

## Hello Residents of Lewisville Estates

This month moves us closer to fall, and hopefully warmer weather! The **week of Sept 21<sup>st</sup>** is national aging week. Legacy is going to be helping serve wine and appetizers for your **Happy hour on Sept 24<sup>th</sup>** when you travel to California. Last month we had a huge turnout for our ice cream social held our Legacy therapy gym. Thanks for all of you who came by to say hi and learn all about what Legacy has to offer. Legacy Healthcare is continuing our monthly health talks in both IL and AL. We also have a balance clinic that was held **every Thursday at 10:30am**. Starting in Sept we will start having it every Thurs at 10:00. If you're at risk for falls, been relying on your walker more or have bad ankles or knees this class you don't want to miss! Finally, for all you lucky residents of AL, you will continue to see us every **Thursday afternoon at 1:30PM** and **Friday morning at 9:30** in the **activity room** for our 30 minute, head to toe exercise class, stretch & grow. Please let us know if we can assist you with anything. We are here to serve you and help you age in place.

Beth Denson and the Legacy Healthcare Team  
Suite 336, 972-420-8543

## Management Team Members

Executive Director	Jessica Hazelton
AL Director	Katie Lee
Business Office Director	Erin Montgomery
Sales & Marketing Director	Heather Wickman
IL Resident Programming	Patty Skinner
AL Resident Programming	Stephnie Coufal
Plant Operations	Bill Williams
Dining Director	Monte Melugin
Sales Counselor	Lauren Stark

## Current Events

**9/2 Out to Lewisville Library**  
Time: 2:30pm  
Place: Outing

**9/9 Men's Breakfast**  
Time: 7:00am  
Place: Outing

**9/9 Out to Red Lobster**  
Time: 11:00am  
Place: Outing

**9/9 Town Hall Meeting**  
Time: 3:30pm  
Place: Community Room

**9/18 Fiesta Lewisville**  
Time: 6pm  
Place: Dining Room

**9/26 Out to Texas Road House**  
Time: 11:00am  
Place: Outing

**9/26 Active Aging Week Closing Ceremony**  
Time: 3:00pm  
Place: Lobby

**9/30 Out to Studio Movie Grill**  
Time: 2:30pm  
Place: Outing

## Lewisville Estates Mini Alzheimer's Walk

Lewisville Estate says Walk to End Alzheimer's Together we can make a difference in our community. Come and Join us to support our **Alzheimer Walk Saturday, September 13<sup>th</sup> @ 9:00 am** to do the Denton walk We are still taking donations until **Friday September 12<sup>th</sup>**.



## Happy September!

Sincere thanks to those of you who participated in the purchase of the school supplies. The supplies were delivered and everyone was very grateful! We are working with a local schools to provide volunteer opportunities to residents here at Lewisville Estates-stay tuned if you are interested in being a mentor for the children in our community. As we move into fall, our community supports the Alzheimer's Association. We will be participating in the Walk to End Alzheimer's on **September 13<sup>th</sup>**. The walk will be held in Denton, please sign up at the front desk.

**September 22-26** we will be having our annual, active aging week. We have many fun events planned and will be "Road Tripping around the U.S", starting off with a New York City Monday and ending up in Dallas on Friday! Please join us for the Ribbon Cutting **Monday, Sept.22nd at 3pm**.

Just as a reminder we always have volunteer opportunities available, if you or someone you know that would like to help please see Patty and applications will be at the front with the concierge.

Thank you and look forward in celebrating this month's activities with you!



## Happy Birthday!

May this birthday be just the beginning of a year filled with happy memories, wonderful moments and shining dreams!

Come and join us for our Texas birthday celebration on **Friday, September 26<sup>th</sup> at 3:30pm**.

### Resident Birthdays

2- Peggy Cooper	18- Thomas Ferber
6- Gloria Harrison	28- George Bedford
7- Gladys Ruppert	29- Donna Billings
13- Laura Budlong	

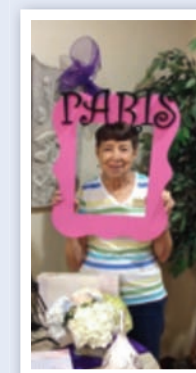
14- Eileen Wagner	
14- Carol Golden	
15- Mary Thurmand	
16- Shannon Pullen	
16- Pattie Barker	

### Employee Birthdays

10- Willa Fee
16- Yulliza Moya
18- Sydney Del Carpio
28- Bill Williams

## Resident of the Month

Our L.E.A.P (Life Enrichment Activities Program) would like to Recognize Mrs. Jean Alexander. Jean is always helping with activities and around the community, greeting and helping new Residents and participating in most of all our Events. Thank you Jean Alexander for making a difference at Lewisville Estates.



