

The Benefits of Giving Back

Volunteering comes in many forms, but the purpose is the same: to help others. Research shows that volunteers themselves also benefit from their good deeds.

Boosts happiness — Doing a kind act for someone else often makes us feel good. Studies indicate that volunteering prompts the brain to release chemicals that can reduce stress, anxiety and depression.

Improves physical health — From packing boxes of canned food to knitting a baby blanket, service often involves movement and mental tasks, helping your body and brain stay active. Volunteering is linked to a reduced risk of high blood pressure and heart disease, and can ease symptoms of chronic pain.

Builds relationships — Volunteering is a great way to meet people and build social skills. By working together, volunteers share a common interest, which can lead to new friendships and help strengthen existing ones. Personal connections are vital to both physical and mental health.

Enriches life —

Research shows that people who volunteer regularly tend to live longer. Additionally, many volunteers say they enjoy their lives more and have an enriched sense of purpose, higher self-esteem and enhanced well-being.



Please Pass the Stuffing — or Dressing

At Thanksgiving dinners this month, many will reach for helpings of a savory concoction of bread, vegetables and herbs. But the name of this dish, either stuffing or dressing, varies from table to table.

Some culinary experts say stuffing is cooked inside a turkey, while dressing is baked in a separate dish. Others say the terms are interchangeable, and history seems to agree. According to the Oxford English Dictionary, the word “stuffing” dates back to 1538 and refers to a mixture cooked inside poultry or other meat, but during the Victorian era, the more polite-sounding name “dressing” emerged. People living in the Southern U.S. adopted this trend, and today, “dressing” tends to be more popular in the South, while “stuffing” is more common in the North.

No matter what it’s called, the dish has become a holiday meal favorite and can feature a variety of ingredients. Traditional recipes call for white bread, cornbread or sourdough as the main component, along with the classic combination of onions, celery and sage. Some cooks like to include additions such as sausage, oysters, mushrooms, butternut squash, dried fruit and nuts.



The Lewisville Estates Lifestyle

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LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us! 

NOVEMBER 2018

Dear Residents, Families and Friends

Happy fall, y’all! We’ve had a busy and productive October. Thank you to all who participated in our Health Fair, Halloween Party and Socials.

Please check your calendar for all that is happening this month! November is all about celebrating what we are grateful for.

Let us spend this month thinking about all the people who have made a difference in our lives.

Get ready, the turkey is on the way! Please join us in celebration: Thanksgiving Luncheon on Saturday, Nov. 17, at 11 a.m. Reservations must be made in advance no later than Nov. 10.

I hope this month brings you warm memories of family, food and football.

Regards,

Erin Montgomery
Executive Director



Centennial Commemoration

This year, Nov. 11 marks the 100th anniversary of a historic moment: the armistice that ended World War I.

The ceasefire for what was known then as the Great War went into effect at 11 a.m. on Nov. 11, 1918 — the 11th hour of the 11th day of the 11th month. After four years, the fighting between the Allied forces and Germany stopped.

On the one-year anniversary of the armistice, U.S. President Woodrow Wilson proclaimed Nov. 11 as Armistice Day to recognize the heroism of those who served in “the war to end all wars” and to celebrate world peace.

By 1926, more than half of the U.S. states had made Armistice Day a legal holiday, and Congress passed a resolution requesting the president formally honor the anniversary. In 1938, Armistice Day officially became a federal holiday.

After the nation’s military fought in World War II and the Korean War, the name of Armistice Day was changed to Veterans Day in 1954 as a tribute to American veterans of all wars. Now, every year on Nov. 11, ceremonies take place throughout the country to thank our veterans and remember the sacrifice of all who have served and those who continue to serve.



ASSISTED LIVING
AL#010063

NOVEMBER 2018

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

- Marian Lang, 4th
- Joe Yanuke, 6th
- Dale Lidster, 7th
- Tramena Johnson, 26th (Employee)

Transportation Schedule

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

"In life, as in football, you won't go far unless you know where the goal posts are."

—Arnold H. Glasow

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
FALL DOOR DECORATION CONTEST BEGINS 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	FALL DOOR DECORATION CONTEST BEGINS 9:00 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Mama's Daughters' Diner, O 1:00 Bible Study w/Laura 2:00 Sadie Hawkins Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L	FALL DOOR DECORATION CONTEST BEGINS 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Karaoke Time, AR 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	FALL DOOR DECORATION CONTEST BEGINS 9:00 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Write Thankful Notes Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 11:00 Thanksgiving Feast (Main Event), DR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
DAYLIGHT SAVING TIME ENDS 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L	EXERCISE W/LEGACY, AR 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 1:30 Turkey w/Attitude Social w/Legacy, L 2:30 Snack Attack Bingo, AR 4:00 Adult Coloring Club, AR 7:15 Cowboys vs. Tennessee (ESPN), L	ELECTION DAY 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	ELECTION DAY 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Trivia, L	SELFIE DAY 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	SELFIE DAY 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Family and Friends Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 11:00 Thanksgiving Feast (Main Event), DR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
VETERANS DAY 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L 7:20 Cowboys vs. Philadelphia (NBC), L	VETERANS DAY 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 2:00 Snack Attack Bingo, AR 3:00 Veterans Day Celebration, L 4:00 Wonder Word Search, AR	VETERANS DAY 9:30 Beauty Salon Is Open 9:30 Parachuting, L 9:45 Blood Pressure Clinic w/Life Way Hospice, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 3:00 Game of Choice, L	SELFIE DAY 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:00 Town Hall Meeting, L 3:30 Selfie Social, L 4:00 Fun Time Event, L	SENIOR FITNESS, L 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	SENIOR FITNESS, AR 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 11:00 Out to Cracker Barrel, O 1:00 Bible Study w/Laura 2:00 Family and Friends Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 11:00 Thanksgiving Feast (Main Event), DR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 12:00 Cowboys vs. Atlanta (FOX), L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L	EXERCISE W/LEGACY, AR 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Star Kids Musical, L 3:00 Snack Attack Bingo, L 4:00 Adult Coloring Club, AR	BEAUTY SALON IS OPEN 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L 3:30 Let's Get Together for Pie, L	TONE THOSE BONES, AR 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Trivia, L	THANKSGIVING DAY 9:00 Senior Fitness, L 9:00 Macy's Day Parade Celebration, L 10:00 Thanksgiving Wonder Word Search, L 1:30 Miracle on 34th Street, L 3:30 Cowboys vs. Washington (FOX), L	THANKSGIVING DAY 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Turkey Recovery Social Hour, L 4:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/Rob Harrison, L 3:00 Cinema Sundays, L	EXERCISE W/LEGACY, AR 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Out to Tom Thumb, O 2:00 Snack Attack Bingo, AR 4:00 Wonder Word Search, AR	ROCKEFELLER CHRISTMAS TREE DAY 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 3:00 Game of Choice, L 7:00 Rockefeller Christmas Tree Lighting, L	TONE THOSE BONES, AR 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:30 Hot Cocoa Social w/Shawnee, L 4:00 Fun Time Event, L	SENIOR FITNESS, L 9:00 Senior Fitness, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:30 Scrapbooking Club, AR 2:30 Art Expression, AR 7:20 Cowboys vs. New Orleans (FOX), L	SENIOR FITNESS, AR 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	