



## Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

**Door décor** — Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

**Pumpkin planter** — Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

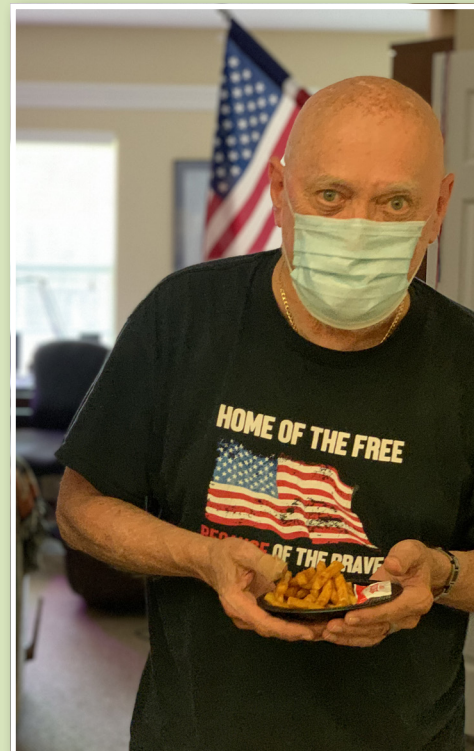
**Festive foliage** — Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

**Artsy acorns** — Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.

## A Handful of M&M's Trivia

It's the chocolate covered in a candy shell that "melts in your mouth, not in your hand." Munch on some facts about M&M's.

- A product of Mars Inc., about 400 million M&M's are made every day at the company's New Jersey and Tennessee factories.
- They were introduced in 1941 as U.S. military rations during World War II.
- The candies originally came in six colors: red, orange, yellow, green, purple and brown.
- When peanut M&M's debuted in 1954, they were only made in the color tan.
- The trademark "m" was first stamped on the pieces in 1950.
- When Mars wanted to replace its tan M&M's in 1995, they let fans choose the new color. In a choice between blue, pink or purple, blue won with 54% of the vote.
- A typical package today contains a mix of 30% brown candies, 20% each of yellow and red, and 10% each of orange, green and blue.
- M&M's are provided as a snack for astronauts aboard the International Space Station.
- Souvenir boxes of red, white and blue M&M's have been given out by the White House since 1988.
- The popular M&M's "spokescandy" characters first appeared in TV commercials in the 1950s.
- Today, chocolate lovers have their pick of M&M's in a variety of flavors and sizes.



## Dear Residents, Family and Friends

Happy October! Fall is officially here! We had a great month of September and loved getting to see everyone, as more residents got involved in our small group activities. We would love to see more residents at our activities, so please remember to sign up at the front desk.



Covid-19 cases are still very present in Denton county. We can all play our part to keep Lewisville Estates safe. We ask that you only leave the community for necessary medical appointments. Please remember you should be wearing a mask if you are outside of your apartment and when you answer your door. Also, please remember to wash your hands often and thoroughly. Please let the front office know if you start to experience any symptoms or if you don't feel well.

We have iPads and laptops available for virtual doctor appointments or virtual family gatherings. If you are interested in more information, please come see us in the front office. We can also assist in grocery orders and/or deliveries.

Thank you to everyone who is helping keep Lewisville Estates safe throughout the entire year!

*Erin Montgomery*  
Executive Director

## Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too! Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.



