



## JANUARY 2026

### A Thank You From the Staff

As 2025 has closed, the staff would like to take a moment to reflect upon the hospitality and generosity that you, our Lewisville Estates residents, have shown us by giving to the Resident Association Employee Gift Fund. We truly appreciate every contribution. The Christmas gift that each person received really makes a difference in their lives. We do not take this for granted and we wish to extend to all of you our heartfelt gratitude.

For this, and numerous other unmentioned acts of kindness that you show us, and each other, day in and day out, we cannot thank you enough! We are truly grateful for the joy and friendship you give us! We hope that the year 2026 will hold many blessings of good health and happiness for each and every one of you.

### L.E. Library - New Titles and New Formats in 2026!

If reading more is one of your 2026 goals, then the Library at Lewisville Estates is the perfect place to start!

We have an ever-changing selection of "New Arrivals" for your reading pleasure. In addition, our LARGE PRINT section has been growing steadily over the past year, with new titles being added regularly. Also, did you know that we now have a selection of audio books available as well? We are constantly adding new selections and are open to requests for what you, our residents, would like to see added.

There are wonderful things happening in our L.E. Library. A big THANK YOU to Arlene F. for her tireless efforts to keep our library up to date and looking good! Please stop in to see for yourself!



### Ft. Worth Stock Show & Rodeo - Western Day

Dust off those boots & grab your cowboy Hat ... It's Western Day!

Lewisville Estates will welcome the Ft. Worth Stock Show and Rodeo to town by wearing our best western wear and by having our own mini-rodeo on Monday, January 12th, at 3pm in the Lobby.

Try your hand at some mini-rodeo events like roping, sharp shooting, and even a cattle drive! Who knows ... you just might be the big winner! Prizes will be awarded for best dressed Cowboy and Cowgirl and for winners of the rodeo events.

Be sure to hang around for some great country music by Chris Journey during Sips & Snacks @ 3:30pm.



Happy New Year from your Lewisville Estates Activity Team!

**Locations**

- Parking Lot ..... PL
- Bistro ..... B
- Community Room ..... CR
- Dining Room ..... DR
- Fitness Room ..... FR
- Garden ..... G
- Library ..... LL
- Lobby ..... L
- Outing ..... O
- Route 66 ..... R66
- Theater ..... TH
- Sign Up Required ..... SU

**HAPPY BIRTHDAY**

**Resident**

- 5 - Richard Tasso
- 5 - Annette Fuson
- 12 - Semadar Barnir
- 12 - Eloyce Anderson
- 13 - Maria Bunderson
- 14 - Ken Bridges
- 16 - Diane Smiley
- 20 - Jackie Bridges
- 20 - Barney Boeder
- 20 - Robert Goggin
- 21 - LaJuana Stone
- 27 - Barbara Murphy
- 30 - Lana Hankins

**Staff**

- 1 - Victoria Jackson
- 4 - Jayden Baxley
- 8 - John Mark West
- 15 - Jason Springer
- 21 - Socorro Ruiz (Coco)

