

Spread Cheer Throughout the Year

Kind words and deeds can warm the hearts of others—and they're good for the giver, too. Research shows that being helpful and generous can boost both physical and mental health, in addition to having a positive effect on the recipient.

Cultivating kind habits just takes a little extra attention in your daily life. For example, if you see something that reminds you of someone, take a moment to reach out to them. Send a quick message letting them know they crossed your mind and it made you smile. This simple gesture may just make their day.

Sincere compliments can also have a huge impact on a person's mood. If you like somebody's clothes, shoes, car, a joke they told, anything—tell them! Whether a stranger or someone close to you, your words will hold meaning.

Creative types may enjoy making notes to leave around the community. Design bookmarks with a positive message to tuck into library books or leave on car windshields, or paint "kindness rocks" to place in parks and public areas.



In With the New

In America, New Year's Eve celebrations are a time for singing "Auld Lang Syne," watching the ball drop in Times Square, sharing a kiss at midnight, and eating black-eyed peas. But the rest of the world celebrates in many different ways:

Denmark — In this country, it's customary for pals to throw old plates and glasses at each other's front doors. A heaping pile of broken dishes on a home's doorstep is considered lucky, because it shows those inside have many friends.

Philippines — Filipinos wear polka-dotted clothing and eat round foods during their New Year festivities. The circular shapes represent coins and are meant to bring prosperity.

Spain — At midnight, people in Spain eat 12 grapes, one for each chime of the clock, to bring good luck for the coming year.

Japan — Among the many Japanese New Year's customs is osoji—a "big cleaning" of the entire house to prepare for a fresh beginning. Folks also eat long noodles, which represent a long and healthy life.



A Merry Mint

Sweetening candies, cookies and coffee, while adding a cool, fresh scent to soaps, scrubs and lotions, peppermint is an iconic flavor of the holiday season.

The peppermint plant is a natural hybrid of water mint and spearmint. It blooms in July and August, sprouting tiny purple and white flowers. Mint plants usually grow to be 2 to 3 feet tall.

Due to its calming and numbing effect, peppermint has been used to treat several conditions. When applied to the skin, peppermint oil can treat headaches and skin irritations.

Peppermint has also been known to relieve digestive problems and nausea, as well as congestion and other cold symptoms. Eating a peppermint candy or sipping on peppermint tea are tasty ways to enjoy these benefits.

The herb is a good source of manganese, vitamins A and C, fiber, folate, iron, magnesium and calcium. Fresh or dried leaves can be added to salads, soups and beverages for a refreshing and nutritional boost.



The Lewisville Estates Lifestyle

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

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

Like Us!

DECEMBER 2021

Happy Holidays to the Residents, Families and Staff of Lewisville Estates!

This is my favorite time of the year! I love the music, the decorations, the food and the holiday cheer all around. Check out the calendar this month to enjoy all the many events leading up to the night before Christmas (Pictures with Santa, Christmas light tour, Special Christmas music and our Main Event Forest of the Tree). So many fun and festive activities are planned!



It has truly been a blessing to spend the last nine months getting to know you. I would like to personally thank each of you for your kind and generous contributions to the Lewisville Estates Resident Council Employee Christmas Fund (for all hourly employees). It is truly appreciated. Now, let's turn that Christmas music up and celebrate the Holidays!

Merry Christmas and Happy New Year's!
Jennifer True
Executive Director

Employee of the Month!

Our Lewisville Estates Community would like to recognize John Mark West as our December Employee of the Month. John Mark is always willing to help the residents and always has a smile on his face. John Mark, we are so happy you are part of our team!



