

Talking Turkey (Continued)

- While domestic turkeys are typically white, the brown and tan colors of wild turkeys help them blend into the surroundings of their woodland homes, where they sleep atop tree branches.
- Turkeys are native to North America, but in the early 20th century, the bird was on the verge of extinction. Reintroduction programs started in the 1940s, and today, wild turkeys can be found throughout the U.S.

Be an Alzheimer's Advocate

When President Ronald Reagan declared the first National Alzheimer's Disease Awareness Month in November 1983, fewer than 2 million Americans had the disease. Today, there are more than 6 million.

This month, join the cause to help raise awareness about Alzheimer's. Here are some ideas:

Walk for a cure — The Alzheimer's Association Walk to End Alzheimer's is an annual event that takes place in communities nationwide throughout the year, with many walks occurring in the fall. Invite friends and family to join your community's team to raise funds for Alzheimer's care, support and research.

Put on some purple — The color purple is used to represent Alzheimer's awareness. Go further than just wearing a purple ribbon—why not dress head to toe in purple? You can also hang a purple wreath or banner on your door.

Honor a caregiver — November is also National Family Caregivers Month, and this is no coincidence—Alzheimer's affects caregivers as well as those with the disease. Send a card or special treat to a caregiver, letting them know they are appreciated.



Employee of the Month!

Our Lewisville Estates Community would like to recognize Lisa Hail as our November Employee of the Month. Lisa is always willing to help others, makes our residents happy and always has a smile on her face. Lisa, we're so thankful to have you as part of our team!



Dear Residents, Families and Friends

I am so excited to be welcoming in autumn and cooler temperatures! It's one of my favorite times of the year; colorful leaves, Thanksgiving, family and cool weather. It has been a great month! We are showing great strides and looking forward to what the future holds. We have been granted full visitation in both Independent and Assisted Living. I know everyone here is ready to recognize normalcy again. We appreciate you following our community's infection control measures to help keep everyone safe.

I hope everyone enjoyed the Halloween Main Event including costumes, cocktails, and live music. In November, we have many festivities, Thanksgiving dinners and more!

Happy November!
Jennifer True
Executive Director



Talking Turkey

This time of year, the turkey takes center stage as both a seasonal symbol and the main course of holiday dinners. How much do you know about this popular bird?

- Male turkeys are called "toms" or "gobblers," females "hens" and their chicks "poults."
- Females make small clucking and chirping sounds; only males do the gobbling the birds are known for. The gobble can be heard up to a mile away.
- The weight of a domestic turkey is about twice that of its wild cousin. Most domestic turkeys are so heavy they can't fly, but wild turkeys can soar up to 55 mph.
- An adult turkey has between 5,000 and 6,000 feathers. Like peacocks, the males use their fancy tail feathers to attract mates.

(Continued on back.)





INDEPENDENT LIVING

NOVEMBER 2021

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


Birthdays

- Judy Kuhn, 3rd
- Jocelyn Barona, 4th (Employee)
- Marie Shea, 5th
- Emma Miller, 6th
- Geneva Johnson, 13th
- Carmine Rueli, 26th (Employee)

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
	10:00 Get Fit w/Jada!, CR 10:00 Shopping at Aldi, O 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno for Prizes, CR 4:15 Ambassadors' Meeting, CR	ELECTION DAY 2 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 10:00 Walmart Shopping, O 10:00 Catholic Communion, B 10:30 Activity Meeting w/Jada, B 3:00 Lima Bean Auction!, CR	3 10:00 Exercise w/ Jacque, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 2:30 Walk It Out Wednesday, L 3:30 Dominoes Club w/ Ice Cream, CR 7:00 Evening Movie, TH	4 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/ Legacy, CR 10:00 Walmart Shopping, O 2:00 Billion Dollar Bingo, CR 2:30 Misc Errands, O 3:30 Thanksgiving Coloring, CR	5 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 2:00 Uno & Friends, B 3:30 Happy Hour!	6 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
DAYLIGHT SAVING TIME ENDS 7 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Communion Church, CR 12:00 Cowboys Vs. Denver, R66 3:00 Resident Choice Game, B	8 10:00 Get Fit w/Jada!, CR 10:00 Dollar Tree, O 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno for Prizes, CR 3:30 Book Club, CR	9 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 10:00 Walmart Shopping, O 10:30 Activity Meeting w/Jada, B 1:30 Hand & Foot, B 2:30 Town Hall Meeting, CR	10 10:00 Exercise w/ Jacque, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 1:30 Singalong at the Senior Center, O 3:30 Dominoes Club w/Snacks, CR 7:00 Evening Movie, TH	VETERANS DAY 11 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/ Legacy, CR 10:00 Walmart Shopping, O 2:00 Billion Dollar Bingo, CR 2:30 Misc Errands, O 3:30 Let's Make Thankful Turkeys, CR	12 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 1:30 Take a walk outside L.E., L 3:30 Happy Hour!	13 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
14 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Communion Church, CR 12:00 Cowboys Vs. Atlanta, R66 3:00 Resident Choice Game, B	15 10:00 Get Fit w/Jada!, CR 10:00 Tom Thumb, O 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno for Prizes, CR 3:30 Uno & Friends, B	16 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 10:00 Walmart Shopping, O 10:00 Catholic Communion, B 10:30 Activity Meeting w/Jada, B 2:00 Thanksgiving Charades!, CR	17 10:00 Exercise w/ Jacque, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 2:30 Walk It Out Wednesday, L 3:30 Dominoes Club w/ Ice Cream, CR 7:00 Evening Movie, TH	18 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/ Legacy, CR 10:00 Walmart Shopping, O 2:30 Misc Errands, O 3:30 Thanksgiving Main Event!, CR	19 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 3:30 Happy Hour!	20 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
21 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Communion Church, CR 3:00 Resident Choice Game, B 3:25 Cowboys Vs. Kansas City, R66	22 10:00 Get Fit w/Jada!, CR 10:00 Kroger, O 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno for Prizes, CR 3:30 Book Club w/ Lewisville Library, CR	23 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 10:00 Walmart Shopping, O 10:30 Activity Meeting w/Jada, B 1:30 Hand & Foot, B 2:00 What Are You Thankful For?, CR 3:30 Find Tom the Turkey, L	9:00 Food Forum, DR 24 10:00 Exercise w/Jacque, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 1:30 Singalong at the Senior Center, O 3:30 Dominoes Club w/Snacks, CR 7:00 Evening Movie, TH	THANKSGIVING DAY 25 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/ Legacy, CR 2:30 Misc Errands, O 3:30 Cowboys Vs. Las Vegas	26 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 3:30 Happy Hour!	27 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
HANUKKAH BEGINS AT SUNSET 28	29 10:00 Get Fit w/Jada!, CR 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno for Prizes, CR	30 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 10:00 Walmart Shopping, O 10:30 Activity Meeting w/Jada, B	