

Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods — Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated — Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise — Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep — Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Socialize — Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

Smile — Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.



Exercise Class

Come and join us at our different exercise programs.



Jigsaw Puzzle Pointers

Working jigsaw puzzles can be a relaxing pastime, but sometimes they can leave you ... puzzled. Use these tips to help you piece them together.

Get set up — First, spread all the puzzle pieces onto your work surface and turn each one face-side up. This will take some time, but it will make the process easier in the long run.

Build the border — Gather the straight-edge pieces and assemble the border. This will give you a defined space to work inside.

Sort the pieces — Study the picture on the puzzle's box and identify dominant colors or patterns, such as a blue sky or brick building. Sort and group similar colored pieces into piles. Put the remaining pieces in a miscellaneous pile.

Work in sections — Work on a small portion of the puzzle at a time. Completing a section will give you a sense of accomplishment and motivate you to keep going.

Take a break — If you get tired or frustrated, take a break. When you come back to the puzzle, you'll be refreshed and may find that piece you're looking for!



Dear Residents, Families and Friends

Happy New Year, 2020! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.

December was a lovely month full of holiday activities. Many school groups caroled throughout our community; what a festive month with all the trees throughout the community! A special thank you to all the vendors who participated in the holiday spirit. January will also be a busy month filled with many outings in the community and our Roaring '20s (main event) Jan. 16, at 6:15 p.m. A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was and is very appreciative.

As we begin 2020, may we remain thankful for all that we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents. May 2020 be the best year yet!

Erin Montgomery
Executive Director



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

JANUARY 2020

Locations

AL Parking Lot, ALPL Bistro, B
Community Room, CR
Dining Room, DR
Dog Park, DG
Fitness Room, F
Flagpole, FP
Garden, G
Library, LL
Lobby, L
Outing, O
Route 66, R66
Theater, TH

Birthdays

Victoria Jackson, 1st (Employee)
Don Cairns, 1st
Gary Taylor, 2nd
Janice Martin, 3rd
Hortencia Reyes, 3rd (Employee)
Billy Lane, 6th
John Mark West, 8th
Helen Mercatante, 14th
Joy Pilgrim, 15th
Janis Howell, 16th
Vernon Smith, 18th
Jo Andres, 19th
Socorro "Coco" Ruiz, 21st (Employee)
Mary Lou Taylor, 23rd

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

Thursday, 2:30 p.m.

Misc. Errands

Friday, 9:30 a.m.

Express Errands

Friday, TBA

Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NEW YEAR'S DAY Rose Bowl Day 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:00 New Year's Wonderword Search, L 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 4:00 Rose Bowl Game, R66 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	1 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 4:00 Trivia Club, R66 6:00 Mexican Train, LL	2 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Trivia w/a Twist Happy Hour, L 6:00 Hand & Foot Card Game, B	3 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 1:30 Card Games, B 2:30 Christmas Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	5 Three Kings Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:30 Three Kings Social, B 6:00 Hand & Foot Card Game, B	6 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	7 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	8 Happy Birthday Elvis 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:30 Senior Fit Test, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	9 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:30 Ice Ice Baby Social Hour w/Jacque, B 6:00 Mexican Train, LL	10 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to the Catch, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Jailhouse Rock Happy Hour, L 6:00 Hand & Foot Card Game, B
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	12 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Snowball Toss, B 6:00 Hand & Foot Card Game, B	13 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 3:15 Up to Snow Good Social w/Sunshine, B 6:00 Hand & Foot Card Game, B	14 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 3:15 Up to Snow Good Social w/Sunshine, B 6:00 Hand & Foot Card Game, B	15 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:30 Book Club, LL 3:30 Nutrition Health Talk: Food Group & Water 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	16 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 6:00 Mexican Train, LL 6:15 Roaring '20s (Main Event), DR	17 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Happy Hour 3:30 Fun Happy Hour, L 6:00 Hand & Foot Card Game, B
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	19 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Trivia Club, R66 6:00 Hand & Foot Card Game, B	20 MARTIN LUTHER KING JR. DAY 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	21 Martin Luther King Day 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	22 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:30 Baby It's Cold Outside Social w/Jason, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	23 National Handwriting Day 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 6:00 Mexican Train, LL	24 National Compliment Day 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to TGI Fridays 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Let It Snow Happy Hour, L 6:00 Hand & Foot Card Game, B
National Bible Study Sunday 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	26 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 6:00 Hand & Foot Card Game, B	27 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 4:30 Out to Dinner, O 6:00 Hand & Foot Card Game, B	28 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 4:30 Out to Dinner, O 6:00 Hand & Foot Card Game, B	29 National Puzzle Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:30 Puzzle Mania and Wine Social, R66 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	30 Croissant Day 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 3:00 Activity Meeting and Croissant Social w/Patty, B 6:00 Mexican Train, LL	31 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Birthday Bash 6:00 Hand & Foot Card Game, B
						