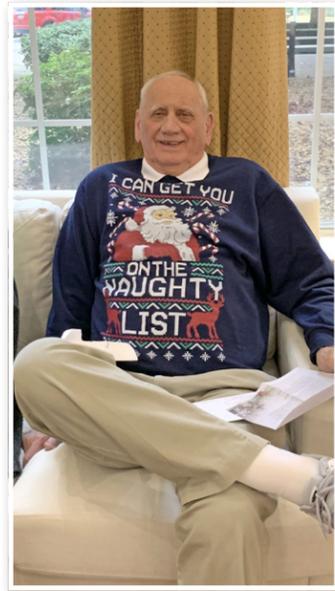


Fun and Festive Fashions

Festive designs with clashing colors and lots of embellishments ... That's the idea behind the ugly holiday sweater tradition.



Holiday-patterned knitted pullovers first became popular after World War II. Called jingle bell sweaters, they featured winter scenes such as snowflakes and reindeer. In the 1980s, several TV and movie characters sported updated styles of the nostalgic sweaters as well as new ones with bold, colorful patterns, which were fashionable at the time.

A new tongue-in-cheek trend was sparked in 2001, when two friends in Canada threw a party and asked their guests to wear ugly holiday sweaters. The gathering grew into an annual event, and others joined in the festive practice. People began scouring thrift stores for vintage sweaters while brand-new ugly sweaters showed up in department stores and on fashion runways. Getting decked out in the novelty garments has become a jolly way to celebrate the season.

When it comes to ugly sweaters, the flashier, the better! Holiday patterns are often adorned with sequins, pompoms, bows, garland and even lights. At this time of year, many parties feature ugly sweater contests, with participants competing for the title of tackiest design.

Mr. New Year's Eve

When the clock strikes midnight on New Year's Eve, countless revelers will burst into a chorus of "Auld Lang Syne." The Scottish folk song has become a holiday tradition thanks largely to one man, bandleader Guy Lombardo, nicknamed "Mr. New Year's Eve."

Born in Ontario to a musical family, Lombardo, his three brothers and several friends formed the Royal Canadians in 1924. Five years later, the band performed a live radio broadcast from New York City's Roosevelt Hotel on Dec. 31. They bid farewell to the old year by playing "Auld Lang Syne," which the Lombardos knew from their childhood and often used as a show finale.

The group's annual radio show continued until 1956, when it made the switch to TV. Viewers tuned in each holiday to watch Lombardo and his Royal Canadians, which grew into a 16-piece orchestra, play popular and classic tunes, and see the crowds gathered in Times Square.

After nearly 50 years of festivities, Lombardo led his last show in 1976. But his legacy lives on as his rendition of "Auld Lang Syne" is the first song played after the ball drops in Times Square.



Dear Residents, Families and Friends

Lewisville Estates feels radiant with the warmth of family, visitors, and increasing holiday cheer as we wait for Christmas to get here! Please pay special attention to our December calendar as you will understand all that is done to make the season bright. Please know that we have many wonderful events leading up to the nights before Christmas: Deck the Halls door decorating contest, van excursion light tour, weekly Happy Hours, holiday crafts, and special vendors. We will be hosting our Family and Resident Christmas Tree Forest on Dec. 12, at 6:15 p.m.

Happy December,
Erin Montgomery
Executive Director

Indulging in Eggnog

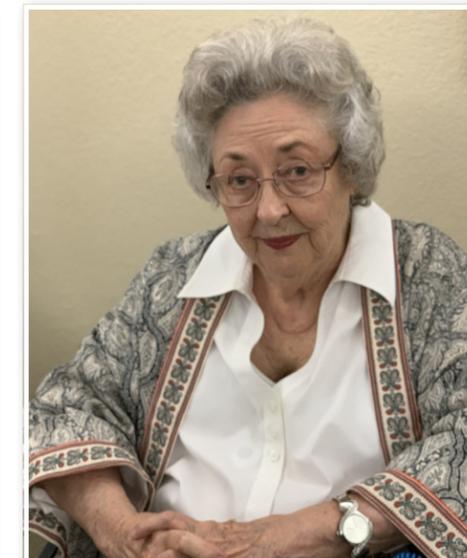
Rich, creamy, sweet and spicy, eggnog is a favorite holiday treat.

Before evolving into the drink we know today, eggnog began as a medieval English punch called posset, which was served hot. Since its ingredients of milk, eggs, some type of alcohol, and spices were expensive, posset was reserved for special occasions and used when toasting to prosperity and good fortune.

