

Hello Residents of Lewisville Estates

This month moves us closer to fall, and hopefully warmer weather! The week of **September 21** is national aging week. Legacy is going to be helping serve refreshments and appetizers for your happy hour on **September 24** when you travel to California.

Legacy Healthcare is continuing our monthly health talks in both IL and AL. We also have a balance clinic that was held every **Thursday at 10:30am**. Starting in September we will start having it every **Thursday at 10:00am**. If you're at risk for falls, been relying on your walker more or have bad ankles or knees this class you don't want to miss!

Finally, for all you lucky residents of AL, you will continue to see us **every Thursday afternoon at 1:30PM** and **Friday morning at 9:30 in the activity room** for our 30 minute, head to toe exercise class, stretch & grow.

Please let us know if we can assist you with anything. We are here to serve you and help you age in place.

Beth Denson and the Legacy Healthcare Team
Suite 336, 972-420-8543

Management Team Members

Executive Director	Jessica Hazelton
AL Director	Katie Lee
Business Office Director	Erin Montgomery
Sales & Marketing Director	Heather Wickman
IL Resident Programming	Patty Skinner
AL Resident Programming	Stephnie Coufal
Plant Operations	Bill Williams
Dining Director	Monte Melugin
Sales Counselor	Lauren Stark

Current Events

9/5 Lunch at Cracker Barrel
Time: 10:30am
Where: Outing

9/9 Men's Breakfast
Time: 7am
Where: Outing

9/10 Town Hall Meeting
Time: 3pm
Where: Lobby

9/15 Legacy Health Talk
Time: 3pm
Where: Private Dining Room

9/18 Fiesta
Time: 6pm
Where: ILDR

9/19 Lunch at Italian Village
Time: 10:30am
Where: Outing

9/30 Studio Movie Grill
Time: 2pm
Where: Outing



Photos above: Lewisville Estates Mini Alzheimer's Walk



Photo above: Onie and Helen enjoying art class



Happy September!

Sincere thanks to those of you who participated in the purchase of the school supplies. The supplies were delivered and everyone was very grateful! We are working with a local schools to provide volunteer opportunities to residents here at Lewisville Estates-stay tuned if you are interested in being a mentor for the children in our community. As we move into fall, our community supports the Alzheimer's Association. We will be participating in the Walk to End Alzheimer's on **September 13th**. The walk will be held in Denton, please see Stephnie if you would like to join us!

On **September 8-12th** we will be celebrating National Assisted Living Week. This year the national theme is to "Celebrate with Music". We will be having various activities and entertainment this week and would love to have you join in on the fun. Please see the calendar for dates and times.

Also during the week of the 22-26th we will have having our annual, Active Aging Week. We have many fun events planned and will be "Road Tripping around the U.S", starting off with a New York City Monday and ending up in Dallas on Friday! Stephnie will have many activities set up throughout the week incorporating all of the cities so please come on out to celebrate!

Just as a reminder we always have volunteer opportunities available, if you or someone you know that would like to help please see Stephnie and applications will be at the front with the concierge.

Katie Lee, LVN, AL Director

Happy Birthday!

May this birthday be just the beginning of a year filled with happy memories, wonderful moments and shining dreams!

Come and join us for our Texas birthday celebration on **Friday, September 26th at 2pm**.



Resident Birthdays

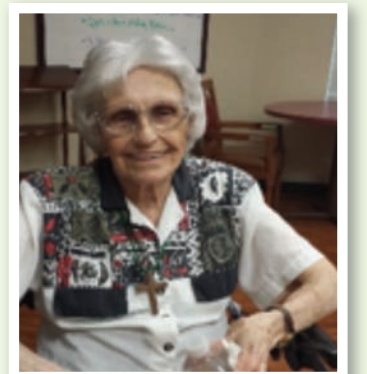
9/8 Wanda Callaway
9/9 Bernadette Hodgkiss

Employee Birthdays

9/16 Yulliza Moya
9/28 Bill Williams

Resident of the Month

Our L.E.A.P (Life Enrichment Activities Program) would like to recognize Mrs. Betty Ueckert. Betty is very active within the community. She enjoys playing bingo, going on outings, and helping others. Betty we commend you for your participation and encourage you to always remain active.



