

A “Cuppa” Trivia

Cozy up to these facts about hot beverages:

- Scientists say hot drinks have a strong psychological effect. In one experiment, people holding hot beverages were seen as friendlier than those with iced ones.
- Mulled drinks, like apple cider, get an extra punch of flavor and fragrance from simmering in mulling spices, typically allspice, cinnamon, cloves and nutmeg.
- Many coffee drinks are made with espresso, steamed milk and frothed milk, creating unique flavors and textures. Treat yourself to one of the latest trends and order a breve — a rich, creamy latte that uses half-and-half instead of milk.
- Sipping a hot drink will warm you up, but did you also know it can help you cool off? That’s why hot tea is popular in warm climates like India; the beverage boosts your body temperature enough to make you sweat, which cools you down.



Nutrition Goals for the New Year

Let’s use the new year as motivation to dig into some healthy eating habits!

Share meals with others. Dining alone can cause you to eat quickly, which can lead to weight gain; or skipping meals can prevent you from getting proper nutrition. Share meals with friends and family members.

Enjoying many types of food prevents meals from being boring and gives you a wider variety of nutrients your body needs. Maybe you think you don’t like a certain vegetable or food because you’ve only had it cooked one way. Branch out and try it prepared differently. You may find a new favorite!

Practice moderation. Instead, reduce portion sizes of your favorite foods, or splurge on a treat just once a week.



Employee of the Year!

Lewisville Estates would like to recognize Hilda Ibarra as our Employee of the Year! Hilda represents Lewisville Estates in the best of ways. For many, she is the first smiling face they see when they walk through our doors. Her positive energy is infectious, and she is guaranteed to put you in a good mood just by talking to her. Not only is she positive, but she also is incredibly hardworking and never backs down from a problem. Hilda is always the first to volunteer to help whenever someone needs a hand. We appreciate everything she does for our Community and are honored to have Hilda as our Employee of the Year!



Happy New Year, Lewisville Estates!

Happy New Year, 2022! Gratitude is a word that comes to mind when reviewing this month’s activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.

December was a lovely month full of holiday activities. What a festive month with all the trees throughout the Community! A special thank-you to all the vendors who participated in the holiday spirit. We want to give a big shout-out to all of our staff and how hard they worked all year round, but especially our Employee of the Year, Hilda Ibarra. She has continuously gone above and beyond for both our residents, family members, and her fellow staff members throughout the year. She has truly embodied the values of Lewisville Estates and Tarantino Properties.

We would also like to recognize Debra Langley and Carlos Rodrigues on their five-year anniversary with Tarantino and Lewisville Estates. We appreciate their hard work and dedication. We know that our growth and success is dependent on having devoted and capable team members and want to recognize their contributions in helping us achieve our goals.

January will also be a busy month filled with many outings in the community and our Winter Wonderland Main Event. A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was and is very appreciative.

As we begin 2022, may we remain thankful for all we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing the quality of life for all our residents. May 2022 be the best year yet!

Thank you from all of the staff at Lewisville Estates.



ASSISTED LIVING
AL#010063

JANUARY 2022

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Birthdays

- Olivia Ozor, 4th (Employee)
- John Mark West, 8th (Employee)
- Pauline Morrow, 12th
- Michelle Louro, 15th
- Leticia Tot, 26th (Employee)

