



## Dear Residents, Families And Friends

This is the season of joy. The season of sipping hot cocoa while we watch holiday classics. The season of decking the halls and going out to see the twinkling Christmas lights dance across the night sky. Bake some delicious cookies while you sing along to your favorite songs. Spend time with your loved ones and make sure to do the things that spark joy for you.

In November, we had such an amazing time with all our residents. I want to thank everyone who came out to our Thanksgiving lunch. It was so wonderful to see all of you, and I hope that everybody had a great experience.

This December is going to be filled with festivities and merriment! We will be going out to see all the beautiful Christmas lights around town, as well as having outings to local restaurants so make sure to sign up in the transportation book. Get your jingle bells ready for all the live music that we have planned for this month. Keep checking your calendar to make sure you don't miss out on any of the fun stuff we have coming up!

As always, I am so grateful to have all of you be a part of our community. Without the care and dedication of our residents, family members, and staff, Lewisville Estates would not be the same exceptional place that it is.

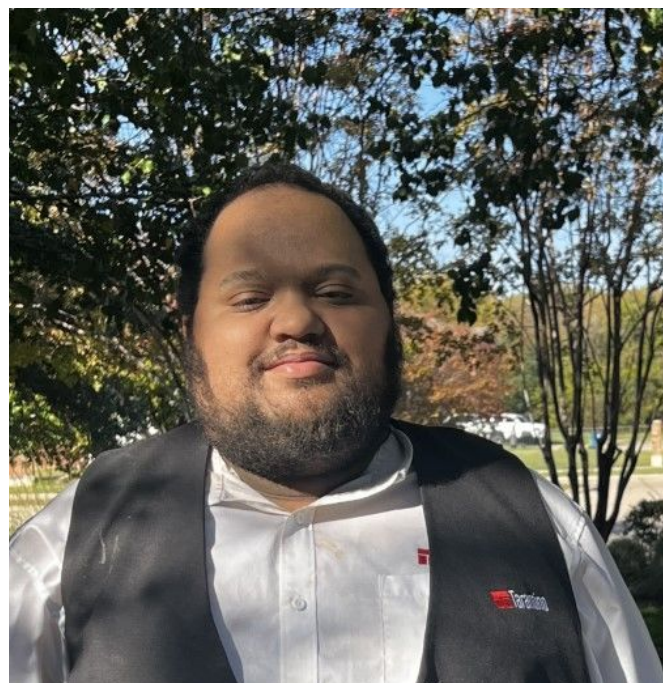
Smitha Krishnan  
Executive Director



## DECEMBER 2022

### Employee of the Month for December 2022!

Ladies and Gentlemen, we would like to announce Louie Zepeda as the Employee of the Month for December 2022! He is beyond dedicated and always takes pride in his work! Louie shows up and shows out for our residents, and they love every bit of it! We'd like to strive to celebrate the outstanding work you do, so this month you have the spotlight! You always go the extra mile in any and everything that you do. We appreciate you more than you'll ever know. Congratulations, Louie, and thanks for being a part of The Lewisville Estates Family!!



INDEPENDENT LIVING

**DECEMBER 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)

**Happy Birthday to You All!**

- 12-Dorolyn Potts
- 25-Billy J. Elder
- 31-Jean Holmes

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."  
—Martin Luther King Jr.

