

Lewisville Birthdays!

It's September and we have a few special days coming up!



Be sure to wish the following folks a great birthday!

Peggy Harris 9-27

Transportation Schedule

Monday 10 a.m. Albertsons

Tuesday 10 a.m. Walmart

Wednesday 10 a.m. Post Office/Bank

Thursday 10 a.m. Miscellaneous Errands

Thursday 2 p.m. Walmart

Friday Field Trips/Outing

Retirement Never Tasted so Good *Continued*

Your quality of life, as well as your physical and mental health, depends on what you eat and how much you eat at each meal. With easy access to fully prepared, well-balanced meals, seniors are more likely to eat properly and cut out the high risks associated with poor nutrition.

September

"When the goldenrod is yellow,
And leaves are turning brown -
Reluctantly the summer goes
In a cloud of thistledown.

When squirrels are harvesting
And birds in flight appear -
By these autumn signs we know
September days are here."

Poem by Beverly Ashour



The Lewisville Estates
Lifestyle

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LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

Retirement Never Tasted So Good: How Dining and Nutrition Can Impact Your Quality of Life



Nutrition may not be the first thing that comes to mind when you think of retirement, but it does play an enormous role in all aspects of your life. According to seniorliving.com, "Many [senior citizens] end up not eating balanced meals. [They] fix things that are easy and quick, but don't provide the right nutrition." Poor nutrition can lead to a mirage of other issues, including illness,

weight gain, diabetes, high cholesterol, and even mental confusion and depression. Dining at senior communities is now rivaling top restaurants with their 5 star meals! According to APlaceforMom.com, delicious, made-to-order meals were the second biggest requirement when looking at Senior Living Communities.

Story continues on back ->

Active Aging Week

09/23 Opening Ceremony

Time: 8:00am
Place: Lobby

09/23 Scrap Art Exhibit

Time: 9:00am - 4:00pm
Place: Lobby

09/24 March Off/Battle of Bands

Time: 4:00pm
Place: Flagpole

09/25 Age Before Beauty

Time: 1:00pm
Place: Lobby

09/26 Silver Lining Culinary School

Time: 10:00am - 5:00pm
Place: Community Rm

09/27 County Fair

Time: 4:00pm
Place: Lobby

09/27 Closing Ceremony

Time: 8:00pm
Place: Dining Room



LOCATIONS KEY

Activity Room - AR Library - LL
 AL Parking Lot - ALPL IL Lobby - ILL
 Country Store - CS Outing - O
 Dining Room - DR Spa - Spa
 IL Dining Room - ILDR Theater - TH
 Lobby - L

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR	2 Labor Day 10am Dominos, AR 3pm Labor Day Movie, L	3 10am Walmart, O 10am Senior Spelling Bee, AR 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 2pm Brain Games, AR 3pm Matinee Movie, L	4 9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 2pm Happy Hour, L 3pm Town Hall Meeting, L 3:30pm Ambassadors Meeting, L	5 9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 4pm Derby Horse Racing, L	6 9:30am Stretch & Grow, AR 10am Art Expression (Recycle Art), AR 12pm Country Store Shopping, CS 2pm Milk and Cookies (social), L	7 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR
8 National Grandparents Day 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR	9 9:30am Sit & Be Fit, AR 10am Scrabble Dabble, AR 10:30am Current Events, L 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Basketball Toss, L 3:30pm Jungle Race, AR	10 10am Let's Talk Trivia, L 10am Walmart, O 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 2pm Sit Down Volley Ball, AR 3pm Matinee Movie, L	11 9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 1pm Ping Pong Plunk, AR 2pm 9/11 Remembrance, L	12 9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 4pm Senior Crossword Crazy, AR	13 9:30am Stretch & Grow, AR 10am Art Expression (Recycle Art), AR 12pm Country Store Shopping, CS 1pm Questions and Answers for all, AR 2pm Sunny Sundae Social, L	14 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR
15 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR	16 9:30am Sit & Be Fit, AR 10:30am Current Events, L 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Ring Toss, L 3:30pm Jungle Race, AR	17 10am Great Big Word Find, AR 10am Walmart, O 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 2pm Timeless Trivia, AR 3pm Matinee Movie, L 3pm Rowdy Ring Toss, L	18 9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 10am Find Your Happiness, L 2pm Birthday Bash, L 3pm Parachute Pop, AR	19 9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 3:30pm Count Your Blessing, L 4pm Ring of Fire (darts), L	20 9:30am Stretch & Grow, AR 10am Art Expression, AR 12pm Country Store Shopping, CS 1pm Parachute Pop, AR 2pm Bucket Bonanza, L	21 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR
22 First Day of Autumn 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR	23 7am Breakfast Of Champions, DR 9:30am Sit & Be Fit, AR 10:30am Current Events, L 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Lets Share Receipes, L 3:30pm Jungle Race, AR	24 10am Walmart, O 10:30am Minute to Win It, AR 1pm Scrabble Dabble (Game of Words & Spelling), AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 2pm Volley And Bounce Ball, AR 3pm Talk about Healthy Choices, L 3pm Matinee Movie, L	25 9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 1pm Football Toss, L 2pm Outburst (team game), AR 3pm Chicken Soup for the Soul (stories),L	26 9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L	27 9:30am Stretch & Grow, AR 10am Art Expression (Recycle Art), AR 12pm Country Store Shopping, CS 1pm Scrabble Dabble, AR 2pm Indoor Darts, L 3pm Where's Waldo?, AR	28 Good Neighbor Day 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR
29 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR	30 9:30am Sit & Be Fit, AR 10:30am Current Events, L 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Swat Ball, AR 3:30pm Jungle Race, AR					