

Lewisville Birthdays!

It's October and we have a few special days coming up!



Be sure to wish the following folks a great birthday!

10/4 Richard G.	10/12 Bernice P.
10/10 Peggy W.	10/18 Verna Jeanne T.
10/11 Donna K.	10/27 Roy F.

Employee Birthdays:

10/21 Annaliza Holtzclaw

On your birthday I wish you much pleasure and joy; I hope all of your wishes come true.

Current Events

10/2 Happy Hour Time: 2:00pm Lobby		10/11 Sassy Senior Social Time: 2:00pm Lobby
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10/4 Fudruckers Outing Time: 10:00am Lobby	10/16 Birthday Bash Time: 2:00pm Lobby
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10/4 Sassy Senior Social Time: 2:00PM Lobby	10/25 Picnic Outing Time: 10:00am Friendship Garden-IL Building
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Live Your Retirement to the Fullest: How Living in a Senior Community Can Impact your Quality of Life

Senior living communities may provide long term health benefits. According to seniorcare.org "The residents in these communities are achieving life-long goals like completing marathons, learning to play tennis, or perfecting a golf swing." Retirement homes aren't just for the disabled anymore. Many baby boomers are moving into community centers in order to enjoy the finer things in life. Residents are finding that the lifestyle provided to them is more enjoyable than the lifestyle they could provide for themselves living on their own. Your quality of life depends on where you live, as does your health. With easy access to a fitness center or medical

care, seniors are more likely to partake in exercise and check-ups, therefore improving their overall health. What's more, the high amount of social involvement increases your mental well-being. Building relationships is a key element in living a long, fulfilled life. According to A Place for Mom.com, "Older adults who live alone often become isolated, which is unhealthy at any age. At senior communities we can make friends, share a meal, and enjoy festive occasions with one another." The benefits to living in a senior community are endless and can greatly influence your quality of life. Seniors are seeking to live their retirement to the fullest and senior communities allow them to do so in a safe, secure environment.



Retirement Never Tasted So Good: How Dining and Nutrition Can Impact Your Quality of Life

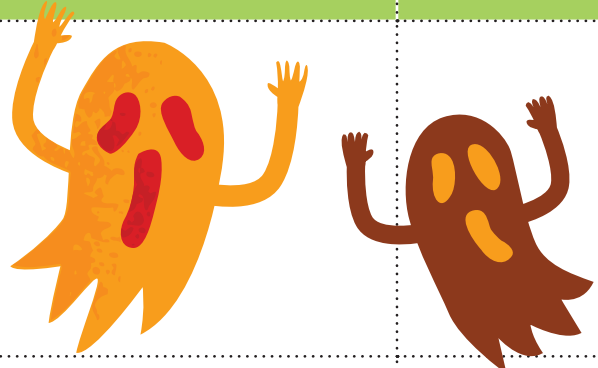















Nutrition may not be the first thing that comes to mind when you think of retirement, but it does play an enormous role in all aspects of your life. According to seniorliving.com, "Many [senior citizens] end up not eating balanced meals. [They] fix things that are easy and quick, but don't provide the right nutrition." Poor nutrition can lead to a mirage of other issues, including illness, weight gain, diabetes, high cholesterol, and even mental confusion and depression. Dining at senior communities is now rivaling top restaurants with their 5 star meals! According to APlaceforMom.com, delicious, made-to-order meals were the second biggest requirement when looking at Senior Living Communities. Your quality of life, as well as your physical and mental health, depends on what you eat and how much you eat at each meal. With easy access to fully prepared, well-balanced meals, seniors are more likely to eat properly and cut out the high risks associated with poor nutrition.



LOCATIONS KEY

Activity Room - AR
AL Parking Lot - ALPL
Country Store - CS
Dining Room - DR
IL Dining Room - ILDR
Library - LL
IL Lobby - ILL
Outing - O
Spa - Spa
Theater - TH
Lobby - L

