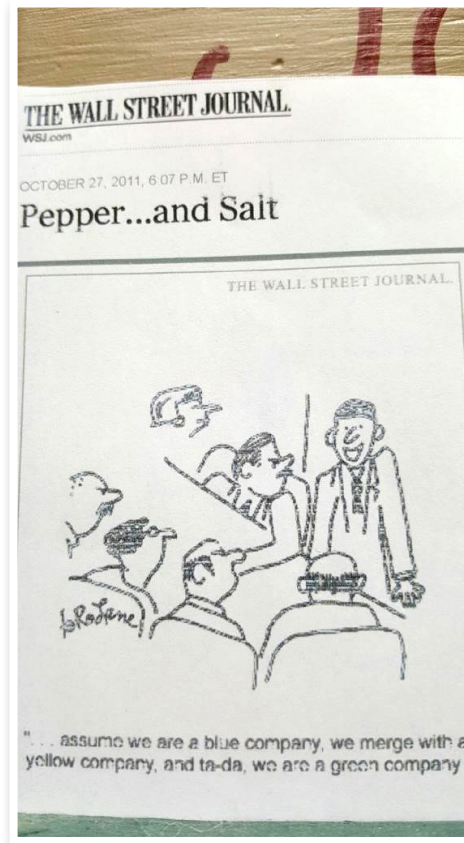


Resident of the Month!

Let me introduce you to Joe Lane, who has recently joined our Lewisville Estates family. He was born in El Paso but has lived in Lewisville for the last 20 years. Initially, he was a cartoonist, with his political cartoons published in the El Paso Times. About 20 years ago when he moved to Lewisville, he became a political cartoonist for The Lewisville News. Eventually he became a political cartoonist for The Denton Chronicle for many years. Mr. Joe Lane even had five of his gag-cartoons published in the Wall Street Journal. We are so happy and proud to have such a talented and pleasant fellow join our family.



The Lewisville Estates Lifestyle

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

October 2017

LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

How About Them Apples?



Dear Residents, Family and Friends,

I am excited to have cooler temperatures finally approaching us. Welcome to the season of pumpkin pie, pumpkin spice lattes and of course, hot apple cider! We had a busy and productive September. We hope everyone enjoyed the Boogie Down at the Disco Themed Party and Assisted Living Week. In October, we have many fall festivities, including Fall in Love Fashion Show (Independent Living), Halloween Dress-Up Week, Door Decorating Contest, employees Pumpkin Carving Contest and Halloween Social. Our main event will be held Thursday, Oct. 10: Cocktails & Costumes (Costume Party)! Feel free to invite family and friends! Please make sure you check your calendars for dates and times. Since we are approaching one of my favorite holidays, I thought I would share a few Halloween facts:



- The largest pumpkin measured was grown by Norm Craven, who broke the world record in 1993 by weighing in at 836 pounds.
- According to national 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.

Please encourage family and friends to like our Facebook page so they can look at the fun events we have during the week.

Have a great month,
Jessica Hazelton,
EXECUTIVE DIRECTOR

Favorite Fall Flavors

As the leaves on the trees turn from green to glorious shades of red, orange and yellow, another unmistakable sign of autumn makes an appearance on grocery store shelves and restaurant menus: the flavors of the season. Which of the following is your No. 1 pick?

Pumpkin spice: This orange squash has long been a popular fall dessert ingredient, but pumpkin spice — a blend of pumpkin, cinnamon, nutmeg, ginger and allspice — now reigns as the king of fall flavors, ever since Starbucks introduced its pumpkin spice latte in 2003.

Salted caramel: Specialty sea salt is the perfect partner for caramel, the chewy confection made by boiling sugar and mixing in cream, butter and vanilla. The sweet-and-salty combination was first developed in France before showing up stateside in ice cream, coffee drinks, chocolate candies, brownies, cookies and more.

Apple cider: From a cup of freshly pressed, cold apple cider to a steaming mug of mulled cider, this flavor is one of the most fragrant that fall has to offer. The seasonal beverage is often featured in muffins and other sweets, including apple cider donuts, a favorite at fall festivals.

Maple: This rich, dark sap harvested from maple trees is traditionally drizzled on pancakes and waffles, and can be used in baked goods or added to coffee, tea or ice cream. Maple's earthy sweetness also pairs well with savory and salty foods such as sausage, bacon, pork chops and nuts.





ASSISTED LIVING

AL#010063

OCTOBER 2017

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Transportation Schedule

- Monday 10 a.m. Grocery Stores
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Friday TBA
- Field Trips/Outing

“Cats are intended to teach us that not everything in nature has a function.”