September 2014

Location Key

Activity Room - <i>AR</i> AL Parking Lot - <i>ALPL</i> Assisted Living Court Yard - <i>ALCY</i> Bistro - <i>B</i>	Country Store - <i>CS</i> Dining Room - <i>DR</i> IL Dining Room - <i>ILDR</i> Library - <i>LL</i>	IL Lobby - <i>ILL</i> Lobby - <i>L</i> Outing - <i>O</i> Private dining room, <i>PDR</i>	Room to room, <i>RR</i> Spa - <i>SPA</i> Theater - <i>TH</i>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Labor Day 9:30am Morning Refreshments, <i>AR</i> 10:15am Take a Guess Trivia, <i>L</i> 1pm Fun Flicks and Popcorn, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	3 9:30am Coffee in the Bistro, <i>B</i> 9:30am Catholic Communion, <i>RR</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Seniorsize, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>TH</i> 3:30pm Dominoes Club, <i>LL</i>	4 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3:30pm Rowdy Ring Toss, <i>L</i>	5 Popcorn Day 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:15pm Popcorn Toss and Popcorn, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 4pm Popcorn Fun Facts, <i>L</i>	6 9:30am Sit & Be Fit, <i>AR</i> 10:30am Lunch at Cracker Barrel, <i>O</i> 2pm Busy Bee Bash, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Jeopardy BUZZ, <i>PDR</i>	7 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with the Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
7 Grandparents Day 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Cookie and Punch Social, <i>L</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	8 Assisted Living Week 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Afternoon Refreshments, <i>L</i> 2:30pm Musical Minds, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9 7am Men's Breakfast, <i>O</i> 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Scrap Booking Club, <i>AR</i> 1:30pm Seniorsize, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>TH</i> 3:30pm Dominoes Club, <i>LL</i>	10 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Sentimental Sing-Along, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3pm Town Hall Meeting, <i>L</i> 3:30pm Bucket Bonanza, <i>L</i>	11 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:15pm Men's Club, <i>PDR</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 4pm Sports Related Songs, <i>L</i>	12 Chocolate Milk Shake Day 9:30am Sit & Be Fit, <i>AR</i> 10am Morning Refreshments, <i>L</i> 10:30am Word Find Club, <i>LL</i> 2pm Magic of Music with Paul Anderson, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:15pm Heavenly Hands & Nails, <i>AR</i>	13 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
14 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	15 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Afternoon Refreshments, <i>L</i> 3pm Legacy Health Talk, <i>PDR</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	16 9:30am Coffee in the Bistro, <i>B</i> 9:30am Catholic Communion, <i>RR</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Seniorsize, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>TH</i> 3:30pm Dominoes Club, <i>LL</i>	17 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:30pm Sassy Senior Bingo, <i>L</i> 3:30pm Dart Ball, <i>AR</i>	18 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Tea and Cookies Social, <i>LL</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 6pm Fiesta, <i>ILDR</i>	19 9:30am Sit & Be Fit, <i>AR</i> 10:30am Lunch at Italian Village, <i>O</i> 2pm Fiesta Fun, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Gutter Gang Bowling, <i>L</i>	20 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
21 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	22 Active Aging Week 9:30am Rocking with the Rockettes (Exercise Class), <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am New York Time & Coffee, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2:15pm NYC Style Social, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	23 Autumn Begins 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Bean Bag Baseball, <i>L</i> 1:30pm Seniorsize, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>TH</i> 3:30pm Dominoes Club, <i>LL</i>	24 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Guess the Celebrity, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 2:30pm Hollywood Walk of Fame, <i>L</i>	25 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Jelly Bean Roulette, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 4pm Magic Tricks with Noel, <i>L</i>	26 9:30am Sit & Be Fit, <i>AR</i> 10:30am Western Word Find, <i>LL</i> 2pm Birthday Bash w/ Cowboy Bob, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Wild West Shoot Out, <i>L</i>	27 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
28 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	29 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Afternoon Refreshments, <i>L</i> 2:30pm Good Ole' Reminiscing, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	30 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Scrap Booking Club, <i>AR</i> 1:30pm Seniorsize, <i>AR</i> 2pm Movie Studio Grill, <i>O</i> 2:30pm Matinee Movie & Popcorn, <i>L</i> 3:30pm Dominoes Club, <i>LL</i>				