

Hello Residents of Lewisville Estates

Did you know that Legacy offers specialized therapy programs? Our most popular program is our safety in motion program. Through our safety in motion program, our therapist can improve residents' balance during all functional mobility making them less risk for falls. Some of the way therapist may improve balance are through strengthening, gait training, assistive device training, cognitive exercises, and compensatory training. Stop on by our therapy gym to learn more about all of our programs.

Our exercise class we hold in IL every Thursday at 10:00 and AL every Tuesday and Thursday at 1:30 is a great opportunity for our Legacy staff to get to know our residents while promoting wellness. It also benefits all of our resident's strength, range of motion, balance, endurance and socialization.

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

Active Aging Week

We had a great time in our Active Aging Week taking our Road Trip Around America. Thank you to all our sponsors for making this events a great success.



Current Events

11/7 Lunch at Olive Garden
Time: 10:30am
Where: Outing

11/11 Veteran's Luncheon
Time: 10am
Where: Outing

11/12 Men's Breakfast
Time: 7am
Where: Outing

11/12 Town Hall Meeting
Time: 3pm
Where: Lobby

11/15 Thanksgiving Feast
Time: 6pm
Where: IL Dining Room

11/17 Legacy Health Talk
Time: 3pm
Where: Library

10/31 Lunch at Korner Cafe
Time: 10:30am
Where: Outing

Veteran's Day

November 11th is a special day to honor all the men and women who have ever served in the Armed Forces of these United States. We have many veterans living at Lewisville Estates and we want to express deep appreciation for all that they have given. It is wonderful living in a country where we have freedom. We know that freedom is never free; therefore, we must never forget all the men, women, and families that have sacrificed for us.

Having Fun Going out for Lunch to Chili's



Happy Fall Y'all

Dear Folks,

Get ready, the Turkey is on the way! November is all about celebrating what we are grateful for. Let us spend this month thinking of all the people, family members, friends, and acquaintances that have made a difference in your lives. What did they do that created an extraordinary life experience for you? We all have so much to be happy about. Just to be alive in today's world and to know that we matter to someone else! So, in celebration of a month of Thankfulness, make a list of those simple things in life that allows us to be happy! I challenge each of you to come up with two per day for the month!

Our Thanksgiving Day luncheon will be **Saturday November 15th**, from **11-12:30PM** in **assisted living**. Please make your reservations if you are planning on attending or inviting guests to join you! Tickets for guests are \$10.00 per person and must be purchased in advance of the meal so we can plan accordingly. Please RSVP by Monday 11/10.

We will be hosting a Can Food Drive. You may drop off canned food items in the box at the front entry. Items will be donated to Community Christian Action. We will also be serving lunch at the Food Pantry in Lewisville. If you would like to volunteer please contact activity assistant to reserve a spot or call concierge for more information.

With a Grateful Heart,

Katie Lee, LVN, AL Director

Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always. Be sure to join us for cake and entertainment in the lobby, on **Friday, November 28th at 2pm**.

Resident Birthdays

11/19 Hazel Luttrell
11/24 Helen Bradshaw

Employees Birthdays

11/16 Valeria Fairs



Resident of the Month

Our L.E.A.P (Life Enrichment Activities Program) would like to recognize Mrs. Silvia Harrington. Silvia is very active within the community. She enjoys arts & Crafts, playing dominoes and our Fridays Social Hour. Silvia we thank you for your participation and great smile that you bring to our Community and our events.



Activity Room - <i>AR</i>	Country Store - <i>CS</i>	IL Lobby - <i>ILL</i>	Room to room, <i>RR</i>
AL Parking Lot - <i>ALPL</i>	Dining Room - <i>DR</i>	Lobby - <i>L</i>	Spa - <i>SPA</i>
Assisted Living Court Yard - <i>ALCY</i>	IL Dining Room - <i>ILDR</i>	Outing - <i>O</i>	Theater - <i>TH</i>
Bistro - <i>B</i>	Library - <i>LL</i>	Private Dining Room - <i>PDR</i>	Lobby - <i>L</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
Daylight Savings Time Ends 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> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	Fall Door Decorating Contest Begins 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 Slap Volleyball, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9:30am Catholic Communion, <i>RR</i> 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression Wreath Making, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>L</i> 3:30pm Dominoes Club, <i>AR</i>	Monopoly Day 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 Monopoly word Search, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3:30pm Toss a Tic-Tac-Toe, <i>B</i>	8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Group Card Games, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Power Tower, <i>B</i>	9:30am Stretch & Grow w/ Legacy, <i>AR</i> 10:30am Lunch at Olive Garden, <i>O</i> 2pm Railroad Social, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Yahtzee!!, <i>LL</i>	Domino Day 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>
9	10	11	12	13	14	15
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>	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 Basketball Shootout, <i>B</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	Veterans Day 9:30am Catholic Communion, <i>RR</i> 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am 11 th Annual Salute to Our Veterans Luncheon, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	Fall Door Decorating Contest Winner Announcement 7am Men's Breakfast, <i>O</i> 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 Complete the Cliché, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3pm Town Hall Meeting, <i>L</i> 3:30pm Ring of Fire Darts, <i>B</i>	World Kindness Day 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Group Gathering, <i>LL</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Parachute Fitness, <i>AR</i>	Teddy Bear Day 9:30am Sit & Be Fit, <i>AR</i> 10:30am Bean Bag Toss, <i>L</i> 2pm Teddy Bear Rock Social w/ Paul Anderson, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Bucket Bonanza, <i>B</i>	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Thanksgiving Feast , <i>DR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
16	17	18	19	20	21	22
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> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	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 Frisbee Fun, <i>B</i> 3pm Legacy Health Talk , <i>LL</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9:30am Catholic Communion, <i>RR</i> 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>L</i> 3:30pm Dominoes Club, <i>AR</i>	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> 3pm Drumming Circle, <i>L</i>	8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Group Challenge, <i>LL</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Slap Volleyball, <i>L</i>	9:30am Stretch & Grow w/ Legacy, <i>AR</i> 10:30am Lunch at Korner Cafe, <i>O</i> 2pm Be Thankful Social, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Connect 4 Challenge, <i>AR</i>	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>
23/30	24	25	26	27	28	29
Bible Study Sunday 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>	Celebrate your Talent Day 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 Talent Show, <i>AR</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9:30am Catholic Communion, <i>RR</i> 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	The Price is Right Day 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 Trivia, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3:30pm The Price is Right Game, <i>B</i>	Thanksgiving 10:30pm Thanksgiving Word Search, <i>AR</i> 1:30pm Turkey Painting, <i>AR</i> 2:30pm Matinee Movie & Cookies, <i>L</i> 4pm Dominoes, <i>B</i> 	9:30am Sit & Be Fit, <i>AR</i> 10:30am Solve the Puzzle, <i>O</i> 2pm Birthday Bash w/ Art Stern, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Pumpkin Toss, <i>L</i>	