—Garrison Keillor

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>2</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Shopping at Winco, O</p> <p>10:30 Therapy for the Mind, L</p> <p>1:00 Fancy Nails & Hand Massage, AR</p> <p>1:15 Adult Coloring Club, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>3</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>3:00 Scarecrow Coloring, AR</p>	<p>4</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>2:00 Sassy Senior Bingo, AR</p>	<p>5</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Scrapbooking Club, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>6</p> <p>Wear Fall Sweater Day</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:30 Lunch Outing, O</p> <p>1:00 Bible Study w/ Laura, L</p> <p>2:00 Fall Sweater & Apple Cider Social Hour, L</p> <p>3:00 Name Your Game!, L</p>	<p>7</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a “Jump” on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What’s Growing?, ALC</p> <p>3:00 Saturday Bingo w/Mary, AR</p>
<p>8</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>9</p> <p>COLUMBUS DAY</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Shopping at Winco, O</p> <p>10:30 Therapy for the Mind, L</p> <p>1:00 Fancy Nails & Hand Massage, AR</p> <p>1:15 Wonder Word Search, AR</p> <p>2:30 Fall in Love Fashion Show</p> <p>3:00 Resident Choice of Chat or Game!, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>10</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>3:00 Witches Bread, AR</p> <p>6:00 Cocktails & Costumes (Main Event), L</p>	<p>11</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>1:00 Pokeno, AR</p> <p>1:00 Chicken Foot (Dominoes), AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:00 Town Hall Meeting, L</p> <p>4:15 Bean Bag Toss, L</p>	<p>12</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Scrapbooking Club, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>13</p> <p>Wear Pink Day</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:00 Trivia Club, L</p> <p>10:30 Fancy Nails w/Tiffanie (Lake Village), AR</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 Think Pink Social Hour, L</p> <p>3:00 Name Your Game!, L</p>	<p>14</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a “Jump” on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What’s Growing?, ALC</p> <p>3:00 Saturday Bingo w/Mary, AR</p>
<p>15</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>16</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Shopping at Winco, O</p> <p>10:30 Therapy for the Mind, L</p> <p>1:00 Fancy Nails & Hand Massage, AR</p> <p>1:15 Adult Coloring Club, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>17</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>3:00 Making Caramel Popcorn, AR</p>	<p>18</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>2:00 Sassy Senior Bingo, AR</p>	<p>19</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Scrapbooking Club, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>20</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/Theresa, AR</p> <p>10:30 Lunch Outing, O</p> <p>1:00 Bible Study w/ Laura, L</p> <p>2:00 Birthdays Bash, L</p> <p>3:00 Name Your Game!, L</p>	<p>21</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a “Jump” on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What’s Growing?, ALC</p> <p>3:00 Saturday Bingo w/Mary, AR</p>
<p>22</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>23</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Shopping at Winco, O</p> <p>10:30 Therapy for the Mind, L</p> <p>1:00 Fancy Nails & Hand Massage, AR</p> <p>1:15 Wonder Word Search, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>24</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>3:00 Halloween Movie, L</p>	<p>25</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>1:00 Pokeno, AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>4:15 Bean Bag Toss, L</p>	<p>26</p> <p>Beauty Salon Is Open</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Scrapbooking Club, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Rowdy Ring Toss, L</p>	<p>27</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:00 Trivia Club, L</p> <p>1:00 Bible Study w/ Laura, L</p> <p>2:00 Witches Brew Social Hour, L</p> <p>3:00 Name Your Game!, L</p>	<p>28</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Get a “Jump” on Your Day!/Mind Joggers!, L</p> <p>1:00 Courtyard Chat. What’s Growing?, ALC</p> <p>3:00 Saturday Bingo w/Mary, AR</p>
<p>29</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p> <p>5:30 Cinema Sundays, L</p>	<p>30</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Shopping at Winco, O</p> <p>10:30 Therapy for the Mind, L</p> <p>1:00 Fancy Nails & Hand Massage, AR</p> <p>3:00 Resident Choice of Chat or Game!, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>31</p> <p>HALLOWEEN</p> <p>9:00 Word of the Day!, L</p> <p>9:30 Senior Fitness w/ Theresa, AR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>1:00 Art Expression, AR</p> <p>3:00 Halloween Social, L</p> <p>3:00 Boo Halloween Party, L</p>	<p>Birthdays</p> <p>Yadira Hernandez, 1st (Employee)</p> <p>Nollie Marie Brown, 3rd</p> <p>Norbert Britton, 10th</p> <p>Ruby Bridges, 11th</p> <p>Barbara Ashton, 11th</p> <p>Nada Howard, 11th</p> <p>Mary Bowman, 12th</p> <p>Maria Santillana, 12th (Employee)</p> <p>Mary Cole, 20th</p> <p>Annaliza Holtzclaw, 21st (Employee)</p> <p>Lawrence Dowlearn, 24th</p> <p>Doris Allen, 28th</p> <p>Joyce Talafuse, 28th</p>			