In the 1700s, settlers brought their posset recipes with them to Colonial America. Historians believe the name "eggnog" emerged around this time and may derive from the word "noggin," the term for a wooden cup used to serve drinks like posset, or "grog," an alcoholic beverage.

Before the days of refrigeration, eggnog was more likely to be whipped up during the winter months. This led to it becoming a staple beverage served at holiday parties.

Along with homemade versions, more than 15 million gallons of commercially made eggnog are sold in the U.S. each year. The drink's popularity has inspired a range of eggnog-flavored products, such as coffee, ice cream and baked goods. Dairy-free varieties of eggnog are also available.



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

DECEMBER 2019

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

Birthdays

Virginia Stiff, 1st
Pauline Welch, 1st
Crystal Guillory, 3rd (Employee)
Erin Montgomery, 3rd (Employee)
Lisa Hail, 5th (Employee)
Lauren Stark, 7th (Employee)
Crystal Regalado, 8th (Employee)
Mary Van Hooff, 8th
Priscilla Torres, 9th (Employee)
Darlene Schatzman, 9th
Mike Shea, 11th
Ken Weaver, 20th
Casey Ringo, 21st (Employee)
Charlotte Hughes, 27th
Jeanine Nichols, 29th

Transportation Schedule

Monday, 10 a.m.

Grocery Stores

Tuesday, 10 a.m.

Walmart

Wednesday, 10 a.m.

Post Office/Bank

Thursday, 10 a.m.

