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.

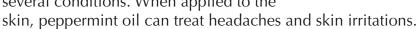
Japan — Among the many Japanese New Year's customs is osoji—a "big cleaning" of the entire house to prepare for a fresh beginning. Folks also eat long noodles, which represent a long and healthy life.

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



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.





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!



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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!

DECEMBER 2021











ASSISTED LIVING AL#010063

DECEMBER 2021

Locations

Activity Room, AR AL Courtyard, ALC AL Parking Lot, ALPL Bistro, B Dining Room, DR Library, LI 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

TUESDAY THURSDAY SUNDAY MONDAY WEDNESDAY FRIDAY SATURDAY

10:00 Chair Yoga, L

10:30 Puzzle Mania, AR

2:00 Snack Cart Social

3:00 Mexican Train, AR

4:00 Outdoor Walking

Lighting, L

10:45 Name That Tune, AR

1:30 General Store, L

2:00 Snack Cart Social

Meeting, L

3:00 Uno Game, AR

4:30 Wonder Word

Search, L

National Cupcake Day

10:30 Puzzle Mania, AR

2:00 Snack Cart Social

2:00 Christmas Cupcake

3:00 Mexican Train, AR

4:00 Outdoor Walking

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

Decoration, AR

10:00 Chair Yoga, L

Christmas Tree

6:30 Rockefeller

10:00 Chair Yoga, L

2:30 Town Hall



Dollar Tree Shopping, O

10:00 Exercise w/Legacy, L

and Snack Social, L

the Yellow Rose

10:30 "The Prize Is Right"

Hospice, L

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

National Poinsettia Day 12 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

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

7:30 In Search of the

8:30 New Covenant

7:20 Cowboys vs.

Lord's Wav (Kdfid

Baptist Church, L

Washington (NBC), L

Channel 7), L

2:00 Chicken Foot, AR

3:00 Cinema Sundays, L

Candy Cane Day

1:30 Bible Study w/

3:00 Writing Letters to Santa, L 4:00 Adult Coloring Club, AR

National Cocoa Day 10:00 Exercise w/Legacy, L

10:30 "The Prize Is Right" and Snack Social, L

Yellow Rose Hospice, L 2:30 Hot Cocoa Bar Social, L

3:00 Fun Afternoon Game, L

Wonder Word Search, AR

1:30 Bible Study w/the

4:00

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

27

6 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

13 | **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

20 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

28

14

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

Contest Begins 9:30 Grocery Orders 10:00 Chair Zumba, L Walmart Shopping, O

10:45 Fancy Nails, AR 2:00 Christmas Stocking Decoration, L 4:00 Giant Crossword Puzzle, L

Deck the Halls Decorating

10:00

7:20 Cowboys vs. New Orleans (FOX), L

8 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

15 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

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

30 9:30 Grocery Orders

10:00 Chair Zumba, L Shopping, O

2:00 Crafting w/ Patty, AR

Search, AR 2:00 Social Hour, L 4:00 Name Your Game!, AR

Wear Christmas Colors

1:30 Wonder Word

2:00 Dear Santa I

Wear Christmas

Sweaters

23 CHRISTMAS EVE

Eggnog Day

10:00 Chair Exercise, L

10:30 1:1 Session w/Patty

Search, AR

Can Explain

Social Hour, L

3:30 Men's Workshop, AR

4:00 Name Your Game!, AR

10:00 Chair Exercise, L

1:30 Wonder Word

4:00 Name Your

Wear Christmas Hat

10:00 Chair Exercise, L

1:30 Wonder Word

2:00 Christmas

10:30 1:1 Session w/Patty

Search, AR

Celebration, L

4:00 Name Your Game!, AR

Search, AR

2:00 Birthday Bash, L

Game!, AR

10:30 1:1 Session w/Patty

2 Wear Christmas Socks

10:00 Chair Exercise, L

11:30 Out to Cracker

1:30 Wonder Word

Barrel, O

10:30 1:1 Session w/Patty

National Cookie Day 10:30 Word of the Day 2:00 Saturday Fun Activity, L

3

10

17

3:15 Saturday Movie and Popcorn

11

18

25

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

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

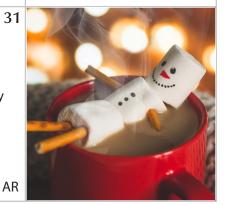
10:30 Word of the Day

2:00 Saturday Fun Activity, L

24 CHRISTMAS DAY

2:00 Christmas Wonder Word Search, L 3:15 Saturday Movie

and Snack, L



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

Jacque, L 10:45 Roll the Dice, L

10:00 Exercise w/

2:00 Fun Bingo Afternoon, DR

3:30 Scrapbooking Club, AR

4:15 Trivia, L

29

10:00 Walmart 10:45 Fancy Nails, L

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

Activities Subject to Change