#### What Is Mindfulness?

The word "mindfulness" is a frequent topic these days, whether on talk shows, in magazine articles and even for adult coloring books. While it may seem like a vague term, mindfulness is a fairly simple concept with many benefits.

Essentially, mindfulness means being aware of your thoughts, feelings, physical sensations and environment in the moment, rather than thinking about the past or worrying about the future.

Practicing mindfulness is credited with helping to reduce stress and anxiety, cultivate compassion and build relationships. Studies reveal physical benefits, too, such as a stronger immune system, improved memory and sharper cognitive skills. As a therapeutic technique, mindfulness has been used to promote healing for hospital patients and veterans with post-traumatic stress disorder as well as a helpful tool in schools.

Observation is the key to mindfulness. Notice the sights, sounds and smells around you, and pay attention to sensations like the warmth of the sunshine on your face or the flavor of your morning coffee. By adding "mindfulness moments" to your daily routine, you may soon feel a deeper connection to both yourself and the world.



# Happy Hour and Birthday Bash!

Come and join us every Friday afternoon for a fun themed Happy Hour and on the last Friday of the month a birthday celebration with some great entertainment.





# 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 Rehab Trust Home Health. Jacque and her company have been partnered with our Community for the past nine years. You may see the yellow T-shirts with the bee on the front on many of our residents in the Dining Room and in the Lobby on Monday and Wednesday mornings. They have a class in 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.



### 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, Boogie down at the disco and so much more. A sincere thanks to those of you who participated in the purchase of the school supplies for our staff and their kids. Everyone was very grateful! This September, we will celebrate Assisted Living week with interactive resident and staff programs. Lunch outings for this month will be to Red Lobster and Rosa's Café. Tuesday, Sept. 12, we have crafts with Patty and plan on making autumn or Halloween wreaths. Be sure to mark your calendar for our Main Event: Viva Italy on Sept. 21, at 6 p.m. Also we will be celebrating Active Aging Week, Wednesday, Sept. 27. Feel free to invite your family and friends to our events.

Regards,

Jessica Hazelton, Executive Director



## Resident of the Month!

Our L.E.A.P. year would like to recognize Nell Boyd. Nell likes to participate in different activities like bingo, afternoon games, socials, Happy Hours and she also likes to be part of our Main Events. Thank you, Nell, for your sweet personality, fun dancing skills. We are so glad to have you here at Lewisville Estates.







INDEPENDENT LIVING

#### **SEPTEMBER 2017**

#### 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

#### **Transportation Schedule**

Monday

10 a.m **Grocery Stores** 

> Tuesday 10 a.m. Walmart

Wednesday

10 a.m Post Office/Bank

> **Thursday** 2 p.m.

Walmart

**Friday** TBA

Field Trips/Outing

#### **Birthdays**

Peggy Cooper, 2nd Stefan Domingo, 8th (Employee) Mary Dykes, 11th Laura Budlong, 13th Doris Hawkins, 15th Shannon Pullen, 16th Sydney Del Carpio, 18th (Employee) Betty Baughman, 19th George Bedford, 28th Donna Billings, 29th

Activities Subject to Change

**MONDAY** 

**TUESDAY** 

9:30 Chair Yoga

10:00 Shopping at

10:00 Catholic

11

Class, CR

Walmart, O

10:30 Rosary Service, B

6:00 Card Games, B

Class, CR

10:30 Rosary Service, B

3:15 BBQ Social w/

2:30 Town Hall

Walmart, O

Meeting, CR

Sunshine, B

10:00 Catholic Communion, B

9:30 Chair Yoga

10:00 Shopping at

2:30 Art Expression, CR

Communion, B

		179	
7:30	The Truth in Love (TV Channel 7), R66	LABOR 9:30	DAY 4  Exercise w/Jacque of A.R.T., CR
8:30	In Search of the Lord's Way (TV KTXA Channel 12), R66	10:00 10:00 10:30	Coffee & Snacks Monday Social, L <b>Winco, O</b>
1:15 3:00	Bible Study, CR Chicken Foot, LL Resident Choice Game	1:00 2:00 <b>3:15</b>	w/A.R.T., CR Bridge Club, CR Pokeno for Prizes, CR <b>Trivia Club, B</b>
6:30	Resident Card Games, B	4:00 6:00	Rowdy Ring Toss, B Card Games, B
	40		