**"Life's most persistent and urgent question is: 'What are you doing for others?'"**  
—Dr. Martin Luther King Jr.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>New Year's Day</b> 1 9:00 Resident Independent Activities (games, jigsaw puzzles, art, exercise, etc.) Puzzle Pack containing word games, brain teasers, logic puzzles and trivia available at the front desk.	2 <b>10:00 Bible Study with Reverend Laymon (CR)</b> <b>1:30 Book Club (LL)</b> 2:00 Hand & Foot (FR) <b>3:30 Wine'd Down to the Weekend (L)</b>	3 <b>10:00 Fitness: Saturday Stroll (L)</b> <b>10:00 Morning Matinee (TH)</b> 10:00 Rummikub (FR) 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>2:00 Skip-Bo (B)</b> <b>3:00 Bingo (B)</b> 4:00 Uno (B)
4 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Sunday Inspiration: The Chosen, Season 2 (TH)</b> 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66)	5 <b>9:30 New or Renew Game: Canasta (B)</b> <b>10:30 Devotional w/ Diane (CR)</b> <b>2:00 Memory Monday (CR)</b> 2:00 Misc. Errands (O) 2:00 Spades (B) <b>3:00 Sequence (B)</b> <b>4:00 Country Store Open 4PM-5PM</b>	6 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi - Seated &amp; Standing (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades / UNO (B) <b>3:00 Canasta (B)</b>	7 9:30 Blood Pressure Checks (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 2:15 Sips & Snacks: Music by Dominic (L) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	8 9:20 Walmart (O) <b>10:00 Fitness: Chair Exercise (CR)</b> <b>1:30 DIY: Painting w/ Bailey (CR-SU)</b> <b>3:00 Thursday Thinkers: Password (B)</b> <b>6:30 Canasta (B)</b>	9 <b>10:00 Bible Study with Reverend Laymon (CR)</b> <b>2:00 DIY: Woodburning (CR - SU)</b> 2:00 Hand & Foot (FR) <b>3:30 Reminiscing (L)</b>	10 <b>10:00 Fitness: Saturday Stroll (L)</b> <b>10:00 Morning Matinee (TH)</b> 10:00 Rummikub (FR) 2:00 Billiards (R66) <b>2:00 Canasta (B)</b> 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)
11 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Sunday Inspiration: The Chosen, Season 2 (TH)</b> <b>3:00 Re-Gift Swap Party (CR)</b> 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66)	12 <b>Western Day</b> <b>9:30 New or Renew Game: Euchre (B)</b> <b>10:30 Devotional w/ Diane (CR)</b> 2:00 Misc. Errands (O) 2:00 Spades (B) <b>3:00 Western Fun &amp; Games (L)</b> <b>3:30 Sips &amp; Snacks: Music by Chris Journeay (L)</b> <b>4:00 Country Store Open 4PM-5PM</b>	13 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi - Seated &amp; Standing (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades / UNO (B) <b>2:30 Town Hall Meeting (CR)</b> <b>3:30 Euchre (B)</b>	14 9:30 Blood Pressure Checks (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 11:00 Dining Out: Babe's Chicken (SU +\$) 2:00 Graff Foot, Ankle, & Wound Care (CR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	15 9:20 Walmart (O) <b>10:00 Fitness: Chair Exercise (CR)</b> <b>1:30 Treat Yourself: Relieve Your Pain with Legacy (CR)</b> <b>3:00 Thursday Thinkers: Price is Right (B)</b> <b>6:30 Euchre (B)</b>	16 <b>10:00 Bible Study with Reverend Laymon (CR)</b> 2:00 Hand & Foot (FR) <b>2:00 Mindful Minute: Color Me Calm (B)</b> <b>3:30 Wine'd Down to the Weekend (L)</b>	17 <b>10:00 Fitness: Saturday Stroll (L)</b> <b>10:00 Morning Matinee (TH)</b> 10:00 Rummikub (FR) <b>1:30 Euchre (B)</b> 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)
18 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Sunday Inspiration: The Chosen, Season 2 (TH)</b> 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66)	19 <b>Martin Luther King, Jr. Day</b> <b>9:30 New or Renew Game: Yahtzee (B)</b> <b>10:30 Devotional w/ Diane (CR)</b> 2:00 Misc. Errands (O) <b>2:00 Remembering Dr. King (CR)</b> 2:00 Spades (B) <b>3:00 Sequence (B)</b> <b>4:00 Country Store Open 4PM-5PM</b> <b>5:00 Dining Out: The Cheesecake Factory (SU+\$)</b>	20 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi - Seated &amp; Standing (CR)</b> <b>1:30 DIY: Rock Painting (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades / UNO (B) <b>3:00 Sips &amp; Snacks: Music by Tony Macaroni (L)</b>	21 9:30 Blood Pressure Checks (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 12:00 Outing: The Museum of the American Railroad/Traintopia Model Trains (SU) 2:30 Food Committee w/ Chef Ray (DR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	22 9:20 Walmart (O) <b>10:00 Fitness: Chair Exercise (CR)</b> <b>12:00 Musical Moment: Pan-Tones w/ flute &amp; guitar (L)</b> <b>1:30 Bunco Bunch (DR)</b> <b>3:30 Thursday Thinkers Jeopardy! (CR)</b>	23 <b>10:00 Bible Study with Reverend Laymon (CR)</b> <b>2:00 DIY: Simple Watercolor Pencil Projects (CR-SU)</b> 2:00 Hand & Foot (FR) <b>4:00 People Puzzlers (B)</b>	24 <b>10:00 Fitness: Saturday Stroll (L)</b> <b>10:00 Morning Matinee (TH)</b> 10:00 Rummikub (FR) <b>1:30 Yahtzee (B)</b> 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)
25 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Sunday Inspiration: The Chosen, Season 2 (TH)</b> 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66)	26 <b>9:30 New or Renew: 42 Dominoes (B)</b> <b>10:30 Devotional w/ Diane (CR)</b> 2:00 Misc. Errands (O) 2:00 Spades (B) <b>2:00 Taste Testing: Pickles (CR)</b> <b>3:00 Sequence (B)</b> <b>4:00 Country Store Open 4PM-5PM</b>	27 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi - Seated &amp; Standing (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades / UNO (B) <b>3:00 42 Dominoes (B)</b>	28 9:30 Blood Pressure Checks (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM 6:30 42 Dominoes (B)	29 9:20 Walmart (O) <b>10:00 Fitness: Chair Exercise (CR)</b> <b>1:30 Thursday Thinkers: Word Games (CR)</b> <b>3:00 January Birthday Party: Music by Paul Anderson (L)</b>	30 <b>10:00 Bible Study with Reverend Laymon (CR)</b> <b>2:00 Easy Eats &amp; Treats (TBD)</b> 2:00 Hand & Foot (FR) <b>3:30 Wine'd Down to the Weekend (L)</b>	31 <b>10:00 Fitness: Saturday Stroll (L)</b> <b>10:00 Morning Matinee (TH)</b> 10:00 Rummikub (FR) <b>1:30 42 Dominoes (B)</b> 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)



