

Traditional Holiday Treats

All across the world, traditional desserts are a tasty way to celebrate the season. Sample these holiday treats:

Linzer cookies: Austria's classic cake, the linzer torte, is made miniature by sandwiching jam between two almond-flavored cookies. A festive shape cut out from the top cookie shows off the filling.

Bibingka: Traditionally baked in a clay pot lined with a banana leaf, this Filipino sponge cake is made with rice flour and coconut milk.

Natilla: Similar to custard, this Colombian dessert is flavored with a dark brown sugar, called panela, and often topped with coconut, raisins and nuts.

Lebkuchen: Germany's gingerbread cookies are typically glazed with sugar or covered in chocolate.

Heart-shaped versions with iced-on messages are particularly popular.

Pavlova: December brings summer to Australia and New Zealand, where meringue, whipped cream and fresh fruit combine to form a light, elegant dessert.

Bunuelos: These crispy fritters are sold on street corners at holiday time in Mexico. Dough is shaped like a tortilla, fried, then topped with sugar, cinnamon and syrup.

Panettone: This Italian sweet bread resembles a giant muffin and tastes like a fluffy fruitcake studded with raisins and candied citrus peel.



Wrapping It Up

With designs for every occasion, wrapping paper adds a festive, personal touch to a present. Using decorative paper to wrap gifts is a custom that was created by accident.

Cloth, newspaper or brown packaging paper was most commonly used to wrap presents before colored tissue paper became popular in the early 1900s.

During a busy holiday season in 1917, brothers Joyce and Rollie Hall ran out of tissue paper at their Kansas City, Mo., greeting card store. They scrambled to find a substitute and offered their customers sheets of colorful, patterned paper that was used to line envelopes. Selling at 10 cents a sheet, the paper was a hit and sold out that year and the next.

Based on this demand, the Halls — whose store grew to become the Hallmark Cards company — started printing and selling their own decorative paper and promoting its use as gift wrap. Ribbons, bows and other embellishments soon followed, and people began dressing up presents in creative ways.

Wrapping paper often reflects current trends. In the 1960s, whimsical designs and bright colors were fashionable. Gift wrap with cartoon characters, sports teams and other pop culture icons debuted in recent decades. Gift bags were introduced in 1987 and are now the top-selling product for packaging presents.



The Lewisville Estates Lifestyle

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

Like Us!

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

DECEMBER 2018

Dear Residents, Family and Friends

Lewisville Estates feels radiant with the warmth of family, visitors and increasing holiday cheer as we wait for Christmas to get here! Please pay special attention to our December calendar as you will understand all that is done to make the season bright. Please know we have many wonderful events leading up to the nights before Christmas; Deck the Halls door decorating contest, Van Excursion Light Tour, weekly Happy Hours, holiday crafts and special vendors. We will be hosting our Family and Resident Christmas Tree Festival on Dec. 13 at 6:30 p.m.

Happy December,
Erin Montgomery
Executive Director



Arts and Crafts!

Come and join us every Tuesday for arts and crafts. It's also a good excuse to have a good time with friends.



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

DECEMBER 2018

Birthdays

Virginia Stiff, 1st
 Erin Montgomery, 3rd (Employee)
 Maria Gomez, 3rd (Employee)
 Lisa Hail, 5th (Employee)
 Lauren Stark, 7th (Employee)
 Edith Bryant, 7th
 Barbara Young, 8th
 Mary Van Hooff, 8th
 Darlene Schatzman, 9th
 Cynthia Thomas, 10th
 Mike Shea, 11th
 Ken Weaver, 20th
 Ellen Nelson, 20th
 Casey Ringo, 21st (Employee)
 Eleanor Gardner, 21st
 Sharlet Lee, 22nd
 Don Hillis, 30th

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

Thursday, 2:30 p.m.
Misc. Errands

Friday, TBA
Field Trips/Outing

Friday, 9:30 a.m.
Express Errands

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AL Parking Lot, ALPL Bistro, B Community Room, CR Dining Room, DR Dog Park, DG	Locations Fitness Room, F Flagpole, FP Garden, G Library, LL Lobby, L	Outing, O Route 66, R66 Theater, TH		Deck the Halls Contest Begins 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B	1
FIRST NIGHT OF HANUKKAH 2 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	9:30 Exercise w/Jacque of A.R.T., CR 3 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 2:30 Singalong w/Karen, L 3:15 Trivia Club, B 6:00 Card Games, B	National Cookie Day 4 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Christmas Stocking Decoration, CR 6:00 Card Games, B	9:00 Out to Winstar Casino, O 5 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	St. Nicholas Day 6 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 2:30 Christmas Bingo w/Legacy, CR 2:30 Misc. Errands, O 6:00 Card Games, B	National Pearl Harbor Day 7 Wear Jingle Bells Day 9:30 Walking Warriors, B 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 2:00 Wonder Word Challenge 3:30 Jingle Bell Rock Happy Hour, L 6:00 Card Games, B	Wreaths Across America Day 8 9:30 Walking Warriors 10:00 Lewisville High School Carols, L 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 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. Philadelphia (Fox), R66 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:15 Trivia Club, B 4:00 Snowball Toss, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 11 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 12 10:00 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 <i>Sassy Senior \$1 Bingo, CR</i> 3:30 White Elephant Social w/Sunshine, CR 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	12 Days of Christmas Begins 13 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 2:30 Misc. Errands, O 2:30 Busy Hand Club, R66 3:00 Naughty or Nice Social w/Jacque, B 6:00 Card Games, B 6:30 Forest of Tree (Main Event), DR	Wear Your Christmas Sweater Day 14 9:30 Walking Warriors, B 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Razzo's, O 2:00 Wonder Word Challenge 3:30 Birthday Bash, L 6:00 Card Games, B	9:30 Walking Warriors 15 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 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 12:00 Cowboys vs. Indianapolis (Fox), R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 17 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 2:30 Singalong w/Karen, L 3:15 Trivia Club, B 3:15 Legacy Health Chat (Coping w/Stress & Anxiety), B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 18 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 19 10:00 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 <i>Sassy Senior \$1 Bingo, CR</i> 6:00 Card Games, B 6:00 Christmas Light Tour, O 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 20 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 2:30 Misc. Errands, O 6:00 Card Games, B	WINTER BEGINS 21 Wear Green Day Humbug Day 9:30 Walking Warriors, B 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 2:00 Wonder Word Challenge 3:30 Bah Humbug Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 22 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 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 12:00 Cowboys vs. Tampa Bay (Fox), R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	Christmas Eve 24 Egg Nog Day Wear Christmas Hat 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 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 2:30 Singalong w/Karen, L 3:15 Egg Nog Social, B 6:00 Card Games, B	CHRISTMAS 25 Christmas Day 10:00 Christmas Wonder Word Search, L 2:30 Movie Time: White Christmas, TH 6:00 Card Games, B	Candy Cane Day 26 9:30 Exercise w/Jacque of A.R.T., CR 10:00 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 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Candy Cane Social w/Jason, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 27 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:00 Bridge Club, CR 2:30 Misc. Errands, O 2:30 Busy Hand Club, R66 6:00 Card Games, B	9:30 Walking Warriors, B 28 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Out to Babe's Chicken, O 2:00 Wonder Word Challenge 3:30 A Toast of Celebration, L 6:00 Card Games, B	9:30 Walking Warriors 29 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 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	NEW YEAR'S EVE 31 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:15 Trivia Club, B 6:00 Card Games, B					