**Grandparents Day** 

7:30 The Truth in Love (TV

Channel 7), R66

Lord's Way (TV KTXA

Grandma & Grandpa, TH

17

24

Resident Choice Game

Resident Card Games, B

7:30 The Truth in Love (TV

Channel 7), R66

In Search of the

Channel 12), R66

Chicken Foot, LL

6:30 Resident Card Games, B

7:30 The Truth in Love (TV

Channel 7), R66

Channel 12), R66

Chicken Foot, LL

6:30 Resident Card Games, B

Lord's Way (TV KTXA

Resident Choice Game

8:30 In Search of the

9:00 Bible Study, CR

9:00 Bible Study, CR

**Active Aging** 

**Week Begins** 

Lord's Way (TV KTXA

Resident Choice Game

Channel 12), R66

Bible Study, CR

8:30 In Search of the

1:15 Chicken Foot, LL

2:30 Movie Time With

**SUNDAY** 

#### 0 Rowdy Ring Toss, B 0 Card Games, B 10 PATRIOT DAY **National Assisted Living Week** 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb, O **Blood Pressure Checks** 10:30 w/A.R.T., CR Bridge Club, CR 1:00 2:00 Pokeno for Prizes, CR Trivia Club, B 3:15

6:00	Card Games, B		6:00	Card Games, B
9:30	Exercise w/ Jacque of A.R.T., CR	18	9:30	Chair Yoga
10:00	Coffee & Snacks Monday Social, L		10:00	Class, CR Shopping a
10:00	Dollar Tree, O			Walmart, O
10:30	Blood Pressure Checks w/A.R.T., CR		10:00	Catholic
1:00	Bridge Club, CR			Communion
2:00	Pokeno for Prizes, CR		10:30	Rosary Servi
<b>3:15</b> 4:00	<b>Trivia Club, B</b> Rowdy Ring Toss, B		2:30	Art Expression
6:00	Card Games, B		6:00	Card Games,
	Wonder Day	25	9.30	Chair Yoga
9:30	Exercise w/ Jacque of A.R.T., CR		7.50	Class, CR

10:00 10:30 1:00 2:00 3:15 4:00 6:00	Monday Social, L  Dollar Tree, O  Blood Pressure Checks w/A.R.T., CR  Bridge Club, CR  Pokeno for Prizes, CR  Trivia Club, B  Rowdy Ring Toss, B  Card Games, B		10:00 10:30 2:30	Shopping at Walmart, O Catholic Communion, B Rosary Service, B Art Expression, CR Card Games, B
	Wonder Day	25	9.30	Chair Yoga 2
9:30	Exercise w/ Jacque of A.R.T., CR		7.50	Class, CR
10:00	Coffee & Snacks Monday Social, L		10:00	Shopping at
10:00	Shopping at Aldi, O			Walmart, O
10:30	Blood Pressure Checks		10:00	Catholic
	w/A.R.T., CR			Communion, B
1:00	Bridge Club, CR		10:30	Rosary Service, B
2:00	Pokeno for Prizes, CR			•
3:30	Name That Tune:		2:30	Art Expression, CR
6:00	One-Hit Wonder, B Card Games, B		6:00	Card Games, B

100			
5	National I	Bake & Decorate Month	6
	9:30	Exercise w/	-
		Jacque of A.R.T., CR	
	10:00	Post Office/Bank, O	
	10:00	Coffee & Snack	
		Wednesday Social, L	
	10:30	Blood Pressure Checks	
		w/A.R.T., CR	
	2:00	Sassy Senior \$1 Bingo, CR	
	3:00	Wii Games w/Max, F	
	3:15	Bible Study, TH	
_	3:30	Cookies & Cupcakes	
R		Decoration Social, B	
	6:00	Card Games, B	
	6:45	Bring a Friend Movie Night,	TH
12	9:30	Exercise w/	13
		Jacque of A.R.T., CR	
	10:00	Post Office/Bank, O	