Activity Room - <i>AR</i>	Dining Room - <i>DR</i>	Library - <i>LL</i>	Route 66 - <i>R66</i>
AL Parking Lot - <i>ALPL</i>	Fitness Room - <i>FR</i>	Lobby - <i>L</i>	Theater - <i>TH</i>
Bistro - <i>B</i>	Flagpole - <i>FP</i>	AL Lobby - <i>ALL</i>	
Community Room - <i>CR</i>	Garden - <i>G</i>	Outing - <i>O</i>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<b>Labor Day</b> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Wonderword Challenge, <i>B</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes w/ Laura, <i>AR</i> 3:15pm Movie & Popcorn, <i>TH</i> 6pm Card Games, <i>B</i>	<b>Nat'l Library Card Sign Up Month</b> 9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10:15am Rosary Service, <i>B</i> 10:30am Facials w/ Mary Kay, <i>AR</i> 1:45pm Spanish Class, <i>AR</i> 2:30pm Out to the Lewisville Library, <i>CR</i> 4pm Rowdy Ring Toss, <i>O</i> 6pm Card Games, <i>B</i>	9:30am Exercise w/ Jacque of A.R.T., <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Max, <i>FR</i> 4pm Ladder Toss, <i>B</i> 6pm Card Games, <i>B</i>	<b>Popcorn Day</b> 10am Miscellaneous Errands, <i>O</i> 10am Bible Study/Sing A Long, <i>ALL</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 11am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression, <i>AR</i> 4pm Popcorn Toss & Fresh Popcorn, <i>L</i> 6pm Card Games, <i>B</i> 7pm Bring a Friend Movie Night, <i>TH</i>	9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Wonderword Challenge, <i>B</i> 2pm Express Errands, <i>O</i> 2:15pm Scrapbooking Class, <i>AR</i> 3:30pm Honey Bee Happy Hour w/ Sherrill Douglas, <i>L</i> 6pm Card Games, <i>B</i>	9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
8	9	10	11	12	13	14
<b>Grandparents Day</b> 10:30am Bible Study, <i>L</i> 2pm Matinee Movie, <i>TH</i> 2:30pm Story Time & Popcorn w/ Grandkids, <i>L</i> 3:30pm Worship Songs, <i>L</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i>	9:30am Exercise w/ Jacque of A.R.T., <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks w/ A.R.T., <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 3:30pm Legacy Health Chat, <i>B</i> 6pm Card Games, <i>B</i>	7am Men's Breakfast, <i>O</i> 9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10:15am Rosary Service, <i>B</i> 10:30am Dress Up Nails w/ Avon, <i>R66</i> 11am Lunch Out: Red Lobster, <i>O</i> 2:30pm Town Hall Meeting, <i>CR</i> 4pm Bulls Eye Washers, <i>B</i> 6pm Card Games, <i>B</i>	9:30am Exercise w/ Jacque of A.R.T., <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T., <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Geri, <i>FR</i> 3:15pm Medical Alarms & Medication Management Seminar, <i>B</i> 4pm Dart Toss, <i>B</i> 6pm Card Games, <i>B</i>	10am Miscellaneous Errands, <i>O</i> 10am Bible Study/Sing A Long, <i>ALL</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 11am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression, <i>AR</i> 6pm Card Games, <i>B</i> 6pm 42, <i>AR</i> 7pm Bring a Friend Movie Night, <i>TH</i>	<b>Chocolate Milk Shake Day</b> 9:30am Walking Warriors 10am Blood Pressure Check w/ Otilia, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Wonderword Challenge, <i>B</i> 2pm Express Errands, <i>O</i> 2pm Assisted Living Celebration Day, <i>ALL</i> 3:30pm Chocolate Milk Shake Happy Hour, <i>L</i> 6pm Card Games, <i>B</i>	9am Alzheimer's Walk, <i>O</i> 9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
15	16	17	18	19	20	21
