

Building a Book Club

Book clubs can add an element of fun to reading. Whether you are in a group, want to start one, or are looking for ways to enhance your solo experience, consider these pointers:

Most book clubs meet once a month, in person or virtually, to talk about their recent pick. Adjust the schedule to what works for the group. Allow for enough time for folks to get their reading done by choosing books that are about 300 pages.

Deciding on a book can be a challenge. One solution is to let members make selections until each has had a chance to choose a title. Mix up genres; reading different types of stories expands your knowledge and enhances brain function.

When it's time to meet, serve refreshments—bonus points if they tie in to the book! Use the first few minutes for socializing, then dive in to the discussion. The person who picked the book may want to lead, but allow time for everyone to share their thoughts. If you need ideas to get the conversation going, many books come with book club questions and guides.

If you're reading on your own, you may find it meaningful to reflect on a book's discussion questions and journal your answers. You can also track your reading in a journal or a mobile app that lets you post a rating and a review of the book. Finally, make your reading time special by sipping a favorite beverage and enjoying a snack.



A Classic Detective Game

"Colonel Mustard, in the library, with a candlestick." That's a deduction you'd likely hear while playing the murder mystery board game Clue, in which players use their sleuthing skills to solve a whodunit.

Eliminating possible suspects, crime scenes and weapons has been popular entertainment since the game debuted in 1949. Inspired by murder mystery parlor games he'd seen played and the detective novels he enjoyed, Englishman Anthony Pratt and his wife, Elva, created a board game that used elements from both. The couple passed the time during World War II air raid blackouts designing and playing it.

Clue is set during a dinner party at Tudor Mansion, where host Mr. Boddy is found dead. Using the process of elimination, players try to figure out which of Boddy's six guests committed the crime, where and how. The mansion's nine rooms, six suspects and six weapons add up to over 300 possible crime scene combinations, so every game is different, making it fun to play again and again.

Clue remains one of the top 10 bestselling games. Its enduring popularity over the decades earned it the honor of being inducted into the National Toy Hall of Fame in 2017.



Dear Residents, Families and Friends

I am so excited to be welcoming in fall and cooler temperatures! It's my favorite time of the year; baseball playoffs, football season, all things pumpkin and apple spice, and of course Halloween! We had an amazing month in September. Lewisville Estates was voted number one in Denton County for Best Independent Living Community. Thank You to everyone who helped make this the amazing place it is!

I hope everyone enjoyed the Denim and Diamonds party and Assisted Living Week. We were also excited to welcome our new Dining Director, Shanika Brown. You can call her "Queen" or "Queenie." She is a recent transplant from North Carolina. She has been in the dining service for six years. She loves to prepare Italian dishes. She is a huge Pittsburgh Steelers fan, but I promised we would not hold that against her. Please stop by and introduce yourselves to her; she is very excited to join our family.

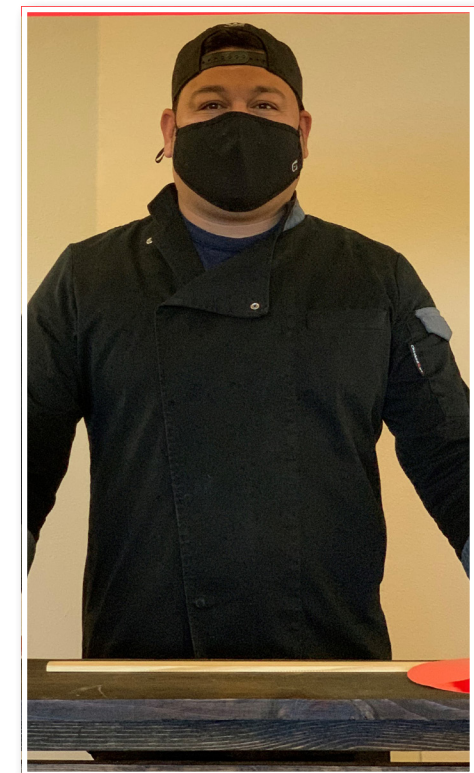
In October, we have many fall festivities, including the Halloween Social, outings and costume contests. Also, remember to check out our Facebook, Instagram and website for weekly picture updates.