6:00 Card Games, B

6:45 Bring a Friend

19 ROSH HASHANAH BEGINS

10:00 Coffee & Snack

10:00 Post Office/Bank, O

10:30 Blood Pressure Checks

2:00 Sassy Senior \$1 Bingo, CR

6:45 Bring a Friend Movie Night, TH

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w/A.R.T., CR

3:00 Wii Games w/Max, F

3:15 Bible Study, TH

6:00 Card Games, B

9:30 Exercise w/Jacque

of A.R.T., CR

10:00 Post Office/Bank, O

10:30 Blood Pressure Checks

w/A.R.T., CR

3:00 Wii Games w/Max, F

3:15 Bible Study, TH

3:30 Book Club, LL

6:00 Card Games, B

3:30

Wednesday Social, L

2:00 Sassy Senior \$1 Bingo, CR

**Active Aging Week** 

Celebration w/Jacque, L

6:45 Bring a Friend Movie Night, TH

10:00 Coffee & Snack

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AT SUNDOWN

Movie Night, TH

9:30 Exercise w/Jacque of A.R.T., CR

Wednesday Social, L

WEDNESDAY

10:30	Blood Pressure Checks		W/ Legacy/ Cit
	w/A.R.T., CR	10:15	Bible Study w/
2:00	Sassy Senior \$1 Bingo, CR		Pastor Frances, CR
3:00	Wii Games w/Max, F	1.00	
3:15	Bible Study, TH	1:00	Summer Singalong, CR
3:30	Cookies & Cupcakes	2:00	Shopping at
	Decoration Social, B		Walmart, O
6:00	Card Games, B	6.00	
6:45	Bring a Friend Movie Night, TH	6:00	Card Games, B
9:30	Exercise w/ 13	9:30	Balance Class 14
	Jacque of A.R.T., CR		w/Legacy, CR
0:00	Post Office/Bank, O	10:00	Misc. Errands, O
10:00	Coffee & Snack	10:00	Blood Pressure Check
	Wednesday Social, L		w/Legacy, CR
10:30	Blood Pressure Checks		J ,
	w/A.R.T., CR	10:15	Bible Study w/
2:00	Sassy Senior \$1 Bingo, CR		Pastor Frances, CR
3:00	Wii Games w/Max, F	1:00	Summer Singalong, CR
		2:00	Shopping at Walmart, O
3:15	Bible Study, TH	2:00	Shopping at Walliart, O

6:00	Card Games, B	
9:30	Balance Class 14	
	w/Legacy, CR	
10:00	Misc. Errands, O	
10:00	Blood Pressure Check	
	w/Legacy, CR	
10:15	Bible Study w/	
	Pastor Frances, CR	
1:00	Summer Singalong, CR	
2:00	Shopping at Walmart, O	
2:30	Knitting Club	
	Social, R66	
6:00	Card Games, B	
	21	F
	zheimer's Day	
9:00	Alzheimer's Walk, L	
9:30	Balance Class w/Legacy, CR	
10:00	Misc. Errands, O	

