

## Flannel Fashions

People of all ages are likely to have a flannel shirt hanging in their closet, at the ready with soft, cozy comfort.

Flannel was invented in 17th-century Wales, known for its cold, drizzly winters. Wanting a fabric that was comfortable, but offered protection from the elements, weavers applied a new process called carding to their wool yarns, making them thinner and softer, yet still strong and durable.

The new woven fabric spread to the rest of Europe and was brought to the U.S. in the 1800s. Throughout the Industrial Revolution and into the 20th century, flannel shirts, jackets and undergarments were popular with men who labored at jobs such as railroad building, logging and construction. A collared flannel shirt, often in a plaid pattern, emerged as the unofficial uniform of the rugged working man.

Flannel shirts with buttoned chest pockets were issued to soldiers during both world wars, and they remained popular with returning veterans. By the 1950s, the gray flannel suit became the standard attire for many businessmen, combining comfort and elegance.

Flannel also became a staple fabric for women's fashions, pajamas and bedding.



## Dear Residents, Families and Friends

Happy October! Fall is officially here! We had a great month of September and loved getting to see everyone, as more residents got involved in our small group activities. We would love to see more residents at our activities, so please remember to sign up at the front desk.

Covid-19 cases are still very present in Denton county. We can all play our part to keep Lewisville Estates safe. We ask that you only leave the community for necessary medical appointments. Please remember you should be wearing a mask if you are outside of your apartment and when you answer your door. Also, please remember to wash your hands often and thoroughly. Please let the front office know if you start to experience any symptoms or if you don't feel well.

We have iPads and laptops available for virtual doctor appointments or virtual family gatherings. If you are interested in more information, please come see us in the front office. We can also assist in grocery orders and/or deliveries.

Thank you to everyone who is helping keep Lewisville Estates safe throughout the entire year!

*Erin Montgomery*  
Executive Director



## Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

**Door décor** — Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

**Pumpkin planter** — Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

**Festive foliage** — Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

**Artsy acorns** — Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.



## Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.





