### **Resident of the Month!**

Our L.E.A.P. (Life Enrichment Program) would like to recognize Richard and Ellen Nelson. Richard and Ellen like to do a lot of activities together, like arts and crafts, Happy Hours, socials and being part of our big events. Thank you Richard and Ellen Nelson for your sweet personalities and kind hearts. We are so glad to have you both here at Lewisville Estates.



# Let's Keep the Bee Active Buzz ... Going!

September is Active Aging Month and here at Lewisville Estates we have many activities for everybody to participate in. One of the activities we would like to highlight this month is the "Bee Active: Catch the Buzz ... " exercise with Jacque from Advanced RehabTrust Home Health. Jacque and her company have been partnered with our community for the past eight years. You may see the yellow t-shirts with the bee on the front on many of our residents in the dining room and at the lobby on Monday and Wednesday mornings. They have a class on the 3rd floor community room at 9:30 a.m. If you have not tried the class out go on up and see what all the buzz ... is about! The goal of this class is to keep the community active and independent. You are never too old to feel good and have a great time doing it.

## **Intergenerational Activities**

From Grandparents Day on the Sunday after Labor Day to Intergenerational Month throughout September, this season offers plenty of reminders to take some time to bond with younger people. Whether they're your grandchildren, other relatives, friends, or community members in need of a mentor, here are a few ways you can connect with them:



- Teach your grandkids your favorite card game or a classic game like mahjong or chess. In return, have them show you a favorite video game or fun mobile app.
- Volunteering together is a great way to teach younger folks the importance of giving back to the community. Visit an animal shelter, or spend time helping out at a food bank.
- Like the song says, "Everything old is new again."
   Many in today's generation are interested in traditional hobbies like sewing, knitting and gardening. If you possess skills in these areas, offer to teach the basics.
   Working on projects together gives you a chance to chat about other topics as well as foster the love of learning.













## Dear Residents, Families, and Friends,

As another summer comes to an end, I know we will all be looking forward to the cooler temperatures September and the fall season will bring! We had a lot of fun celebrations this summer with watermelon and ice cream socials, Beach Blanket Bingo, Summer Sock Hop and so much more. This September, we will celebrate Assisted Living Month with interactive resident and staff programs. Lunch outings for this month will be to Red Lobster and Cracker Barrel. Tuesday, Sept. 20, we have crafts with Patty and plan on making autumn wreaths. Flu Shots will be held Wednesday, Sept. 28; stay tuned for more details. Be sure to mark your calendar for our Main Event: '80s Prom on Sept. 15 at 6 p.m. Feel free to invite your family and friends to our events.

— Jessica Hazelton, Executive Director

**Phone:** 972-434-1727 **Fax:** 972-434-1728



# **Health and Wellness:**

Did you know that about 25 million Americans have bladder control problems? For many, incontinence episodes can be drastically reduced and even cured. Incontinence is an involuntary loss of bladder control due primarily to weakening of the muscles of the pelvic floor of the bladder. The great news is that 80 percent of people who suffer from incontinence improve after starting treatment!

Our balance class we hold in IL every Thursday at 9:30 a.m. is a great opportunity for our Legacy staff to get to know our residents while promoting wellness. It also benefits all of our residents' strength, range of motion, balance, endurance and socialization.

Please let us know if we can assist you with anything.

— Kim Mueller, Occupational Therapist/Rehab Director

Legacy Healthcare Services 972-420-8543





INDEPENDENT LIVING

### **SEPTEMBER 2016**

#### Locations

Activity Room, AR **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

### **Transportation Schedule**

Theater, TH

Thursday Monday 10 a.m. 2 p.m. Walmart **Albertsons Tuesday** Friday 10 a.m. Walmart Field Trips/Outing

### **Birthdays**

Peggy Cooper, 2nd Cinthia Pearson, 8th Mary Dykes, 11th Laura Budlong, 13th Doris Hawkins, 15th Mary Thurmond, 15th Shannon Pullen, 16th James Howard, 18th Sydney Del Carpio, 18th (Employee) Hamilton Orozco, 19th (Employee) Betty Baughman, 19th Nona Lemley, 27th Fay Drechshel, 28th George Bedford, 28th Donna Billings, 29th