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>10am Walmart, O 2pm Volley and Bounce, AR 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 3pm Matinee Movie, L</p>	<p>2</p> <p> 9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 1pm Don't Quote Me, L 2pm Happy Hour, L 3pm Ping Pong Pluck, L</p>	<p>3</p> <p>9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 3:30pm Jungle Racing, AR 7:00pm Bereavement Support Group, L</p>	<p>4</p> <p>9:30am Stretch & Grow, AR 10am Fudruckers, O 1pm Senior Volleyball, AR 2pm Sassy Social, L 3pm Roll to Play</p>	<p>5</p> <p> 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR</p>
<p>6</p> <p> 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR</p>	<p>7</p> <p>9:30am Sit & Be Fit, AR 10am Happy Hangman, L 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Tower of Power, L 3:30pm Jungle Race, AR</p>	<p>8</p> <p>10am Walmart, O 10am Lets Talk Trivia, L 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 3pm Matinee Movie, L</p>	<p>9</p> <p> 9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 2pm Chicken Soup Stories, L 2pm Role to Play, AR 3pm Family Feud, L</p>	<p>10</p> <p>9am Good Morning, L 9:30am Beauty Salon, BS 10am Senior Health Fair 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 3:30pm Tic Tac Toe, AR</p>	<p>11</p> <p>9:30am Stretch & Grow, AR 10am Questions and Answers, L 1pm Basketball Toss, L 2pm Sassy Social, L 3pm Imagine It, L</p>	<p>12</p> <p> 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR</p>
<p>13</p> <p> 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR</p>	<p>14</p> <p>9:30am Sit & Be Fit, AR 10am Where's Waldo, L 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Beach Ball Volley, AR 3:30pm Jungle Race, AR</p>	<p>15</p> <p>10am Walmart, O 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 2pm Target Toss, L 3pm Matinee Movie, L</p>	<p>16</p> <p>  9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 2pm Family Feud, L 2pm Birthday Bash, L 3pm Parachute Pop, AR 3:30pm Paddle Ball, AR</p>	<p>17</p> <p>9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 3:30pm Ring of Fire Darts, L 7:00pm Dementia and Other Memory Challenges Support Group, L</p>	<p>18</p> <p>9:30am Stretch & Grow, AR 10am Current Events, L 1pm Target Toss, L 2pm Sassy Social, L 3pm Rainbow Tumbling Tower, AR</p>	<p>19</p> <p> 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR</p>
<p>20</p> <p> 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR</p>	<p>21</p> <p>9:30am Sit & Be Fit, AR 10am Big Word Search, AR 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Swat Ball, L 2pm Gutter Game Bowling, L 3:30pm Jungle Race, AR</p>	<p>22</p> <p>10am Walmart, O 10am Don't Quote Me, L 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 2pm Bowling Madness, L 3pm Matinee Movie, L</p>	<p>23</p> <p> 9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 10am Dominoes, AR 1pm Football Toss, L 2pm Outburst, AR 3pm Blackjack, AR</p>	<p>24</p> <p>9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 3:30pm Ping Pong Pluck, L</p>	<p>25</p> <p> 9:30am Stretch & Grow, AR 10am Picnic, O (Outside Garden IL) 1pm Swat Ball, AR 2pm Bucket Bash, L 3pm Family Feud, L</p>	<p>26</p> <p> 9:30am Laugh for the Health of it, L 10am Brain Games, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AAR</p>
<p>27</p> <p> 8:45am Baptist Church, L 9:30am Senior Exercise, AR 1pm Games People Play, AR 3pm Bingo Bonanza, AR</p>	<p>28</p> <p>9:30am Sit & Be Fit, AR 10am Rainbow Tower, AR 12pm Country Store Shopping, CS 1pm Sassy Senior Bingo, AR 2pm Volley and Bounce, AR 2pm Gunter Gang Bowling, L 3:30pm Jungle Race, AR</p>	<p>29</p> <p>10am Walmart, O 10:30am Minute to Win It, AR 1pm Best Part of Your Day, L 1:30pm Exercise, AR 2pm Jenga, AR 2pm Happy Horseshoe, L 3pm Matinee Movie, L</p>	<p>30</p> <p>9:30am Tone those Bones w/ Elaine, AR 10am Bingo Bango, AR 1pm Indoor Darts, L 2pm Scary Stories, L 3pm Roll to Play, AR</p>	<p>31</p> <p>9am Good Morning, L 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 1:30pm Exercise, AR 2pm Roll to Play, AR 3pm Bible Study, L 3:30pm Rowdy Ring Toss, L 6-8pm Halloween Event Trick or Treat Spooktacular</p>	<p></p>	