INDEPENDENT LIVING

OCTOBER 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

**Transportation Schedule**

Monday, 10 a.m.  
Grocery Stores

Tuesday & Thursday, 10 a.m.  
Walmart

Wednesday, 10 a.m.  
Post Office/Bank

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
<p><b>Birthdays</b></p> <p>Carl Windsor, 2nd Earl Magby, 2nd Maria Rodriguez, 7th (Employee)</p>	<p>Lorenzo Marines, 8th (Employee) Eleonore Murray, 9th Philip Ratliff, 10th Frank Lewis, 11th</p>	<p>Nora Condra, 14th Teresita Maffie, 15th (Employee) Sue Lewis, 19th James Wood, 20th (Employee)</p>	<p>Sarah Shipp, 22nd (Employee) Donna Nelson, 25th Jean Alexander, 29th Antonio Martinez, 30th (Employee)</p>	<p><b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>2:00 Sassy Senior Bingo A, CR</b> <b>3:15 Sassy Senior Bingo B</b> 4:30 Adult Coloring Pages</p>	<p><b>World Smile Day</b> <b>9:30 Misc. Errands, O</b> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store <b>10:30 Bible Study, CR</b> 1:00 Country Store 2:00 Wonder Word Challenge <b>2:30 Smile Be Happy During Happy Hour</b></p>	<p>9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b></p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <sup>4</sup> 9:00 Bible Study, CR <b>12:00 Cowboys vs. Cleveland Browns (FOX), R66</b> 3:00 Resident Choice Game 4:30 Trivia on the Go</p>	<p>9:30 Walking Warriors <sup>5</sup> 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Country Store 1:00 Country Store 2:00 Pokeno for Prizes, CR 4:30 Wonder Word Search on the Go</p>	<p><b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 2:30 Crafting, CR 4:30 Sassy Senior Bingo on the Go</p>	<p>9:30 Exercise Sheet <sup>7</sup> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Country Store 1:00 Country Store <b>2:30 Snack Cart Social</b> 4:30 Crossword Puzzle</p>	<p><b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>2:00 Busy Hand Club, R66</b> <b>2:00 Sassy Senior Bingo A, CR</b> <b>3:15 Sassy Senior Bingo B</b> 4:30 Adult Coloring Pages</p>	<p><b>9:30 Misc. Errands, O</b> <sup>9</sup> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store <b>10:30 Bible Study, CR</b> 1:00 Country Store 2:00 Wonder Word Challenge <b>2:30 Happy Hour Cart</b></p>	<p>9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b></p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <sup>11</sup> 9:00 Bible Study, CR 3:00 Resident Choice Game <b>3:25 Cowboys vs. New York Giants (CBS), L</b> 4:30 Trivia on the Go</p>	<p>COLUMBUS DAY <sup>12</sup> 9:30 Walking Warriors 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Country Store 1:00 Country Store 2:00 Pokeno for Prizes, CR 4:30 Wonder Word Search on the Go</p>	<p><b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 2:30 Crafting, CR 4:30 Sassy Senior Bingo on the Go</p>	<p>9:30 Exercise Sheet <sup>14</sup> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Country Store 1:00 Country Store <b>2:30 Snack Cart Social</b> 4:30 Crossword Puzzle</p>	<p><b>9:30 Balance Class w/Legacy, CR</b> <sup>15</sup> 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>2:00 Sassy Senior Bingo A, CR</b> <b>3:15 Sassy Senior Bingo B</b> 4:30 Adult Coloring Pages</p>	<p><b>9:30 Misc. Errands, O</b> <sup>16</sup> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store <b>10:30 Bible Study, CR</b> 1:00 Country Store 2:00 Wonder Word Challenge <b>2:30 Happy Hour Cart</b></p>	<p>9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b></p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <sup>18</sup> 9:00 Bible Study, CR 3:00 Resident Choice Game 4:30 Trivia on the Go</p>	<p>9:30 Walking Warriors <sup>19</sup> 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Country Store 1:00 Country Store 2:00 Pokeno for Prizes, CR 4:30 Wonder Word Search on the Go <b>7:15 Cowboys vs. Cardinals (ESPN), L</b></p>	<p><b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 2:30 Crafting, CR 4:30 Sassy Senior Bingo on the Go</p>	<p>9:30 Exercise Sheet <sup>21</sup> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Country Store 1:00 Country Store <b>2:30 Snack Cart Social</b> 4:30 Crossword Puzzle</p>	<p><b>9:30 Balance Class w/Legacy, CR</b> <sup>22</sup> 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>2:00 Busy Hand Club, R66</b> <b>2:00 Sassy Senior Bingo A, CR</b> <b>3:15 Sassy Senior Bingo B</b> 4:30 Adult Coloring Pages</p>	<p><b>9:30 Misc. Errands, O</b> <sup>23</sup> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 10:30 Country Store <b>10:30 Bible Study, CR</b> 1:00 Country Store 2:00 Wonder Word Challenge <b>2:30 Birthday Bash Cart</b></p>	<p>9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b></p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <sup>25</sup> 9:00 Bible Study, CR <b>12:00 Cowboys vs. Washington, R66</b> 3:00 Resident Choice Game 4:30 Trivia on the Go</p>	<p><sup>26</sup> 9:30 Walking Warriors 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Country Store 1:00 Country Store 2:00 Pokeno for Prizes, CR 4:30 Wonder Word Search on the Go</p>	<p><sup>27</sup> <b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 2:30 Crafting, CR 4:30 Sassy Senior Bingo on the Go</p>	<p>9:30 Exercise Sheet <sup>28</sup> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Country Store 1:00 Country Store <b>2:30 Snack Cart Social</b> 4:30 Crossword Puzzle</p>	<p><b>National Cat Day</b> <sup>29</sup> <b>9:30 Balance Class w/Legacy, CR</b> 9:30 Grocery Orders 10:00 Blood Pressure Check w/Legacy, CR <b>2:00 Sassy Senior Bingo A, CR</b> <b>3:15 Sassy Senior Bingo B</b> 4:30 Adult Coloring Pages</p>	<p><b>Frankenstein Day</b> <sup>30</sup> <b>National Candy Corn Day</b> <b>9:30 Misc. Errands, O</b> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Bible Study, CR</b> 10:30 Country Store <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Country Store 2:00 Wonder Word Challenge <b>2:30 Let's Get Wicked During Happy Hour</b></p>	<p>HALLOWEEN <sup>31</sup> 9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b></p>