ASSISTED LIVING
AL#010063

DECEMBER 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

Pauline Welch, 1st
Jean Abraham, 7th
Joseph Waisanen, 9th
Soshanna Matthews, 25th
Carol Haley, 30th

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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Rockefeller Christmas Tree Day 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:00 Mexican Train, AR 4:00 Outdoor Walking 6:30 Rockefeller Christmas Tree Lighting, L	Deck the Halls Decorating Contest Begins 9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Christmas Stocking Decoration, L 4:00 Giant Crossword Puzzle, L 7:20 Cowboys vs. New Orleans (FOX), L	Wear Christmas Socks 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 11:30 Out to Cracker Barrel, O 1:30 Wonder Word Search, AR 2:00 Social Hour, L 4:00 Name Your Game!, AR	National Cookie Day 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
5 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	6 St. Nicholas Day Dollar Tree Shopping, O 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 Writing Letters to Santa, L 4:00 Adult Coloring Club, AR	7 National Cotton Candy Day National Pearl Harbor Remembrance Day 10:00 Catholic Communion 10:00 Exercise w/Jacque, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	8 National Brownie Day 10:00 Chair Yoga, L 10:45 Name That Tune, AR 1:30 General Store, L 2:00 Snack Cart Social 2:30 Town Hall Meeting, L 3:00 Uno Game, AR 4:30 Wonder Word Search, L	9 Christmas Cards Day 9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 2:00 Making Christmas Cards, AR 4:00 Puzzle Mania Social, LL	10 Wear Christmas Colors 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Dear Santa I Can Explain Social Hour, L 3:30 Men's Workshop, AR 4:00 Name Your Game!, AR	11 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
12 National Poinsettia Day 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 12:00 Cowboys vs. Washington (FOX), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	13 National Cocoa Day 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 2:30 Hot Cocoa Bar Social, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	14 12 Days of Christmas Begins 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Christmas Carols, L 10:45 Roll the Dice, L 2:00 Christmas Bingo Marathon, DR 4:15 Trivia, L	15 National Cupcake Day 10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 2:00 Christmas Cupcake Decoration, AR 3:00 Mexican Train, AR 4:00 Outdoor Walking	16 National Re-Gifting Day 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 2:00 Picture w/Santa, L 3:30 Forest of the Tree (Main Event), L 4:00 Giant Crossword Puzzle, L	17 Wear Christmas Sweaters 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	18 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
19 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 12:00 Cowboys vs. NY Giants (FOX), L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	20 Dollar Tree Shopping, O 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 3:30 Christmas Lima Bean Auction, L 4:00 Adult Coloring Club, AR 6:00 Christmas Lights Tour, O	21 WINTER BEGINS National Humbug Day 10:00 Catholic Communion 10:00 Exercise w/Jacque, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 3:30 Bean Bag Toss, L 3:30 Knock the Elf of the Shelf Game, L 4:00 Puzzle Mania, AR	22 10:00 Chair Yoga, L 10:45 Name That Tune 1:30 General Store, L 2:00 Snack Cart Social 2:30 White Elephant Social, L 3:00 Uno Game, AR 4:30 Wonder Word Search, L	23 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 2:00 Christmas Gifts Wrapping, AR 4:00 Puzzle Mania Social, LL	24 CHRISTMAS EVE Eggnog Day Wear Christmas Hat 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Christmas Celebration, L 4:00 Name Your Game!, AR	25 CHRISTMAS DAY 10:30 Word of the Day 2:00 Saturday Fun Activity, L 2:00 Christmas Wonder Word Search, L 3:15 Saturday Movie and Snack, L
26 Candy Cane Day 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 7:20 Cowboys vs. Washington (NBC), L	27 National Fruitcake Day 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	28 10:00 Exercise w/Jacque, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L	29 10:00 Chair Yoga, L 10:45 Balloon Volleyball, L 2:00 Snack Cart Social 2:30 Activity Meeting w/Patty & Hot Cocoa, L 3:30 Mexican Train, AR	30 9:30 Grocery Orders 10:00 Chair Zumba, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, L 2:00 Crafting w/Patty, AR	31 National Champagne Day New Year's Wear 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 New Year's Toast Celebration, L 4:00 Name Your Game!, AR	