Walmart

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 |
|---|--|--|--|--|---|--|
| Deck the Halls Decorating Contest Begins 1 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 6:00 Chicken Foot 6:30 Resident Card Games, B | Exercise w/Jacque of A.R.T., CR 2 10:00 Coffee & Snacks Monday Social, L Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Trivia Club, R66 6:00 Hand & Foot Card Game, B | Chair Zumba Class w/Patty, CR 3 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B Krafts by Kay (Mini Mall Experience), CR 12:00 1:00 Bridge Club, B Christmas Stocking Decoration, CR 3:15 6:00 Hand & Foot Card Game, B | National Cookie Day 4 Out to the Arboretum, O 9:00 Exercise w/Jacque of A.R.T., CR 9:30 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 6:00 Nickel (Card Game), B 6:45 Christmas Movie Night w/a Friend, TH | Balance Class w/Legacy, CR 5 Shopping at Walmart, O 10:00 10:00 Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR 10:15 Singalong, O Out to TJ Maxx, O Misc. Errands, O 2:30 Trivia Club, R66 4:00 Mexican Train, LL Cowboys Vs. Chicago, R66 7:20 | St. Nicholas Day 6 Wear Christmas Socks Day Express Errands, O 9:30 10:00 Current Events Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR 10:30 Bridge Club, B 1:00 Wonder Word Challenge 2:00 Dear Santa, I Can Explain Happy Hour, L 3:30 Hand & Foot Card Game, B 6:00 | National Pearl Harbor Remembrance Day 7 9:30 Walking Warriors 10:30 Coffee & Conversation, L Christmas Music, L 1:00 Card Games, B Christmas Movies and Popcorn, TH 2:30 Billiards (Pool) 3:30 Chicken Foot 6:00 Crazy Card Game, B 7:00 |
| 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 8 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B | Exercise w/Jacque of A.R.T., CR 9 10:00 Coffee & Snacks Monday Social, L Big Lots, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Making Christmas Cards, B 3:30 6:00 Hand & Foot Card Game, B | Chair Zumba Class w/Patty, CR 10 Shopping at Walmart, O 10:00 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B Town Hall Meeting, CR 2:30 Christmas Hats Decorations, CR 3:30 6:00 Hand & Foot Card Game, B | Out to Winstar Casino, O 11 Exercise w/Jacque of A.R.T., CR 9:30 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR Christmas Door Decorations w/Legacy, B 3:30 Nickel (Card Game), B 6:00 Christmas Movie Night w/a Friend, TH 6:45 | National Cocoa Day 12 Gingerbread House Day Balance Class w/Legacy, CR 9:30 Shopping at Walmart, O 10:00 10:00 Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR 10:15 Out to Burlington, O 12:30 Singalong, O Misc. Errands, O 2:30 Naughty or Nice Social Hour w/Jacque, B 3:00 Mexican Train, LL Forest of the Trees (Main Event), L 6:15 | Wear Jingle Bells 13 12 Days of Christmas Begins Express Errands, O 9:30 10:00 Current Events Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR 10:30 Out to Mama's Daughter Diner, O 11:00 Bridge Club, B 1:00 Wonder Word Challenge 2:00 Jingle Bell Rocks, L 3:30 Hand & Foot Card Game, B 6:00 | 9:30 Walking Warriors 14 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Christmas Movies and Popcorn, TH 2:30 Billiards (Pool) 3:30 Chicken Foot 6:00 Crazy Card Game, B 7:00 |
| 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 15 9:00 Bible Study, CR 1:15 Chicken Foot, LL Gospel Singing w/Andy 2:30 Resident Choice Game Cowboys Vs. LA Rams, R66 3:25 6:00 Chicken Foot 6:30 Resident Card Games, B | Exercise w/Jacque of A.R.T., CR 16 10:00 Coffee & Snacks Monday Social, L Dollar Tree, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L 2:30 Candy Cane Toss, B 4:00 Hand & Foot Card Game, B 6:00 | "A Christmas Carol" Story Day 17 Chair Zumba Class w/Patty, CR 9:30 Shopping at Walmart, O 10:00 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B White Elephant Social w/Sunshine, CR 2:30 Hand & Foot Card Game, B 6:00 | Exercise w/Jacque of A.R.T., CR 18 Post Office/Bank, O 10:00 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR Warm Wishes Social w/Jason, B 3:30 Book Club: Beaches, LL 3:30 Nickel (Card Game), B 6:00 Christmas Movie Night w/a Friend, TH 6:45 | Balance Class w/Legacy, CR 19 Shopping at Walmart, O 10:00 10:00 Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR 10:15 Singalong, O 12:30 Misc. Errands, O 2:30 Lima Bean Auction, CR 3:00 Mexican Train, LL Christmas Light Tour, O 6:00 | Christmas Sweater Day 20 Express Errands, O 9:30 10:00 Current Events Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR 10:30 Bridge Club, B 1:00 Wonder Word Challenge 2:00 A Christmas Wish Birthday Bash, L 3:30 Hand & Foot Card Game, B 6:00 | WINTER BEGINS 21 Humbug Day 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Christmas Movies and Popcorn, TH 2:30 Billiards (Pool) 3:30 Chicken Foot 6:00 Crazy Card Game, B 7:00 |
| HANUKKAH BEGINS AT SUNSET 22 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 Cowboys Vs. Philadelphia, R66 3:25 6:00 Chicken Foot 6:30 Resident Card Games, B | Exercise w/Jacque of A.R.T., CR 23 10:00 Coffee & Snacks Monday Social, L Tom Thumb, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Star Kids Musical, L 2:30 Jingle Bell Toss, B 4:00 Hand & Foot Card Game, B 6:00 | Christmas Eve 24 Wear Christmas Hats Eggnog Day Chair Zumba Class w/Patty, CR 9:30 10:00 Catholic Communion, B Shopping at Walmart, O 10:00 10:30 Rosary Service, B 1:00 Bridge Club, B Christmas Eve and Eggnog Social, B 2:00 Art Expression, CR 2:30 Hand & Foot Card Game, B 6:00 | CHRISTMAS DAY 25 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Christmas Wonder Word Search, L Christmas Movies, TH 2:30 Nickel (Card Game), B 6:00 Christmas Movie Night w/a Friend, TH 6:45 | Candy Cane Day 26 Balance Class w/Legacy, CR 9:30 Shopping at Walmart, O 10:00 10:00 Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR 10:15 Singalong, O 12:30 Busy Hand Club, R66 2:00 Misc. Errands, O 2:30 Candy Cane Toss, B 3:30 Mexican Train, LL 6:00 | Express Errands, O 27 9:30 10:00 Current Events Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR 10:30 Out to Cotton Patch Cafe, O 11:00 Bridge Club, B 1:00 Wonder Word Challenge 2:00 A Toast of Celebration Happy Hour, L 3:30 Hand & Foot Card Game, B 6:00 | 9:30 Walking Warriors 28 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Christmas Movies and Popcorn, TH 2:30 Billiards (Pool) 3:30 Chicken Foot 6:00 Crazy Card Game, B 7:00 |
| 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 29 9:00 Bible Study, CR Cowboys Vs. Washington, R66 12:00 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B | Exercise w/Jacque of A.R.T., CR 30 10:00 Coffee & Snacks Monday Social, L Kroger, O 10:00 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Pets and Senior Wellness, B 3:30 Hand & Foot Card Game, B 6:00 | NEW YEAR'S EVE 31 Champagne Day Chair Zumba Class w/Patty, CR 9:30 Shopping at Walmart, O 10:00 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B New Year's Toast, L 2:30 Hand & Foot Card Game, B 6:00 | | | | |