**OCTOBER 2020**

**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**

- Mykala Myers, 1st (Employee)
- Norbert Britton, 10th
- Nada Howard, 11th
- Maria Santillana, 12th (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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Halloween Door Decoration Contest Begins</b> <b>9:00 Flue Shots</b> 9:30 Grocery Orders <b>9:45 Chair Exercise, L</b> <b>2:30 Crafting w/ Patty, AR</b> 4:00 Giant Crossword Puzzle, L		<b>World Smile Day</b> <b>10:00 Hallway Senior Fitness</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Smile Be Happy During Social Hour</b> 4:00 Name Your Game!, AR	
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>12:00 Cowboys vs. Cleveland Browns (FOX), L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise w/Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L <b>1:00 Bible Study w/ the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Adult Coloring Club, AR	<b>10:00 Hallway Senior Fitness</b> 10:45 Guess Who? 1:00 100 & 200 Hallway Bingo <b>2:30 Puzzle Mania, AR</b> <b>3:00 200 &amp; 300 Hallway Bingo</b>	<b>National Chocolate Pretzel Day</b> <b>9:30 Tone Those Bones, AR</b> 10:30 Puzzle Mania, AR 1:30 Card Club, AR <b>2:00 Snack Cart Social</b> 3:30 White Board Game of Choice, L	9:30 Grocery Orders <b>9:45 Chair Exercise, L</b> <b>1:45 General Store, L</b> <b>2:30 Crafting w/ Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>I Love Yarn Day</b> <b>10:00 Hallway Senior Fitness</b> <b>10:15 Coffee and Checkers, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Let's Knit Our Way to Social Hour</b> 4:00 Name Your Game!, AR	<b>9:45 Chair Exercise, L</b> 10:30 Word of the Day <b>2:00 Saturday Hallway Bingo 100 &amp; 200</b> 3:00 Saturday Hallway Bingo 200 & 300
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>3:00 Cinema Sundays, L</b> <b>3:25 Cowboys vs. New York Giants (CBS), L</b>	COLUMBUS DAY <b>9:30 Exercise w/Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L <b>1:00 Bible Study w/ the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	<b>9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L</b> <b>10:00 Hallway Senior Fitness</b> 10:45 Roll the Dice, L 1:00 100 & 200 Hallway Bingo 1:30 Popcorn/Movie, L <b>3:00 200 &amp; 300 Hallway Bingo</b>	<b>Apple Month</b> <b>9:30 Tone Those Bones, AR</b> 10:30 Chicken Foot, AR 1:30 Card Club, AR <b>2:00 Snack Cart Social</b> <b>2:30 Farmers Market Cart</b>	<b>I Love Lucy Day</b> 9:30 Grocery Orders <b>9:45 Chair Exercise, L</b> <b>2:30 Crafting w/ Patty, AR</b> 4:00 Giant Crossword Puzzle, L	<b>World Food Day</b> <b>Pizza Month</b> <b>10:00 Hallway Senior Fitness</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Pizza Party Social Hour Cart</b> 4:00 Name Your Game!, AR	<b>9:45 Chair Exercise, L</b> 10:30 Word of the Day <b>2:00 Saturday Hallway Bingo 100 &amp; 200</b> 3:00 Saturday Hallway Bingo 200 & 300
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise w/Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L <b>1:00 Bible Study w/the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Adult Coloring Club, AR <b>7:15 Cowboys vs. Cardinals (ESPN), L</b>	<b>10:00 Hallway Senior Fitness</b> 10:45 Guess Who? 1:00 100 & 200 Hallway Bingo <b>2:30 Puzzle Mania, AR</b> <b>3:00 200 &amp; 300 Hallway Bingo</b>	<b>9:30 Tone Those Bones, AR</b> 10:30 Puzzle Mania, AR 1:30 Card Club, AR <b>2:00 Snack Cart Social</b> 3:30 White Board Game of Choice, L	9:30 Grocery Orders <b>9:45 Chair Exercise, L</b> <b>1:45 General Store, L</b> <b>2:30 Crafting w/ Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>10:00 Hallway Senior Fitness</b> <b>10:15 Coffee and Checkers, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Birthday Bash</b> 4:00 Name Your Game!, AR	<b>9:45 Chair Exercise, L</b> 10:30 Word of the Day <b>2:00 Saturday Hallway Bingo 100 &amp; 200</b> 3:00 Saturday Hallway Bingo 200 & 300
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>12:00 Cowboys vs. Washington</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise w/Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L <b>1:00 Bible Study w/ the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	<b>10:00 Hallway Senior Fitness</b> 10:45 Roll the Dice, L 1:00 100 & 200 Hallway Bingo 1:30 Popcorn/Movie, L <b>3:00 200 &amp; 300 Hallway Bingo</b>	<b>National Chili Month</b> <b>9:30 Tone Those Bones, AR</b> 1:30 Card Club, AR <b>2:00 Snack Cart Social</b>	<b>National Cat Day</b> 9:30 Grocery Orders <b>9:45 Chair Exercise, L</b> <b>2:30 Crafting w/ Patty, AR</b>	<b>Frankenstein Day</b> <b>National Candy Corn Day</b> <b>10:00 Hallway Senior Fitness</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Let's Get Wicked During Social Hour Cart</b> 4:00 Name Your Game!, AR	HALLOWEEN <b>9:45 Chair Exercise, L</b> 10:30 Word of the Day <b>2:00 Saturday Hallway Bingo 100 &amp; 200</b> 3:00 Saturday Hallway Bingo 200 & 300