Transportation Schedule

- Monday, 10 a.m.
Grocery Stores
- Tuesday & Thursday, 10 a.m.
Walmart
- Wednesday, 10 a.m.
Post Office/Bank
- Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>NEW YEAR'S DAY 1</p> <p>10:00 Exercise Class w/Elise, L</p> <p>10:30 Word of the Day</p> <p>2:00 Saturday Fun Activity, L</p> <p>3:15 Saturday Movie and Popcorn</p>
<p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Chicken Foot, AR</p> <p>3:00 Cinema Sundays, L</p>	<p>National Chocolate-Covered Cherry Day</p> <p>10:00 Exercise w/Legacy, L</p> <p>10:00 Dollar Tree Shopping, O</p> <p>10:30 "The Prize Is Right" and Snack Social, L</p> <p>1:30 Bible Study w/the Yellow Rose Hospice, L</p> <p>3:30 Chocolate-Covered Cherry Trivia, L</p> <p>4:00 Adult Coloring Club, AR</p>	<p>10:00 Catholic Communion</p> <p>10:00 Exercise Class, L</p> <p>10:45 Fancy Nails, AR</p> <p>2:00 Fun Bingo Afternoon, DR</p> <p>3:30 Word of the Day, L</p> <p>4:00 Puzzle Mania, AR</p>	<p>10:00 Chair Yoga, L</p> <p>10:30 Puzzle Mania, AR</p> <p>2:00 Snack Cart Social</p> <p>2:30 Name Your Game!, AR</p> <p>3:00 Snowball Toss Game, L</p> <p>4:00 Outdoor Walking</p>	<p>9:30 Grocery Orders</p> <p>10:00 Chair Zumba, L</p> <p>10:00 Walmart Shopping, O</p> <p>10:45 Fancy Nails, AR</p> <p>2:00 Crafting w/Patty, AR</p> <p>4:00 Giant Crossword Puzzle, L</p>	<p>New Year's Resolution Week</p> <p>10:00 Chair Exercise, L</p> <p>10:30 1:1 Session w/Patty</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 New Year's Resolutions Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>10:00 Exercise Class w/Elise, L</p> <p>10:30 Word of the Day</p> <p>2:00 Saturday Fun Activity, L</p> <p>3:15 Saturday Movie and Snack, L</p>
<p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Chicken Foot, AR</p> <p>3:00 Cinema Sundays, L</p>	<p>10:00 Exercise w/Legacy, L</p> <p>10:30 "The Prize Is Right" and Snack Social, L</p> <p>1:30 Bible Study w/the Yellow Rose Hospice, L</p> <p>3:00 Fun Afternoon Game, L</p> <p>3:30 Lima Bean Auction, L</p> <p>4:00 Wonder Word Search, AR</p>	<p>National Milk Day</p> <p>9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L</p> <p>10:00 Exercise Class, L</p> <p>10:45 Roll the Dice, L</p> <p>2:00 Fun Bingo Afternoon, DR</p> <p>3:30 Milk and Cookies Social, L</p> <p>4:15 Trivia, L</p>	<p>10:00 Chair Yoga, L</p> <p>10:45 Name That Tune, AR</p> <p>1:30 General Store, L</p> <p>2:00 Snack Cart Social</p> <p>2:30 Town Hall Meeting, L</p> <p>3:00 Uno Game, AR</p> <p>4:30 Wonder Word Search, L</p>	<p>9:30 Grocery Orders</p> <p>10:00 Chair Zumba, L</p> <p>10:00 Walmart Shopping, O</p> <p>10:45 Balloon Volleyball, L</p> <p>2:00 Crafting w/Patty, AR</p> <p>3:30 Winter Wonderland Main Event, L</p> <p>4:00 Puzzle Mania Social, LL</p>	<p>National Pizza Week</p> <p>10:00 Chair Exercise, L</p> <p>10:30 1:1 Session w/Patty</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Let's Have a Pizza Party During Social Hour, L</p> <p>3:30 Men's Workshop, AR</p> <p>4:00 Name Your Game!, AR</p>	<p>10:00 Exercise Class w/Elise, L</p> <p>10:30 Word of the Day</p> <p>2:00 Saturday Fun Activity, L</p> <p>3:15 Saturday Movie and Popcorn</p>
<p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Chicken Foot, AR</p> <p>3:00 Cinema Sundays, L</p>	<p>MARTIN LUTHER KING JR. DAY</p> <p>10:00 Exercise w/Legacy, L</p> <p>10:00 Dollar Tree Shopping, O</p> <p>10:30 "The Prize Is Right" and Snack Social, L</p> <p>1:30 Bible Study w/the Yellow Rose Hospice, L</p> <p>3:00 Fun Afternoon Game, L</p> <p>4:00 Adult Coloring Club, AR</p>	<p>10:00 Catholic Communion</p> <p>10:00 Exercise Class, L</p> <p>10:45 Fancy Nails, AR</p> <p>2:00 Fun Bingo Afternoon, DR</p> <p>3:30 Snowball Toss Game, L</p> <p>4:00 Puzzle Mania, AR</p>	<p>National Popcorn Day</p> <p>10:00 Chair Yoga, L</p> <p>10:30 Puzzle Mania, AR</p> <p>2:00 Snack Cart Social</p> <p>3:00 Mexican Train, AR</p> <p>4:00 Outdoor Walking</p>	<p>9:30 Grocery Orders</p> <p>10:00 Chair Zumba, L</p> <p>10:00 Walmart Shopping, O</p> <p>10:45 Fancy Nails, AR</p> <p>2:00 Crafting w/Patty, AR</p> <p>4:00 Giant Crossword Puzzle, L</p>	<p>National Hot Tea Month</p> <p>10:00 Chair Exercise, L</p> <p>10:30 1:1 Session w/Patty</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Tea Party and Snacks Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>10:00 Exercise Class w/Elise, L</p> <p>10:30 Word of the Day</p> <p>2:00 Saturday Fun Activity, L</p> <p>3:15 Saturday Movie and Snack, L</p>
<p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Chicken Foot, AR</p> <p>3:00 Cinema Sundays, L</p>	<p>National Peanut Butter Day</p> <p>10:00 Exercise w/Legacy, L</p> <p>10:30 "The Prize Is Right" and Snack Social, L</p> <p>1:30 Bible Study w/the Yellow Rose Hospice, L</p> <p>3:00 Fun Afternoon Game, L</p> <p>4:00 Wonder Word Search, AR</p>	<p>National Opposite Day</p> <p>10:00 Exercise Class, L</p> <p>10:45 Roll the Dice, L</p> <p>2:00 Fun Bingo Afternoon, DR</p> <p>3:30 Scrapbooking Club, AR</p> <p>4:15 Trivia, L</p>	<p>10:00 Chair Yoga, L</p> <p>1:30 General Store, L</p> <p>2:00 Snack Cart Social</p> <p>3:00 Uno Game, AR</p> <p>3:30 Activity Meeting w/Patty & Peanut Butter Crackers, L</p> <p>4:30 Wonder Word Search, L</p>	<p>National Chocolate Cake Day</p> <p>9:30 Grocery Orders</p> <p>10:00 Chair Zumba, L</p> <p>10:00 Walmart Shopping, O</p> <p>10:45 Balloon Volleyball, L</p> <p>2:00 Crafting w/Patty, AR</p> <p>4:00 Puzzle Mania Social, LL</p>	<p>10:00 Chair Exercise, L</p> <p>10:30 1:1 Session w/Patty</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Birthday Bash Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>10:00 Exercise Class w/Elise, L</p> <p>10:30 Word of the Day</p> <p>2:00 Saturday Fun Activity, L</p> <p>3:15 Saturday Movie and Popcorn, L</p>
<p>7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Chicken Foot, AR</p> <p>3:00 Cinema Sundays, L</p>	<p>10:00 Exercise w/Legacy, L</p> <p>10:30 "The Prize Is Right" and Snack Social, L</p> <p>1:30 Bible Study w/the Yellow Rose Hospice, L</p> <p>3:00 Fun Afternoon Game, L</p> <p>4:00 Wonder Word Search, AR</p>					