**SUNDAY MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** 1 College Colors Day 9:30 Balance Class 9:30 Walking Warriors w/Legacy, CR Walking Warriors w/ 10:30 Coffee & Shopping at Walmart, O Kelley of Lake Village, B Blood Pressure Check Coffee & Snacks Conversation, L w/Legacy, CR Friday Social, L 1:00 Trivia Pursuit, LL Bible Study w/ Wonderword Challenge Pastor Frances, B 1:30 Card Games, B 1:00 Bridge, CR **Ear and Hearing Clinic** Express Errands, O 2:00 2:45 Fun Flicks and w/Dr. Stuart, B **Making Life Easy Program** Popcorn, TH Misc. Errands, O w/Home Helpers, B 2:30 Community Pep Rally, B **College Memories** 3:30 Billiards (Pool) 3:00 Welcome Home Social, CR Happy Hour, L 7:00 Crazy Card Game, B 6:00 Card Games, B 6:00 Card Games, B 4 LABOR DAY **National Popcorn Week** 9:30 Chair Yoga 6 9:30 Balance Class 9:30 Exercise w/ 9:30 Walking Warriors 9:30 Walking Warriors w/ 10:00 Bible Study Class, CR Jacque of A.R.T., CR 9:30 Exercise w/Jacque w/Legacy, CR Kelley of Lake Village, B 10:30 Coffee & Post Office/Bank, O Singalong, L of A.R.T., CR 10:00 Shopping at 10:00 Shopping at Walmart, O Coffee & Snacks Coffee & Snack Conversation, L Walmart, O Friday Social, L Coffee & Snacks 10:00 Blood Pressure Check 10:30 Bible Study, B Wednesday Social, L 10:30 Wonderword Challenge 1:00 Trivia Pursuit, LL Monday Social, L 10:00 Catholic Communion, B w/Legacy, CR 10:30 Blood Pressure Checks 1:15 Chicken Foot, LL 11:00 Out to Red Lobster, O 10:00 Wonderword Search, B 10:30 Rosary Service, B w/A.R.T., CF 10:30 Bible Study w/ 1:30 Card Games, B 1:00 Bridge, CR 3:00 Resident Choice 2:00 Sassy Senior \$1 Bingo, CR 10:30 Blood Pressure Pastor Frances, B 1:45 Line Dancing w/Geri, L 2:45 Fun Flicks and 2:00 Express Errands, O 3:00 Wii Games w/Max, F Game Checks w/A.R.T., CR 2:00 Misc. Errands, O 2:30 Art Expression, AR **Making Life Easy Program** Popcorn, TH 3:30 Fall Prevention Pokeno for Prizes, AR w/Home Helpers, B 6:30 Resident Card 3:30 Social Time w/ 3:30 Cupcake Walk w/ Presentation, B 3:30 Billiards (Pool) 4:00 Rowdy Ring Toss, B **What Is Popping** Jacque, B 6:00 Card Games, B Games, B Legacy, CR Happy Hour, L 7:00 Crazy Card Game, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH 6:00 Card Games, B 6:00 Card Games, B 6:00 Card Games, B **PATRIOT DAY** 13 Donut Day 11 12 15 | Guacamole Day 9:30 Chair Yoga 14 16 9:30 Balance Class 9:30 Exercise w/ 9:30 Walking Warriors Exercise w w/Legacy, CR 9:30 Walking Warriors w/ Class, CR 10:00 Bible Study Jacque of A.R.T., CR Jacque of A.R.T., CR Kelley of Lake Village, B 10:30 Coffee & 10:00 Shopping at Walmart, O 10:00 Shopping at 10:00 Post Office/Bank, O Singalong, L 10:00 Coffee & Snacks Friday Social, L 10:00 Coffee & Snacks Conversation, L 10:00 Blood Pressure Check Walmart, O 10:00 Coffee & Snack 10:30 Wonderword Challenge 10:30 Bible Study, B Monday Social, L Wednesday Social, w/Legacy, CR 10:00 Catholic Communion, B 10:30 **Blood Pressure Clinic** 1:00 Trivia Pursuit, LL 10:30 Blood Pressure Checks Chicken Foot, LL 10:00 Albertsons, O 10:30 Bible Study w/ w/Encompass 10:30 Rosary Service, B w/A.R.T., CR 1:30 Card Games, B 2:45 Movie Time w/ Pastor Frances, B 1:00 Bridge, CR 10:30 Blood Pressure Sassy Senior \$1 Bingo, CR 2:30 Town Hall 2:45 Fun Flicks and 2:00 Express Errands, O 2:00 Misc. Errands, O **Grandma and** Checks w/A.R.T., CR 3:00 Wii Games w/Max. F Making