk This Weigh w/ Jada 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 1:00 rounds of Cornhole 2:00 Skip 3:00 Dominos/42/Mexican Train	3 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 1:00 Grapevine Aquarium 2:30 Misc. Errands	4 10:00 Bible Study 10:30 Walk This Weigh w/ Jada 11:00 Spades 12:00 Knitting and Crotchet Class 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Lima Bean Auction, Thanksgiving Edition	5 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Home For the Holidays
6 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	7 9:45 Dollar General 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Apple Picking Contest 3:30 Hand & Foot 6:00 Wild N' Bingo Night!	8 10:00 Balance Class w/ Legacy(CR) 10:00 Holy Communion 10:00 Walmart Shopping (O) 11:00 Morning Devotional 12:00 Puzzle Mania 2:00 Skip- Bo Click (B) 2:30 Town Hall Meeting	9 10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Walk This Weigh w/ Jada 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 1:00 Spades Class 2:00 Thanksgiving Word Scrabble 3:00 Dominos/42/Mexican Train	10 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Spades 12:00 Puzzle Mania 2:00 Let's create A Thanksgiving Tree! 2:30 Misc. Errands 3:30 Watermelon by The Garden!	11 Veterans Day 10:00 Bible Study 11:00 Spades 12:00 Puzzle Mania 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Veterans Honoring Social	12 10:30 The Coffee Club 2:00 "Pop Goes The Bingo" 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Curly Sue
13 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	14 9:45 Tom Thumb 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Skip-Bo Click 3:30 Hand & Foot	15 9:00 WinStar Casino 10:00 Balance Class w/ Legacy(CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 2:00 Rounds of Cornhole 3:00 Skip- Bo Click	16 10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Walk This Weigh w/ Jada 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 1:00 Beach Volleyball 2:00 What Are You Thankful For? 3:00 Dominos/42/Mexican Train	17 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 2:00 Spades 2:30 Misc. Errands 3:00 Thanksgiving Celebration Main Event!	18 10:00 Bible Study 10:30 "Walk This Weigh" Exercise 11:00 Spades 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Root Beer Float Social	19 10:30 The Coffee Club 11:00 Puzzle Mania 11:30 Thankful Thanksgiving Lunch! 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Family Thanksgiving
20 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	21 9:45 Dollar Tree 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 1:00 Fish Bowl Game 2:00 Pokeno 3:30 Hand & Foot	22 10:00 Balance Class w/ Legacy(CR) 10:00 Holy Communion 10:00 Walmart Shopping (O) 11:00 Adult Coloring Club 12:00 Puzzle Mania 1:00 Outburst Game 2:00 Find Tom The Turkey! 3:30 Hand & Foot	23 10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Walk This Weigh w/ Jada 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 1:00 Outburst Game 2:00 Knitting & Crotchet Class 3:00 Dominos/42/Mexican Train	24 Thanksgiving 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 11:00 Spades 12:00 Uno & Friends 2:00 Skip-Bo Crew 3:00 Knitting & Crochet Club	25 10:00 Bible Study 10:30 "Walk This Weigh" Exercise 11:00 Spades 12:00 Knitting & Crochet Club 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 "Have a Seat and Drink" Social	26 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: The Blind Side
27 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	28 9:45 Kroger 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Pokeno 3:30 Hand & Foot	29 10:00 Balance Class w/ Legacy(CR) 10:00 Holy Communion 10:00 Walmart Shopping (O) 11:00 Nails and All by: Jada 12:00 Puzzle Mania 1:00 Outburst Game 2:00 Chicken Foot 3:30 Hand & Foot	30 10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Walk This Weigh w/ Jada 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 1:00 Epic Ring Toss 2:00 Food Forum 3:00 Dominos/42/Mexican Train			

Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts: *Door décor.* Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

Pumpkin planter. Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

Festive foliage. Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

Artsy acorns. Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.



Plan a Healthy Feast

You don't need to feel as stuffed as the holiday bird after your Thanksgiving dinner. There are simple ways to lighten up the traditional meal and even add nutritional value without sacrificing taste. Try some of the following ideas when preparing your feast this year.

Better baked goods. Swap white flour for whole-wheat flour to create healthier homemade bread and rolls. Use an egg substitute in place of whole eggs in cornbread. Replace oil with applesauce in muffins and cakes.

Slimmer stuffing. Lighten up your stuffing by replacing a portion of the bread cubes with chopped onions, carrots, parsnips or apples. Or turn to versions that call for brown rice, barley or quinoa rather than bread. Instead of chicken stock, use vegetable broth. If your recipe includes pork sausage, opt for leaner turkey sausage.

Potato mashup. When made with heavy cream and butter, mashed potatoes are high in fat and calories. Try switching to skim milk and using fat-free sour cream. Replacing half of the potatoes with mashed cauliflower will cut calories and add nutrients.

Simple sweet potatoes. Instead of making a sweet potato casserole, let the vegetable's natural sweetness shine with some simple preparation.