Happy October!
Jennifer True
Executive Director



Employee of the Month!

Our Lewisville Estates Community would like to recognize Lorenzo Martinez, our Sous Chef, as our October Employee of the Month. Lorenzo is always ensuring our residents are happy, and he has stepped up to help when we need it. Lorenzo, we are so happy to have you as part of our team!



ASSISTED LIVING
AL#010063

OCTOBER 2021

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

- Nada Howard, 11th
- Maria Santillana, 12th (Employee)
- Jean Alexander, 29th

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

“A smile is a curve that sets everything straight.”
—Phyllis Diller

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 3 8:30 New Covenant Baptist Church, L 12:00 Cowboys vs. Carolina (FOX), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	National Taco Day 4 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 3:00 Let's Taco About Monday, L 4:00 Adult Coloring Club, AR	Halloween Door Decoration Contest Begins 5 10:00 Catholic Communion 10:00 Exercise w/Jacque, L 10:45 Fancy Nails, AR 12:00 Gift Galore (Vendor), AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	Mad Hatter Day 6 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:30 Outdoor Walking 4:00 Witch Hat Ring Toss, L	9:30 Grocery Orders 7 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	National Hair Day 1 Willy Wonka Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Time for Some Chocolate During Social Hour, L 4:00 Name Your Game!, AR	10:00 Exercise Class w/Elise, L 2 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 10 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:25 Cowboys vs. NY Giants (FOX), L	COLUMBUS DAY 11 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 3:00 Pumpkin Toss, L 4:00 Wonder Word Search, AR	9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 12 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Exercise, Health & Vitality Presentation, L 4:15 Trivia, L	10:00 Chair Yoga, L 13 10:45 Name That Tune, AR 1:30 General Store, L 2:00 Town Hall Meeting, L 3:00 Crafting w/Elise, L 4:30 Wonder Word Search, L	9:30 Grocery Orders 14 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 1:00 Music Therapy, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	Country Music Day 8 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Let's Scoot & Boogie During Social Hour, L 3:30 Men's Workshop, AR 4:00 Name Your Game!, AR	10:00 Exercise Class w/Elise, L 9 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 17 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:25 Cowboys vs. New England (CBS), L	10:00 Exercise w/Legacy, L 18 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Decorating Chocolate Cupcakes, AR 4:00 Adult Coloring Club, AR	10:00 Catholic Communion 19 10:00 Exercise w/Jacque, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Witches Gotta Stick Together (Main Event), L 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	10:00 Chair Yoga, L 20 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:00 Mexican Train, AR 3:30 Outdoor Walking 4:00 Witch Hat Ring Toss, L	National Pumpkin Cheesecake Day 21 9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	10:00 Chair Exercise, L 22 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	10:00 Exercise Class w/Elise, L 23 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 24 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	National Greasy Food Day 25 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	National Pumpkin Day 26 10:00 Exercise w/Jacque, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Bean Bag Toss, L 3:30 Pumpkin Toss, L 4:15 Trivia, L	National Black Cat Day 27 10:00 Chair Yoga, L 1:30 General Store, L 2:00 Snack Cart Social 2:30 Scrapbooking Club, AR 3:30 Activity Meeting and Witches Water, L 4:30 Wonder Word Search, L	National Chocolate Day 28 9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	National Frankenstein Day 29 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Witch Please Social Hour, L 4:00 Name Your Game!, AR	10:00 Exercise Class w/Elise, L 30 10:30 Word of the Day 2:00 Saturday Fun Activity, L
HALLOWEEN 31 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L 7:25 Cowboys vs. Minnesota (NBC), L						