Life Easy Program Meeting, CR 3:15 Bible Study, B 3:00 Mini Massage Clinic, AR Popcorn, TH Grandpa, TH 2:00 Pokeno for Prizes, AR w/Home Helpers, B Live Well Wellnesss 3:15 Social Time w/ 4:00 Card Games, B Resident Choice Game Chips and Guacamole 3:30 Billiards (Pool) 3:30 Legacy Health Chat, B 101 w/Legacy, B Sunshine, CR '80s Prom Night Happy Hour, L Resident Card Games, B 6:00 Card Games, B 6:00 Card Games, B 7:00 Crazy Card Game, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH (Big Event), DR 6:00 Card Games, B 21 AUTUMN BEGINS 22 19 20 18 9:30 Exercise w/Jacque 9:30 Exercise w/ 9:30 Chair Yoga Walking Warriors w/ 9:30 Walking Warriors 10:00 Bible Study of A.R.T., CR Jacque of A.R.T., CR Kelley of Lake Village, B Class, CR 9:30 Balance Class w/ 10:30 Coffee & 10:00 Coffee & Snacks 10:00 Post Office/Bank, O Singalong, L 10:00 Coffee & Snacks 10:00 Shopping at Legacy, CR 10:00 Coffee & Snack Monday Social, L Conversation, L Friday Social, L 10:30 Bible Study, B Walmart, O Wednesday Social, L 10:00 Shopping at Walmart, O 10:00 Albertsons, O Wonderword Challenge 10:30 1:00 Trivia Pursuit, LL 10:30 Blood Pressure Checks Chicken Foot, LL 10:00 Catholic 10:00 Blood Pressure Check **Blood Pressure** 11:00 Out to Cracker Barrel, O w/A.R.T., CR 1:30 Card Games, B Communion, B w/Legacy, CR Bridge, CR Checks w/A.R.T., CR 3:00 Resident Choice 2:00 Sassy Senior \$1 Bingo, CR 2:45 Fun Flicks and 10:30 Bible Study w/ Express Errands, O 2:00 Pokeno for Prizes, AR 10:30 Rosary Service, B 3:00 Wii Games w/Max, F Game **Making Life Easy Program** Popcorn, TH Pastor Frances, B 3:30 Ice Cream Social 3:30 Bee Active Social 1:45 Line Dancing w/Geri, L 6:30 Resident Card w/Home Helpers, B Celebration w/Jacque, L w/Clear Life 2:00 Misc. Errands, O 3:30 Billiards (Pool) 2:30 Art Expression, AR Love Notes Happy Hour, L 6:00 Card Games, B Games, B Hearing Care, B 6:00 Card Games, B 7:00 Crazy Card Game, B 6:00 Card Games, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH 6:00 Card Games, B 29 25 27 30 26 28 9:30 Exercise w/ 9:30 Chair Yoga National Good Neighbor Day 9:30 Balance Class 9:30 Walking Warriors w/ 9:30 Exercise w/ 10:00 Bible Study Class, CR Jacque of A.R.T., CR w/Legacy, CR Jacque of A.R.T., CR Kelley of Lake Village, B 10:00 Shopping at Singalong, L 10:00 Shopping at Walmart, O 10:00 Coffee & Snacks 10:00 Post Office/Bank, O 10:00 Coffee & Snacks Walmart, O 10:00 Coffee & Snack 10:00 Blood Pressure Check 10:30 Bible Study, B Friday Social, L Monday Social, L Wednesday Social, L 10:00 Catholic Communion, B w/Legacy, CR 10:30 Wonderword Challenge 10:30 Blood Pressure Checks 10:00 Albertsons, O 1:15 Chicken Foot, LL 10:30 Rosary Service, B w/A.R.T., CR 10:30 Bible Study w/ Bridge, CR 10:30 Blood Pressure 3:00 Resident Choice 2:00 Sassy Senior \$1 Bingo, CR 2:00 **Express Errands, O** 1:45 Line Dancing w/Geri, L Pastor Frances, B 3:15 Bible Study, B Checks w/A.R.T., CR Game Making Life Easy Program 2:00 Misc. Errands, O 2:30 Art Expression, AR

3:30

6:00 Card Games, B

Albertson's, B

10:30 Flu Shots w/

2:00 Pokeno for Prizes, AR

4:00 Ring Toss of Fire, B

6:00 Card Games, B

6:30 Resident Card

Games, B

Book Club, LL

4:00 Good Neighbor and

6:00 Card Games, B

Game Social, B

6:45 Bring a Friend Movie Night, TH

3:30 Brain Game w/

6:00 Card Games, B

Encompass, B

w/Home Helpers, B

3:30 Birthday Bash, L

6:00 Card Games, B