10:30am Bible Study, <i>B</i> 2pm Matinee Movie, <i>TH</i> 3pm Residents Choice Game, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i>	<b>National Hispanic Heritage Month Begins</b> 9:30am Latin Exercise w/ Jacque of A.R.T., <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks w/ A.R.T., <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 4pm Rowdy Ring Toss W/ Latin Music, <i>B</i> 6pm Card Games, <i>B</i>	9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10:15am Rosary Service, <i>B</i> 1:45pm Spanish Class, <i>AR</i> 2:30pm Latin Dance w/ Patty, <i>CR</i> 3:30pm Ring Toss of Fire, <i>B</i> 6pm Card Games, <i>B</i>	<b>Guacamole Day</b> 9:30am Exercise w/ Jacque of A.R.T., <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T., <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Max, <i>FR</i> 3:30pm Tic Tac Toss w/ Chips & Guacamole, <i>B</i> 6pm Card Games, <i>B</i>	10am Miscellaneous Errands, <i>O</i> 10am Bible Study/Sing A Long, <i>ALL</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 11am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 6pm Fiesta Lewisville, <i>DR</i> 7pm Movie & Popcorn Night, <i>TH</i>	9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Latin Wonderword Challenge, <i>B</i> 1pm Bridge, <i>B</i> 2pm Express Errands, <i>O</i> 2:15pm Scrapbooking Class, <i>AR</i> 3:30pm Spanish Fiesta Happy Hour, <i>L</i> 6pm Card Games, <i>B</i>	9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
22	23	24	25	26	27	28
<b>Active Aging Week</b> 10:30am Bible Study, <i>B</i> 2pm Matinee Movie, <i>TH</i> 3pm Residents Choice Game, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i>	<b>Road Trip Around America First Stop New York</b> 9:30am Rocking w/ the Rockets Exercise, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack w/ New York Trivia, <i>L</i> 10:30am Blood Pressure Checks w/ A.R.T., <i>CR</i> 1pm Bridge, <i>B</i> 2pm Broadway Pokeno for Prizes, <i>AR</i> 3pm Active Aging Week Kick Off & Ribbon Cutting, <i>L</i> 6pm Card Games, <i>B</i>	<b>Autumn Begins Now we are going to Chicago</b> 9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10:15am Rosary Service, <i>B</i> 1:45 pm Spanish Class w/ Patty, <i>AR</i> 2:30pm Baseball Love Wreath Making, <i>AR</i> 4pm Bean Bag Baseball, <i>B</i> 6pm Card Games, <i>B</i>	<b>Up Next California L.A.</b> 9:30am Celebrity Exercise w/ Jacque, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T., <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Geri, <i>FR</i> 3:30pm Hollywood Walk of Fame w/ hors d'oeuvre & Martini Drinks, <i>L</i> 6pm Card Games, <i>B</i>	<b>Time to Stop at Las Vegas</b> 10am Miscellaneous Errands, <i>O</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 10:30am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 3pm Casino Time, <i>L</i> 6pm Card Games, <i>B</i> 6pm 42, <i>AR</i> 7pm Bring a Friend Movie Night, <i>TH</i>	<b>Finally Back Home to Texas</b> 10am Blood Pressure Check w/ Otilia, <i>AR</i> 10am Texas Style Coffee & Snack Social, <i>L</i> 10:30am Western Wonderword Challenge, <i>B</i> 11am Lunch Out: Texas Road House, <i>O</i> 1pm Bridge, <i>B</i> 2pm Express Errands, <i>O</i> 3pm & Acting Aging Week Closing Ceremony, <i>L</i> 3:30pm Texas Style Happy Hour & Birthday Bash w/ Eric Andrews., <i>L</i> 6pm Card Games, <i>B</i>	9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 2pm Fun Flicks and Popcorn, <i>TH</i> 3pm Billiards/Pool 7pm Crazy Card Games, <i>B</i>
29	30					
<b>National Good Neighbor</b> 10:30am Bible Study, <i>B</i> 2pm Matinee Movie, <i>TH</i> 3pm Write a nice note to your neighbor, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i>	9:30am Exercise w/ Jacque of A.R.T., <i>CR</i> 10am Albertson's, <i>O</i> 10am Café Latte Monday Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T., <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 4pm Ring of Fire Darts, <i>B</i> 6pm Card Games, <i>B</i>	9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 1:30pm Spanish Class, <i>AR</i> 2pm Latin Dance w/ Patty, <i>CR</i> 2:30pm Out to the Movies, <i>O</i> 6pm Card Games, <i>B</i>				