

Social

Come and join us at our fun socials.



Puzzle Mania Social with Erin



Coffee with a Cop Social



Ice Cream Social with Legacy



The Lewisville Estates Lifestyle

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

Like Us! 

OCTOBER 2018

Dear Residents, Family and Friends

Fall is in full swing around here, and I for one could not be happier! We had a great month of September celebrating the start of football season with our “Kick Off Happy Hour,” soaking up the last few days of summer with an Ice Cream Social and a great night with our Murder Mystery Event, “A Taste for Wine and Murder!” Be sure to check out your activity calendar and activity flyers to see what exciting outings, socials and events are scheduled for each month!

October has many fun and exciting things planned that include Trick or Treating for the families of our residents and staff, a lunch outing to Big Jack BBQ and our Main Event, “Bewitching Soiree!” Be sure to invite your family and friends. We hope to see you all there! Also, remember to check out our Facebook and website for weekly picture updates.

Happy October!

Erin Montgomery
Executive Director



Feline Phrases

Cats have been pet companions for centuries, and they’ve pawed their way into our language as well. Purr-ruse this list of feline-inspired phrases:

Catnap — Cats can sleep as much as 16 hours a day, but most of that time is spent dozing and jolting awake when they hear a noise. Humans have compared their own short snoozes to a cat’s since the early 1800s.

Scaredy-cat — American writer Dorothy Parker is credited with coining this term in 1933 as a way to describe a timid person. The comparison is spot on, as cats tend to be skittish.

Like herding cats — It’s nearly impossible to herd cats, as they are such independent creatures. This simile is used when someone is having difficulty multitasking or managing a group of people.

Cat got your tongue? — This question is posed to one who remains silent when they are expected to speak. The phrase first appeared in print in 1881, where it was described as a children’s playground taunt.

Let the cat out of the bag — This saying means to reveal a secret, and may have originated in medieval marketplaces, where a piglet could be purchased in a sack. Dishonest vendors sometimes tricked customers by putting a cat in the bag instead, but the secret was out as soon as the bag was opened and the cat escaped.



Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story’s details. For example, hearing the description of a scent will engage the brain’s sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone’s life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.



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, 10 a.m.

Walmart

Friday, TBA

Field Trips/Outing

Friday, 2 p.m.

Express Errands

"In life, as in football, you won't go far unless you know where the goal posts are."

—Arnold H. Glasow

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Halloween Door Decorating Contest Begins 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 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 2:15 Singalong w/Karen, L 3:00 9 Years Celebration w/Jacque and Art, L 3:15 Trivia Club, B 6:00 Card Games, B	Chair Zumba Class w/Patty, CR Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	Exercise w/Jacque of A.R.T., CR Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	Balance Class w/Legacy, CR Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR Singalong, O 1:00 Bridge Club, CR Misc. Errands, O 6:00 Card Games, B	Get Funky Day 9:30 Walking Warriors, B Express Errands, O 10:00 Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR 2:00 Wonder Word Challenge Get Funky During Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 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 6:30 Resident Card Games, B 7:20 Cowboys vs. Houston, R66	COLUMBUS DAY 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Trivia Club, B Rowdy Ring Toss, B 6:00 Card Games, B	Men's Out for Breakfast, O Chair Zumba Class w/Patty, CR Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR Witch Please Social w/Sunshine, B 6:00 Card Games, B	Exercise w/Jacque of A.R.T., CR Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L Flu Shots, F Health Fair, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	Balance Class w/Legacy, CR Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR Singalong, O 1:00 Bridge Club, CR Misc. Errands, O Busy Hand Club, B I'll Get You My Pretty Social w/Jacque, B 6:00 Card Games, B	Family Bowling Day 9:30 Walking Warriors, B Express Errands, O 10:00 Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR Out to Big Jack Barbeque, O 2:00 Wonder Word Challenge Let's Strike Up Some Fun During Our Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 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 3:25 Cowboys vs. Jacksonville, R66 6:30 Resident Card Games, B	I Love Lucy Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Trivia Club, B 3:30 Fun Phrases of I Love Lucy Show, B 6:00 Card Games, B	Chair Zumba Class w/Patty, CR Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	Exercise w/Jacque of A.R.T., CR Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	Balance Class w/Legacy, CR Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR Singalong, O 1:00 Bridge Club, CR Misc. Errands, O Stop in for a Spell Social w/Legacy, B 6:00 Card Games, B 6:15 Bewitching Soiree (Main Event), DR	9:30 Walking Warriors, B Express Errands, O 10:00 Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR 2:00 Wonder Word Challenge 3:30 Birthday Bash, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 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 3:25 Cowboys vs. Washington (CBS), R66 6:30 Resident Card Games, B	Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L Out to Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Trivia Club, B Legacy Health Chat (Medicare Benefits), B Rowdy Ring Toss, B 6:00 Card Games, B	Chair Zumba Class w/Patty, CR Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Painting Class w/Lisa, CR 6:00 Card Games, B	Out to Winstar Casino, O Exercise w/Jacque of A.R.T., CR Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	Balance Class w/Legacy, CR Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR Bible Study w/Pastor Frances, CR Singalong, O 1:00 Bridge Club, CR Misc. Errands, O Busy Hand Club, B Welcome Home New Residents' Social, CR 6:00 Card Games, B	Wear Halloween Colors 9:30 Walking Warriors, B Express Errands, O 10:00 Coffee & Snacks Friday Social, L Live Well Strength w/Legacy, CR Out to 54th Street, O 2:00 Wonder Word Challenge I Put a Spell on You Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 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 6:30 Resident Card Games, B	Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L Out to Dollar General 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR Singalong w/Karen, L Trivia Club, B 6:00 Card Games, B	Candy Corn Day Chair Zumba Class w/Patty, CR Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Scrapbooking Club, CR 6:00 Card Games, B	HALLOWEEN Exercise w/Jacque of A.R.T., CR Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH Book Club, LL Eat Drink and Be Scary Social w/Jason, B 6:00 Card Games, B 6:00 Trick or Treat, L 6:45 Bring a Friend Movie Night, TH	Birthdays Eleonore Murray, 4th Richard Nelson, 5th Lorenzo Marines, 8th (Employee) Lillian Schauseil, 9th Philip Ratliff, 10th Nora Condra, 14th Kathryn Ingram, 16th Will Powers, 18th Inge Reece, 23rd Lisbeth Munson, 24th Jean Alexander, 29th		