

Save the Date! Saturday, November 12th, 11 a.m

Oh, What a Feast!
 By Deborah P. Cerbus
 Turkey and gravy
 Corn on my plate.
 Oh, what a feast for me.
 Cranberries and stuffing
 I can't wait.
 Oh, what a feast for me.
 Bread and potatoes
 Dessert is great.
 Oh, what a feast for me.
 I love Thanksgiving
 Fill up my plate.
 Oh, what a feast for me!
 Oh, What a Feast!

Thanksgiving Luncheon on Saturday, Nov. 12, at 11 a.m. Reservations must be made in advance no later than Monday, Nov. 7. Hope to see you there!

Wreath Making, Painting, Games, Fun!



The Lewisville Estates Lifestyle

Assisted Living
 800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com

November 2016

LEWISVILLE STATES SENIOR LIVING AT EASE
 Like Us!

Dear Residents, Family and Friends:

Happy Fall Y'all!!! We've had a busy and productive October. Thank you to all who participated in Breast Cancer Awareness, Cooking Demo, Halloween Party, Health Fair and the flu clinic. I know the trip to Winstar Casino was extra special! 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. What did they do that created an extraordinary life experience? As a community, we can enhance others quality of life by donating a canned food item to the box at the front entryway. Items will be donated to our local food pantry and will be available in the lobby until Nov. 22.

Get ready, the Turkey is on the way! Please join us in celebration: Thanksgiving Luncheon on Saturday, Nov. 12, at 11 a.m. Reservations must be made in advance no later than Monday, Nov. 7.

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

Regards,
 Jessica Hazelton, EXECUTIVE DIRECTOR



Walking Warriors taking a break!

Resident of the Month

Our L.E.A.P (Life Enrichment Activity Program) would like to recognize Charles Curtis.

Charles was a Firefighter in University Park for 25 years. He spent his free time working on cars or being a "fixer upper!" He is a Dallas Cowboys fan!

Charles joins us at our events and enjoys music. We are so happy to have kind, funny Charles at Lewisville Estates!



Health and Wellness — Urinary Incontinence

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder retraining, relaxation training, clothing adaptations, environmental changes/modification, dietary management and pelvic floor exercises. Did you know Legacy Healthcare has a continence management program that addresses many of the above mentioned behavioral techniques? This program has helped many individuals achieve positive results.

If you have any continence or wellness related questions, please contact your physician or the staff in the Therapy Department.

Kim Mueller, OTR/RD
 Legacy Healthcare, Apartment 336
 Phone: 972-420-8543



NOVEMBER 2016

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Transportation Schedule

- Monday
10 a.m.
Albertsons
- Tuesday
10 a.m.
Walmart
- Thursday
2 p.m.
Walmart
- Friday
TBA
Field Trips/Outing

Birthdays

- Dorothy Tunnel, 6th
- June Palao, 6th
- Doug Douglas, 9th

"I am grateful for what I am and have. My thanksgiving is perpetual."

