

Sending Season's Greetings

With digital communication at our fingertips, mailing a greeting card may seem old-fashioned and quaint. But the tradition continues to thrive, with around 1.5 billion holiday cards sent every year in the U.S.

An Englishman named Sir Henry Cole created the first holiday card in 1843. A government worker and activist, Cole had just helped to reform the British post office, lowering postage to a penny so more people could afford to send mail. Cole was also very popular, and struggled to find time to respond to the many holiday letters he'd received. Motivated to solve two problems at once—promote the postal system and send quick greetings to his friends—Cole commissioned artist John Calcott Horsley to design a holiday postcard. The card's front showed scenes of a festive family dinner and people doing charitable deeds.

Improved printing methods helped popularize holiday cards in the following decades. Adorned with seasonal imagery such as snowy landscapes and indoor celebrations, the cards were treasured as artwork as well as mementos. By the turn of the century, companies in both the U.K. and the U.S. were printing millions of greeting cards each winter. The 1950s brought cards sold as charity fundraisers, as well as the first official White House holiday card.



A Merry Mint

Sweetening candies, cookies and coffee, while adding a cool, fresh scent to soaps, scrubs and lotions, peppermint is an iconic flavor of the holiday season.

The peppermint plant is a natural hybrid of water mint and spearmint. It blooms in July and August, sprouting tiny purple and white flowers. Mint plants usually grow to be 2 to 3 feet tall.

Due to its calming and numbing effect, peppermint has been used to treat several conditions. When applied to the skin, peppermint oil can treat headaches and skin irritations.

Peppermint has also been known to relieve digestive problems and nausea, as well as congestion and other cold symptoms. Eating a peppermint candy or sipping on peppermint tea are tasty ways to enjoy these benefits.

The herb is a good source of manganese, vitamins A and C, fiber, folate, iron, magnesium and calcium. Fresh or dried leaves can be added to salads, soups and beverages for a refreshing and nutritional boost.



The Lewisville Estates Lifestyle

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

Like Us!

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

DECEMBER 2021

Happy Holidays to the Residents, Families and Staff of Lewisville Estates!

This is my favorite time of the year! I love the music, the decorations, the food and the holiday cheer all around. Check out the calendar this month to enjoy all the many events leading up to the night before Christmas (Trip to Deer Field Christmas Lights, Movies with Cocoa and more). So many fun and festive activities are planned!



It has truly been a blessing to spend the last nine months getting to know you. I would like to personally thank each of you for your kind and generous contributions to the Lewisville Estates Resident Council Employee Christmas Fund (for all hourly employees). It is truly appreciated.

Now, let's turn that Christmas music up and celebrate the Holidays!

Merry Christmas and Happy New Year's!

Jennifer True
Executive Director

Employee of the Month!

Our Lewisville Estates Community would like to recognize Carlos Rodriguez as our December Employee of the Month. Carlos is very diligent, courteous and always has time for everyone he comes across. Carlos, we're beyond thankful to have you as part of our team and appreciate everything you do!



INDEPENDENT LIVING

DECEMBER 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

- Virginia Stiff, 1st
- Dorolyn Potts, 2nd
- Erin Montgomery, 3rd (Employee)
- Barbara Turner, 3rd
- Elwanda Stigler, 4th
- Lisa Hail, 5th (Employee)
- Jim Moore, 7th
- Jessica Ibarra, 19th (Employee)
- Casey Ringo, 21st (Employee)
- Stephanie Tienda, 21st (Employee)
- Maria Medal, 25th (Employee)
- Soshanna Matthews, 25th (Employee)
- Billy J. Elder, 25th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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	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 3:00 Dominoes Club w/ Ice Cream, CR 7:00 Bingo Night, CR	"Deck the Halls" Door Contest Begins 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 4:00 Connect 4, CR	Wear Christmas Socks Day 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 2:00 Christmas Wonder Word Search 3:30 Happy Hour, L	10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH	
5	8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Community Church, CR 3:00 Resident Choice Game, B	10:00 Get Fit w/Jada!, CR 10:00 Dollar Tree, O 10:30 Country Store 11:00 Morning Devotional, CR 11:00 Ambassadors Meeting, B 1:00 Bridge, B 2:00 Pokeno, CR	7 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 Christmas Edition, CR	8 8:30 Podiatrist, F 9:00 Win Star Casino, O 10:00 Exercise w/Jacque, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Christmas Charades, B 3:00 Dominoes Club w/Snacks, CR	9 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:00 Christmas Bingo, CR 2:30 Misc Errands, O 3:30 Christmas Stockings (Crafts), CR	10 Wear Christmas Colors 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Gifts Galore Christmas Sale, L 1:30 Take a walk outside L.E., L 3:30 Happy Hour w/ Andy G!	11 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
12	8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Community Church, CR 3:00 Resident Choice Game, B	13 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, CR 3:30 Christmas Trivia, L	14 "12 Day of Christmas" 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 10:00 Walmart Shopping, O 1:30 Hand & Foot, B 2:30 Town Hall Meeting, CR	15 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 3:00 Dominoes Club w/Ice Cream, CR	16 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 Christmas Main Event!, CR	17 Wear Christmas Sweaters 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Puzzle Mania w/ Friends, R66 3:30 Christmas Birthday Bash, L	18 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
19	8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Community Church, CR 3:00 Resident Choice Game, B	20 10:00 Dollar Tree, O 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 3:30 Hand & Foot, B	21 WINTER BEGINS 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 10:00 Walmart Shopping, O 10:00 Catholic Communion, B 2:00 Arts & Crafts w/ Patty, CR	22 10:00 Exercise w/Jacque, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Hot Cocoa Bar Social, L 3:00 Dominoes Club w/Snacks, CR 6:00 Trip to Deer Field (Christmas Lights), O	23 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	24 CHRISTMAS EVE Wear Christmas Hat Day 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 3:30 Christmas Happy Hour w/Andy, L	25 CHRISTMAS DAY 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
26	8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Community Church, CR 3:00 Resident Choice Game, B	27 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, CR 3:30 Book Club w/ Lewisville Library, CR	28 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 3:30 Show & Tell Unlimited!, L	29 9:00 Food Forum, DR 10:00 Exercise w/ Jacque, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 3:00 Dominoes Club, CR	30 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 4:30 54th Street (Dinner Outing), O	31 New Year's Wear Day 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 11:30 Word Search 3:30 New Year's Celebration w/ Krystal, L	