

Thank You to Our Wonderful Vendors, Partners, and Helpers!

It's been a great year and we at the AL are so appreciative for all you continue to do!

- ART
- ACT
- Ardent
- Encompass
- Novus
- Seasons
- North Texas HC
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah's Witnesses
- Rev. Christal Fisher
- Rob Harrison
- Colleen Banas
- Hollymead
- Mayhill
- Community Care Pharmacy
- Patriot Imaging
- Senior Helpers
- New Century
- ... and Many More!



Eileen loves how Kelli from Seasons Hospice is here to help!

ICE! at the Gaylord Texan!

This year's theme is Christmas Around the World. We're so excited to be going again this year. Seating is limited, so get with Philip and get signed up with us ASAP! We will leave at 12:30 p.m., on Wednesday, Dec. 2!



Last year we had a blast!

Resident of the Month

December is a special month and it deserves a special resident. Nancy Hoffman is that special. She and Fred (Nancy's cat) help make Lewisville Estates a great place to be.



June and Nancy love making wreaths for the holidays!

Driver Safety Awareness by Legacy Healthcare

With the holidays upon us, several people will be traveling. As you age sight, hearing, reflexes and judgment of speed and distances diminish gradually. So gradually, in fact, that you may not even recognize a change until something happens.

Several health factors including impaired hearing, reduced vision, slower reflexes, ankle rigidity, wrist pain, weakness, and decreased range of motion can affect driving ability.

Did you know that 90 percent of the information drivers need is visual?

Good news! You have the power to compensate for changes due to aging by minimizing your risks.

- Move into an intersection only when you feel it is safe — not when another driver pressures you.
- Limit conversation and radio noise.
- Clean your windshield.
- Avoid smoking.
- Avoid driving when tired, depressed, or emotional.
- Never drink and drive.

Stop by the Legacy Healthcare Services Therapy Department and meet with one of our trained professionals to see if you are doing everything you can to ensure your safety when it comes to driving. We can provide a personalized plan to assist you with gaining the strength, balance, and accommodations necessary to keep you safe on the road!



Bonnie loves safe drivers!

The Lewisville Estates Lifestyle

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

December 2015

Dear Residents, Family, and Friends

Lewisville Estates feels radiant with the warmth of family, visitors, and increasing holiday cheer as we wait for Christmas to get here! Please pay special attention to our December calendar as you will understand all that is done to make the season bright! Please know that we have many wonderful events leading up to the nights before Christmas: Deck the Halls door decorating contest, van excursion light tour, weekly Happy Hours on Friday, holiday crafts, and special vendors. We will be hosting our Family and Resident Christmas Tree Festival on Dec. 10, at 6 p.m., please RSVP at the Concierge Desk. We will also be having a New Year's Eve Party with champagne and entertainment on Dec. 31! Stay tuned for more details.

Happy December!

Jessica



Carole loves our Christmas tree forest!

Christmas Brings the Music and Other Cool Things

This month, we have special performances, a gift exchange, and even a Christmas Light Tour!

- Dec. 4, at 2 p.m.** — JT Matthews performs
- Dec. 14, at 2:30 p.m.** — Bill Cobb performs
- Dec. 15, at 5:45 p.m.** — Christmas Light Tour
- Dec. 18, at 2 p.m.** — Cowboy Bob performs
- Dec. 18, at 3:15 p.m.** — Resident Gift Exchange*

Rules for the gift exchange are simple: 1. Bring a wrapped gift valued at \$10 or less to exchange. 2. Get ready to have fun!

Don't forget: The podiatrist will be here Jan. 7-8!



Mildred with an Elf on the Shelf





ASSISTED LIVING

AL#010063

DECEMBER 2015

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
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA Field Trips/Outing
- Friday 2 p.m. Express Errands

Birthdays

- Nancy Hoffman, 3rd
- Patsy Binkley, 16th
- Josee Sanderson, 16th
- Honore Wong, 25th
- Lee McCleskey, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Community Pep Rally, L 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 12:30 Field Trip: Ice! at the Gaylord Texan, O 2:00 Bible Study w/ Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	9:45 Exercise Extreme, AR 2:00 Christmas Cookie Social w/J.T. Matthews, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
HANUKKAH BEGINS AT SUNSET 6 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	Pearl Harbor Remembrance Day 7 9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	National Games Day 8 9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Christmas Crafts! with Maria, AR 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?, L	7:00 Men's Breakfast Outing, O 9 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Town Hall Meeting, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L 4:30 Dinner Starts Early! 6:00 Main Event: Christmas Tree Forest, L	9:45 Exercise Extreme, AR 10:00 Farkel Fridays, AR 10:30 Lunch @ Tierney's Cafe, O 2:30 Happy Birthday Bingo! 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 10:45 The Lewisville Neighborhood Christmas Carolers, L 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR 4:30 Christmas With The Girl Scouts, DR 13	9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 2:30 Special Performance Feat. Bill Cobb, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Christmas Crafts!, AR 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?, L 5:45 A.L. Christmas Light Tour, O 15	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/ Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	Christmas Sweater Day 18 9:45 Exercise Extreme, AR 2:00 Sangria Social w/ Cowboy Bob!, L 3:00 Manicures From Lake Village 3:15 A.L. Resident Gift Exchange, AR 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	WINTER BEGINS 21 The Shortest Day of the Year 9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/ Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	CHRISTMAS EVE 24 8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	CHRISTMAS DAY 25 Merry Christmas!	KWANZAA BEGINS 26 9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/ Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	NEW YEAR'S EVE 31 8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:00 Happy New Year Social!, L 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L		