— Henry David Thoreau

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		National Care Giver Day! 1 9:30 Shopping at Walmart, O 9:30 Catholic Communion 10:00 Exercise Extreme With Kelly of Lake Village, L 1:00 Art Expressions Thank-You Cards!, AR 2:30 Bible Study w/Laura, L 3:00 Giant Crossword Puzzle Challenge!, L	Beauty Salon Is Open 2 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 1:00 Walking Warriors!, ALPL 1:30 Community Pep Rally!, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 4:00 Ambassador Meeting, AR	8:00 Beauty Salon Is Open 3 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Shopping at Walmart, O 2:00 Scrapbooking Club, AR 3:00 What Does Thanksgiving Smell, Taste, Look Like?, AR	10:00 Ready, Set, Grow Club, ALC 4 10:30 TGI Fridays Lunch Outing, O 2:00 Friday Fun Day Social Hour!, L 3:00 Grateful Brain TG Trivia, L 4:00 Rowdy Ring Toss!, L	The Monopoly Game introduced Nov. 5, 1935 5 9:30 Gold Chair Exercise, AR 2:00 Crafts With Sandra! 3:00 Saturday Bingo, AR 6:00 Family Game Night
DAYLIGHT SAVING TIME ENDS 6 8:30 New Covenant Baptist Church, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 5:30 Cinema Sundays, L	Decorate Your Door for Fall Contest Begins! 7 9:30 Shopping at Albertsons, O 9:30 Exercise With Legacy, AR 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR	ELECTION DAY 8 9:30 Shopping at Walmart, O 9:30 Catholic Communion 10:00 Exercise Extreme With Kelly of Lake Village, L 1:00 Art Expression Gratitude Stones!, AR 2:30 Bible Study w/Laura, L 3:00 Giant Crossword Puzzle Challenge!, L	Beauty Salon Is Open 9 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 1:00 Walking Warriors!, ALPL 2:00 Bible Study w/ Rob Harrison, L 3:00 Town Hall Meeting, L 3:30 "Gobble Gobble" Bingo!, AR	8:00 Beauty Salon Is Open 10 10:00 Christian Service w/ Rev. Christal Fisher, L 10:15 Salute Our Veterans Luncheon!, O 1:30 Shopping at Walmart, O 2:00 Scrapbooking Club, AR 3:00 What Does Thanksgiving Smell, Taste, Look Like?, AR	VETERANS DAY 11 10:00 Ready, Set, Grow Club, ALC 2:00 Honoring Our Vets Social Hour!, L 3:00 Grateful Brain TG Trivia, L 4:00 Rowdy Ring Toss!, L	9:30 Gold Chair Exercise, AR 12 11:00 Thanksgiving Feast!, DR 3:00 Saturday Bingo, AR
8:30 New Covenant Baptist Church, L 13 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 5:30 Cinema Sundays, L	National "Selfie" Day! 14 9:30 Shopping at Albertsons, O 9:30 Exercise With Legacy, AR 10:00 Selfie Stick Silly Photos! 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR	9:30 Shopping at Walmart, O 15 9:30 Catholic Communion 10:00 Exercise Extreme With Kelly of Lake Village, L 1:00 Art Expression Gratitude Stones!, AR 2:30 Bible Study w/ Laura, L 3:00 Giant Crossword Puzzle Challenge!, L	Beauty Salon Is Open 16 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 1:00 Walking Warriors!, ALPL 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 4:00 Ambassador Meeting, AR	8:00 Beauty Salon Is Open 17 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Shopping at Walmart, O 2:00 Apple Cider & Homemade Bread!, AR 3:00 What Does Thanksgiving Smell, Taste, Look Like?, AR	Disney's Birthday! 18 10:00 Ready, Set, Grow Club, ALC 10:30 Red Lobster Lunch Outing, O 2:00 Disney Birthday Bash Social Hour!, L 3:00 Fancy Nails With Kelly of Lake Village, AR 3:00 Grateful Brain TG Trivia, L 4:00 Rowdy Ring Toss!, L	Guinness World Record Day! 19 9:30 Gold Chair Exercise, AR 10:00 Guinness Fun Facts!, L 3:00 Saturday Bingo, AR
8:30 New Covenant Baptist Church, L 20 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 5:30 Cinema Sundays, L	9:30 Shopping at Albertsons, O 21 9:30 Exercise With Legacy, AR 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR	9:30 Shopping at Walmart, O 22 9:30 Catholic Communion 10:00 Exercise Extreme With Kelly of Lake Village, L 1:00 Art Expression Christmas Wreaths!, AR 2:30 Bible Study w/Laura, L 3:00 Giant Crossword Puzzle Challenge!, L	Beauty Salon Is Open 23 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 1:00 Walking Warriors!, ALPL 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR	THANKSGIVING DAY 24 8:00 Macy's Thanksgiving Parade!, L 1:00 Thanksgiving Day Football History!, L 3:30 Cowboys vs. Redskins, L	10:00 Ready, Set, Grow Club, ALC 25 2:00 "Black Friday" Social Hour, L 3:00 Grateful Brain TG Trivia, L 4:00 Rowdy Ring Toss!, L	9:30 Gold Chair Exercise, AR 26 2:00 Music Starz Performance, L 3:00 Saturday Bingo, AR
8:30 New Covenant Baptist Church, L 27 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 5:30 Cinema Sundays, L	9:30 Shopping at Albertsons, O 28 9:30 Exercise With Legacy, AR 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR	9:30 Shopping at Walmart, O 29 9:30 Catholic Communion 10:00 Exercise Extreme With Kelly of Lake Village, L 1:00 Art Expression Christmas Wreaths!, AR 2:30 Bible Study w/Laura, L 3:00 Giant Crossword Puzzle Challenge!, L	Beauty Salon Is Open 30 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 1:00 Walking Warriors!, ALPL 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 6:00 Rockefeller Center Tree Lighting!, L			