

## Hello Residents of Lewisville Estates

Did you know that muscle loss is the key reason why older adults become frail? When we stop exercising we experience a steep drop in strength. The good news is we can do something about it, lift weights! In only 12 weeks, 60-to 70 year old men regain their fitness they had lost over 15 years!

Our exercise class we hold in IL every Thursday and AL every Tuesday and Thursday is a great opportunity for our Legacy staff to get to know our residents while promoting wellness. It also benefits all of our resident's strength, range of motion, balance, endurance and socialization.

Please let us know if we can assist you with anything. We are here to serve you and help you age in place.

Beth Denson and the Legacy Healthcare Team  
Suite 336, 972-420-8543

## Owl Pillows

Having fun making owl pillows in our Art Expression Class.



## Management Team Members

Executive Director	Jessica Hazelton
AL Director	Katie Lee
Business Office Director	Erin Montgomery
Resident Programming	Patty Skinner
Plant Operations	Bill Williams
Dining Director	Monte Melugin

## Current Events

**10/3 Lunch at Chili's**  
Time: 10:30am  
Where: Outing

**10/8 Men's Breakfast**  
Time: 7am  
Where: Outing

**10/8 Town Hall Meeting**  
Time: 3pm  
Where: Lobby

**10/16 Spooktacular**  
Time: 6pm  
Where: IL Dining Room

**10/17 Lunch at Mama's Daughter Diner**  
Time: 10:30am  
Where: Outing

**10/20 Legacy Health Talk**  
Time: 3pm  
Where: Library

**10/31 Lunch at Dairy Queen**  
Time: 10:30am  
Where: Outing

## Trick or Treat!!!

Come and join us **Friday, October 31<sup>st</sup>** for trick or treating around Lewisville Estates with lots of treats and very little tricks starting at **6pm** in our **Assisted and Independence Living**.

## A Huge Thank You!

Lewisville Estates would like to say a huge "THANK YOU!" to Ardent Hospice for sponsoring our Drumming Circle during Assisted Living Week.



## Happy Fall Y'all

I am so excited to have these cooler temperatures finally approaching us. Welcome to the season of Pumpkin Pie, Pumpkin Spice Lattes and of course Hot Chocolate! In October we have many fall festivities ahead of us including Trick or Treating for Halloween. Please make sure you check your calendars for dates and times.

Since we are approaching one of my favorite fun holidays I thought I would share a few Halloween facts about the holiday!

- The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin.
- According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.
- The first Jack O'Lanterns were actually made from turnips.
- The Village Halloween parade in New York City is the largest Halloween parade in the United States. The parade includes 50,000 participants and draws over 2 million spectators.

Also if you or someone that you know is interested in Volunteering please stop by the Front Desk and speak to the concierge. The Holiday's are quickly approaching and we could always use a great helping hand!

Katie Lee, LVN, AL Director

## Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always. Be sure to join us for cake and entertainment in the lobby, on **Friday, October 31<sup>st</sup> at 2pm**.



### Resident Birthdays

10/4 Richard Gilmartin  
10/16 Roy Crawford  
10/18 Jeanne Thomas  
10/28 Joyce Talafuse

## Resident of the Month

Our L.E.A.P (Life Enrichment Activities Program) would like to recognize Mr. Sandy Atlas. Sandy is very active within the community. He enjoys reading, playing dominoes and going on our lunch outings. Sandy we commend you for your participation and encourage you to always remain active.



Activity Room - <i>AR</i> AL Parking Lot - <i>ALPL</i> Assisted Living Court Yard - <i>ALCY</i> Bistro - <i>B</i>	Country Store - <i>CS</i> Dining Room - <i>DR</i> IL Dining Room - <i>ILDR</i> Library - <i>LL</i>	IL Lobby - <i>ILL</i> Lobby - <i>L</i> Outing - <i>O</i> Private Dining Room - <i>PDR</i>	Room to room, <i>RR</i> Spa - <i>SPA</i> Theater - <i>TH</i> Lobby - <i>L</i>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Denim Day</b>	
			1 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3:30pm Rowdy Ring Toss, <i>B</i>	2 9am-1pm Podiatrist Visit 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Group Word Games, <i>LL</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Penny Pitch	3 9:30am Sit & Be Fit, <i>AR</i> 10:30am Lunch at Chili's, <i>O</i> 2pm Wear Jeans & Pink Party, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Wild West Shoot Out, <i>L</i>	4 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with the Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
5 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	6 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Slap Volleyball, <i>L</i> 2:30pm Blood Pressure & Weight Checks, <i>RR</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	7 9:30am Catholic Communion, <i>RR</i> 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	8 7am Men's Breakfast, <i>O</i> 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am On This Date, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3pm Town Hall Meeting, <i>L</i> 3:30pm Toss a Tic-Tac-Toe, <i>B</i>	9 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Group Card Games, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Power Tower, <i>B</i>	10 9:30am Sit & Be Fit, <i>AR</i> 10:30am Bean Bag Twister, <i>L</i> 2pm Crazy Handbag Social, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Yahtzee!!, <i>LL</i>	11 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
12 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	13 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Basketball Shootout, <i>B</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	14 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	15 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Complete the Cliché, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3:30pm Ring of Fire Darts, <i>B</i>	16 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Group Gathering, <i>LL</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Parachute Fitness, <i>AR</i> 6pm Spooktacular, <i>ILDR</i>	17 9:30am Sit & Be Fit, <i>AR</i> 10:30am Lunch at Mama's Daughter Diner, <i>O</i> 2pm Chocolate Cupcake Social, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Bucket Bonanza, <i>B</i>	18 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks
19 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	20 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Afternoon Refreshments, <i>L</i> 2:30pm Frisbee Fun, <i>B</i> 2:30pm Blood Pressure & Weight Checks, <i>RR</i> 3pm Legacy Health Talk, <i>LL</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	21 9:30am Catholic Communion, <i>RR</i> 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	22 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3:30pm Can Knockdown, <i>B</i>	23 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Group Challenge, <i>LL</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Slap Volleyball, <i>L</i>	24 9:30am Sit & Be Fit, <i>AR</i> 10:30am Rowdy Ring Toss, <i>B</i> 2pm Pink Out Social, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Connect 4 Challenge, <i>AR</i>	25 9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
26 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	27 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Silly Face Pumpkins, <i>AR</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	28 9:30am Coffee in the Bistro, <i>B</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Art Expression, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	29 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Halloween Trick or Treat Trivia, <i>L</i> 1:30pm Sassy Senior Bingo, <i>AR</i> 3:30pm Candy Corn Cornhole, <i>B</i>	30 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>AR</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Stretch & Grow, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Spooky Word Search, <i>LL</i> 3pm Bible Study w/ Rob Harrison, <i>LL</i> 4pm Reminiscing Best Halloween Story, <i>B</i>	31 9:30am Sit & Be Fit, <i>AR</i> 10:30am Lunch at Dairy Queen, <i>O</i> 2pm Trick or Treat Birthday Bash, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Pumpkin Toss, <i>L</i>	