10:00 Blood Pressure Check

w/Legacy, CR

Pastor Frances, CR

2:00 Shopping at Walmart, O

6:00 Viva Italy (Main Event), DR

w/Legacy, CR

10:00 Blood Pressure Check

w/Legacy, CR

**Pastor Frances, CR** 

1:00 Summer Singalong, CR

2:00 Shopping at Walmart, O

Summer Singalong, CR

10:15 Bible Study w/

6:00 Card Games, B

9:30 Balance Class

10:00 Misc. Errands, O

10:15 Bible Study w/

3:00 Social Time w/

6:00 Card Games, B

Legacy, CR

**THURSDAY** 

9:30 Balance Class

10:00 Misc. Errands, O

w/Legacy, CR

10:00 Blood Pressure Check

w/Legacy, CR

<b>3:30</b> 6:00	College Memories Happy Hour, L Card Games, B	3:30 7:00	Billiards (Pool) Crazy Card Game, B
	al Popcorn Week 8	9:30	Walking Warriors 9
9:30	Walking Warriors, B	10:30	Coffee &
10:00	Coffee & Snacks		Conversation, L
	Friday Social, L	1:00	Trivia Pursuit, LL
10:30		1:30	Card Games, B
10:30	Live Well Strength w/Legacy, CR	2:30	Fun Flicks and
11:00	Out to Red Lobster, O		Popcorn, TH
1:00	Bridge, CR	2:30	<b>Movie Time With</b>
3:30	What Is Poping		Pastor Frances, TH
	Happy Hour?, L	3:30	Billiards (Pool)
6:00	Card Games, B	7:00	Crazy Card Game, B
Guacar	mole Day 15	0.20	.,, 16
9:30	Walking Warriors, B	9:30	Walking Warriors
10:00	Coffee & Snacks	10:30	Coffee &
	Friday Social, L		Conversation, L
10:30	•	1:00	Trivia Pursuit, LL
10:30	Live Well Strength	1:30	Card Games, B
	w/Legacy, CR	2:30	Fun Flicks and
1:00	Bridge, CR		Popcorn, TH
3:30	Chips & Guacamole	3.30	Rilliards (Pool)

**FRIDAY** 

**Wear Your Favorite College** 

**Colors Day** 

10:00 Coffee & Snacks Friday Social, L

9:30 Walking Warriors, B

10:30 Wonderword Challenge

10:30 Live Well Strength

1:00 Bridge, CR

w/Legacy, CR

w/Legacy, CR

1:00 Bridge, CR

3:30 Birthday Bash

6:00 Card Games, B

**SATURDAY** 

9:30 Walking Warriors <sup>2</sup>

Conversation, L

1:00 Trivia Pursuit, LL

1:30 Card Games, B

2:30 Fun Flicks and

Popcorn, TH

10:30 Coffee &

7	Nationa	al Popcorn Week 8	9:30	Walking Warriors	9
	9:30	Walking Warriors, B	10:30	Coffee &	
	10:00	Coffee & Snacks		Conversation, L	
<	10.20	Friday Social, L	1:00	Trivia Pursuit, LL	
	10:30 <b>10:30</b>	Wonderword Challenge Live Well Strength	1:30	Card Games, B	
	10.30	w/Legacy, CR	2:30		
	11:00	Out to Red Lobster, O		Popcorn, TH	
CR	1:00	Bridge, CR	2:30	Movie Time With	
	3:30	What Is Poping	2.20	Pastor Frances, TH	
	6.00	Happy Hour?, L	3:30		
	6:00	Card Games, B	7:00	Crazy Card Game, B	
14		mole Day 15	9.30	Walking Warriors	16
	9:30	Walking Warriors, B	10:30	•	
	10:00	Coffee & Snacks	10.50	Conversation, L	
	10.20	Friday Social, L	1.00	Trivia Pursuit, LL	
		Wonderword Challenge			
	10:30	Live Well Strength w/Legacy, CR	1:30	•	
CR	1:00	Bridge, CR	2:30	Fun Flicks and	
t, O	3:30	Chips & Guacamole	2.20	Popcorn, TH	
		Happy Hour, L	3:30	,	
	6:00	Card Games, B	7:00	Crazy Card Game,	В
21	FALL BE	GINS 22			23
	Ice Crea	m Cone Day		Walking Warriors	
, CR	9:30	Walking Warriors, B	10:30		
	10:00	Coffee & Snacks		Conversation, L	
	10:30	Friday Social, L	1:00	Trivia Pursuit, LL	
	10:30	Wonderword Challenge Live Well Strength	1:30	Card Games, B	
		w/Legacy, CR	2:30	<b>Fun Flicks and</b>	
	1:00	Bridge, CR		Popcorn, TH	
)	3:30	Ice Cream Cone Happy Hour, L	3:30	Billiards (Pool)	
DR	6:00	Card Games, B	7:00	Crazy Card Game,	В
28	YOM KI	PPUR BEGINS AT 29			30
20	SUNDOWN		9:30	<b>Walking Warriors</b>	30
	9:30	Walking Warriors, B	10:30	Coffee &	
	10:00	Coffee & Snacks		Conversation, L	
		Friday Social, L	1:00	Trivia Pursuit, LL	
	10:30	Wonderword Challenge		Card Games, B	
	10.30	Live Well Strength		Fun Fliele and	

2:30 Fun Flicks and

3:30 Billiards (Pool)

Popcorn, TH

7:00 Crazy Card Game, B