## Paint Rocks to Spread Joy!

Painting and hiding rocks has become a very popular way of spreading joy. Artists and non-artists alike can create beautiful designs on rocks of all sizes and shapes. Once painted, the rocks are placed around communities, parks, restaurants, and just about anywhere else you can imagine. Unsuspecting passers-by find the rocks, pick them up, take a picture and share it on social media, and either keep the rock or re-hide it to brighten the day of someone else.

Lewisville Estates will begin our own rock painting adventures on Tuesday, January 20th. Everything you need will be provided, including rocks, paints, and lots of examples of simple designs that everyone can do ... yes, even YOU can!

## Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It's the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.



## Remember When: Candy Stripers

Wearing red-and-white striped pinafore uniforms that resembled peppermint sticks, candy strippers were once a common sight in many hospitals. Beginning in the 1940s, these teenage girls took part in the first hospital volunteer programs. Their duties included delivering meals and mail to patients, assisting nurses and visitors, and performing clerical tasks. Serving as a candy stripper was often a first step to a career in the medical field.



## Adventure Awaits in 2026

Each new year marks a new beginning. New people to meet, new adventures to enjoy, and new memories to create. May your 2026 be filled with love, courage, laughter, gratitude, and most of all ... JOY!

## St. Nicholas Day Donations



This Christmas, Lewisville Estates residents joined together to embrace the St. Nicholas Day

tradition with open arms (and warm feet). Our residents donated a total of 36 pairs of shoes, along with toiletries, socks, and snacks. We thank you for your kindness, love, and generosity toward your fellow man.

## Aging Antidote

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young." —Henry Ford