*Activities Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 2:00 Christmas Ornament Craft 2:30 Misc. Errands 3:30 Crosswords before dinner	2 10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 11:00 Spades 12:00 Puzzle Mania 1:30 Wahoo Board Game 2:00 Uno & Friends 5:00 <i>Steak Night- "Resident Appreciation Event and Dinner"</i>	3 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: The Blindside
4 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	5 9:45 Dollar General 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 1:00 Cribbage 2:00 Christmas Cookies and Movies 3:30 Hand & Foot	6 10:00 Balance Class w/ Legacy(CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 1:00 Corn Hole 2:00 Christmas In A Jar 3:30 Hand & Foot	7 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 2:00 Christmas Cookies Decoration 3:00 Dominos/42/Mexican Train	8 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 2:00 Let's Decorate The Christmas Tree! 2:30 Misc. Errands 3:00 Skip- Bo Click (B)	9 10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 11:00 Spades 12:00 Puzzle Mania 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Lima Bean Auction (Christmas Edition)	10 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: This Christmas
11 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	12 9:45 Tom Thumb 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 1:00 Knitting & Crotchet Class 2:00 Dollar Dollar Bingo 3:30 Hand & Foot	13 10:00 Balance Class w/ Legacy(CR) 10:00 Holy Communion 10:00 Walmart Shopping (O) 11:00 Knitting & Crotchet Class 12:00 Puzzle Mania 1:00 Adult Coloring Club 2:30 Town Hall Meeting 3:30 Hand & Foot	14 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 2:00 Christmas Songs 3:00 Dominos/42/Mexican Train	15 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 2:00 Christmas Stories 2:30 Misc. Errands 3:00 "Jingle All The Way" Christmas Main Event 3:30 Crosswords before dinner	16 10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 11:00 Prairie House Restaurant 11:00 Spades 12:00 Puzzle Mania 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Hot Cocoa & Marshmallows Social	17 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Last Holiday
18 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	19 9:45 Dollar Tree 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Pokeno for Prizes 3:30 Hand & Foot 6:30 Christmas Bingo Night	20 10:00 Balance Class w/ Legacy(CR) 10:00 Walmart Shopping (O) 11:00 Spades Class 12:00 Puzzle Mania 1:00 Adult Coloring Club 2:00 Pizza & a Christmas Movie! 3:30 Hand & Foot	21 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 3:00 Dominos/42/Mexican Train	22 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 2:00 Christmas Caroling 2:30 Misc. Errands 5:30 Trip to The Christmas Lights!	23 10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 11:00 Spades 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Dance the hour Away Social Hour	24 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Elf!
25 Christmas 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	26 Christmas (Observed) 9:45 Kroger 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Grubs and Holiday Movies 3:30 Hand & Foot	27 10:00 Balance Class w/ Legacy(CR) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 1:00 Skip- Bo Click (B) 2:00 Texas Hold Em' 3:30 Hand & Foot	28 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 2:00 Food Forum 3:00 Dominos/42/Mexican Train	29 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 2:30 Misc. Errands	30 10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 10:30 Walk This Weigh Exercise w/ Jada 11:00 Hard Eight BBQ 11:00 Spades 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 New Year's Resolution Social Hour	31 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: New Year



## The Origin of Christmas

Observed on Dec. 25, Christmas celebrates the birth of Jesus Christ, the central figure in Christianity. According to Christian tradition, the infant Jesus was born to the Virgin Mary, placed in a manger, and visited by shepherds and wise men. Nativity scenes depicting these figures in a stable setting are popular holiday decorations. Other common Christmas symbols, such as evergreen trees and Yule logs, originate from ancient celebrations of the winter solstice. Those who celebrate Christmas often exchange gifts with loved ones, and children look forward to receiving gifts from Santa Claus.



## Memorable Melody: 'Jingle Bell Rock'

Turn on the radio or enter a shopping mall this time of year, and you're bound to hear this hoppin' holiday hit, released by Bobby Helms in 1957. Written by two admen, Joseph Carleton Beal and James Ross Boothe, and featuring guitarist Hank Garland, the song mixes elements of the classic carol "Jingle Bells" with trendy tunes of the era, including "Rock Around the Clock." Within two days of its debut, "Jingle Bell Rock" became a top 10 single, and continues to dominate the airwaves every holiday season.

## Jingle All the Way

The jolly sound of sleigh bells ringing is a sign that winter's on its way. Bells have long been placed on horse harnesses as good luck charms, and before cars were invented, sleigh bells signaled that a horse-drawn carriage was coming down the street. This was especially important when snowy paths softened the sound of the animals' hooves, linking the jingle of bells to the winter season.

