



# The Lewisville Estates Lifestyle

Independent Living  
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

November 2015

## Dear Residents, Family, and Friends:

We had a busy and productive October. Thank you to all who participated in the Alzheimer's Walk, Breast Cancer Awareness, Cooking Demo, Halloween Party and flu clinic. I know the trip to the Pumpkin Patch and to Winstar Casino were extra special! Please check your calendar for all that is happening this month!



November is all about celebrating what we are grateful for. Let us spend this month thinking about all the people who have made a difference in our lives. What did they do that created an extraordinary life experience? As a community, we can enhance others quality of life by donating a canned food item to the box at the front entryway. Items will be donated to our local food pantry and will be available in the lobby until Nov. 23.

Get ready, the Turkey is on the way! Please join us in celebration: Thanksgiving Buffet Luncheon on Saturday, Nov. 14, at 12:30 p.m. Reservations must be made in advance no later than Nov. 6.

I hope this month brings you warm memories of family, food, football and the beautiful changing colors of the leaves.

With a warm heart,  
Jessica Hazelton  
Executive Director

## Resident of the Month

Our Life Enrichment Activities program (L.E.A.P) would like to recognize Mrs. Vera Keiser. Mrs. Vera likes to participate in lots of activities like Bingo, Arts and Crafts, Pokeno, and being part of our big event. Mrs. Vera is one of our news residents, and she has made so many friends in a short period of time. Thank you, Mrs. Vera, for your amazing personality and awesome smile. We are so glad to have you here at Lewisville Estates.



# LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

NOVEMBER 2015

## 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 10 a.m. Albertsons
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA
- Field Trips/Outing
- Friday 2 p.m. Express Errands

## Birthdays

- Jan Kirby, 4th
- Mary Manhart, 5th
- Ralf Saucelo, 15th (Employee)
- Antonia Cuevas, 24th (Employee)
- Camine Rueli, 26th (Employee)
- Joseph Freshnock, 28th
- Max Jones, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DAYLIGHT SAVING TIME ENDS</b> 1 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>Fall Decoration Contest Begins</b> 2 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 Pumpkin Bowling, B 6:00 Card Games, B	<b>ELECTION DAY</b> 3 <b>9:00 Podiatrist, AR</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 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 4 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR <i>2:00 Sassy Senior \$1 Bingo, CR</i> <b>2:30 Fall Craft With Jacque, AR</b> 3:00 Wii Games w/Max, F 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:00 Podiatrist, AR</b> 5 <b>9:30 Balance Class w/ Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/ Pastor Frances, B</b> <b>11:00 Glitz &amp; Blitz (Vendor), L</b> 2:00 Shopping at Walmart, O 6:00 Card Games, B	9:30 Walking Warriors 6 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge Bridge, CR <b>1:45 Ear &amp; Hearing Clinic w/Dr. Stuart, B</b> <b>2:00 Express Errands, O</b> <b>3:30 Sadie Hawkins Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 7 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
10:00 Bible Study Singalong, L 8 10:30 Bible Study, B 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 9 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> <b>10:15 Veterans Luncheon, 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>Fall Decoration Winner Announcement</b> 10 <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B <b>10:00 Hearing Loss Seminar w/ Ear &amp; Hearing Clinic</b> 10:30 Dress Up Nails w/Avon, R66 10:30 Rosary Service, B <b>2:30 Town Hall Meeting, CR</b> <b>3:30 Thanksgiving Social With Sunshine, CR</b> 6:00 Card Games, B	<b>VETERANS DAY</b> 11 <b>7:00 Men's Breakfast, O</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 <i>2:00 Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:00 Bible Study, B <b>3:30 Veterans Day Social, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 12 <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/ Pastor Frances, B</b> <b>11:00 Gift Galore (Vendor), L</b> 2:00 Shopping at Walmart, O <b>3:30 Why I'm So Unsteady? With Jacque, B</b> 6:00 Card Games, B	9:30 Walking Warriors 13 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Family Time Happy Hour, L</b> 6:00 Card Games, B <b>10:30 Out to Babe's Chicken, O</b>	9:30 Walking Warriors 14 10:30 Coffee & Conversation, L <b>12:30 Thanksgiving Feast, DR</b> 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 15 10:30 Bible Study, B 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 16 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 Pumpkin Bowling, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> 17 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B <b>10:00 Nourish Your Skin (Vendor), L</b> 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 18 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR <i>2:00 Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F <b>3:30 Diabetes Health Talk, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 19 <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:30 Bible Study w/ Pastor Frances, B</b> 2:00 Shopping at Walmart, O 4:00 Apple Cider Social & Fall Game, B 6:00 Card Games, B	9:30 Walking Warriors 20 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Birthday Bash, L</b> 6:00 Card Games, B	9:30 Walking Warriors 21 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
10:00 Bible Study Singalong, L 22 10:30 Bible Study, B 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 23 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 With Jean, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> 24 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L <b>2:30 Christmas Wreaths, AR</b> 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 25 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR <i>2:00 Sassy Senior \$1 Bingo, CR</i> 3:00 Bible Study, B 3:00 Wii Games w/Max, F <b>3:30 Book Club, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>THANKSGIVING DAY</b> 26 <b>9:00 Macy's Parade, R66</b> <b>10:30 Bible Study w/ Pastor Frances, B</b> <b>2:00 Thanksgiving Wonder Word Search, B</b> 2:45 Family Movie (Miracle on 34th Street), TH 6:00 Card Games, B	9:30 Walking Warriors 27 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>11:00 Out to Mama's Daughters' Diner, O</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Let's Be Thankful Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 28 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
10:00 Bible Study Singalong, L 29 10:30 Bible Study, B 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 30 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 Ring Toss of Fire, B 6:00 Card Games, B					

## Active Aging Week!

We had so much fun during Active Aging Week at Lewisville Estates with our great exercise programs, arts and crafts and our line dancing class



Line dancing class



Wreath making



Exercise Class

## Wall of Honor

Since it was dedicated in November 1982, the Vietnam Veterans Memorial — often referred to as “the wall” — has stood as a simple but powerful symbol of sacrifice and healing.

The V-shaped wall stands on 3 acres on the northwest corner of the National Mall. Its panels of polished black granite are etched with the names of more than 58,000 service members who gave their lives or remain missing due to the Vietnam War.

Decorated Vietnam veteran Jan C. Scruggs came up with the idea to build a memorial to those who served in the war. Beginning in 1979, he led the fundraising effort, and within two years, more than \$8 million in private donations was raised for the project, which required no government funding. A nationwide contest for the memorial’s design was held, and the entry from 21-year-old Yale architecture student Maya Lin was chosen.

In the years since its completion, the Vietnam Veterans Memorial has become one of the most visited sites in Washington, D.C.



## Health and Wellness Urinary Incontinence

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder re-training, relaxation training, clothing adaptations, environmental changes/modification, dietary management and pelvic floor exercises. Did you know Legacy Healthcare has a continence management program that addresses many of the above mentioned behavioral techniques? This program has helped many individuals achieve positive results.

If you have any continence or wellness related questions, please contact your physician or the staff in the Therapy Department.