



Independent Living
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Happy New Year to All!

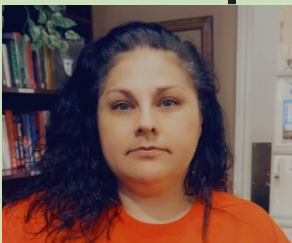


Kendra Simpson,
 Executive Director

First, a special thank you to our Resident Association for being the driving force behind this year's spectacularly successful Employee Appreciation fundraiser. Thank you to the Residents for your incredible generosity and your kind expressions of gratitude toward our amazing and hardworking team. The gifts were presented to the staff in a meaningful ceremony on December 12th, also coordinated by the Resident Association, and the Staff was overwhelmingly

grateful. We rang in 2025 with a joyful Noon-Year's Celebration on the 31st, with special food and drink, and a good time was had by all! I hope everyone had some lucky black-eyed-peas, or whatever traditions make you happy and leave you feeling geared up to kick off an amazing new year.

2024 Employee of the YEAR



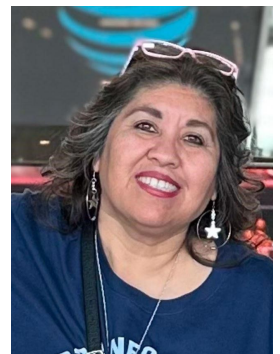
Please join me in congratulating Mary Gomez as our Employee of the Year! Hardworking and dependable, Mary exemplifies the spirit of excellent service that we strive for every day. She consistently goes above and beyond in her role, tackling

challenges with a positive attitude. Her reliability not only contributes to the smooth operation of the community but also fosters a sense of trust among the residents. Her dedication to teamwork has not gone unnoticed, and it is with great pride that we celebrate Mary and recognize the impact she has made.

JANUARY 2025

Our January 2025 Employee of the Month

Hilda Ibarra deserves the spotlight this month of January! As our Lead Concierge who has served Lewisville Estates since 2012, Hilda is a constant of our community who always has a smile as part of her exceptional customer service. Her skillsets in operations, organization, coordination, and troubleshooting render Hilda an awesome resource for all of us—she'll fill in wherever needed, and always with a smile on her face. We're so grateful to have her on board—and, in her honor: GO, COWBOYS!



Houseplant Appreciation Day

Feeling blue after taking down your holiday decorations? Cheer up on Jan. 10 with Houseplant Appreciation Day! Appreciate your houseplants by adding some fertilizer, dusting their leaves, replanting them in new pots or simply by talking to them—you might feel silly, but research shows that if you talk to your plants, they can grow better and live longer. Don't have a houseplant? Get one!



JANUARY 2025

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

- Monday, 10AM** (Grocery Stores)
- Tuesday & Thursday, 10AM** (Walmart)
- Wednesday, 10AM** (Post Office/Bank)
- Thursday, 2:30PM** (Misc. Errands)
- Friday, 9:30AM**

January Birthdays

- 5- Richard Tasso
- 12- Semadar Barnir
- 13- Maria Bunderson
- 16- Diane Smiley
- 20- Barney Boeder
- 20- Robert Goggin
- 22- Sherry Miller
- 24- Katheryn Mcgill
- 26- Marilyn J. Vanderwater
- 27- Barbara A. Murphy
- 28- Fran Smith
- 30- Lana Hankins

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
—Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office/Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Billion Dollar Bingo (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends	2 9:35 Walmart Shopping (O) 2:00 Happy Hour With Friends 2:30 Misc. Errands (O) 3:00 Uno	3 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 3:00 Movie With Laurie	4
5 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	6 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 1:00 Activity Meeting In The Community Room 3rd Floor 2:00 Craft And Chat With Laurie	7 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro)	8 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office/Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Billion Dollar Bingo (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends	9 9:35 Walmart Shopping (O) 2:00 Lonestar Sound 2:30 Misc. Errands (O) 3:00 Uno With Laurie	10 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 3:00 Movie With Laurie	11
12 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	13 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades	14 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:30 Town Hall Meeting (CR)	15 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office/Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Billion Dollar Bingo (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends	16 9:35 Walmart Shopping (O) 2:00 Happy Hour With Friends 2:30 Fall In Love With Legacy 3:00 Scrabble With Laurie	17 10:00 Bible Study (CR) 12:00 Olive Garden 2:00 Hand & Foot (FR) 3:00 Movie With Laurie	18
19 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	20 Martin Luther King Jr. Day 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Craft	21 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 2:00 Memorial Service In The Community Room	22 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office/Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Billion Dollar Bingo (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends	23 9:35 Walmart Shopping (O) 2:00 Happy Hour With Friends 2:30 Misc. Errands (O) 3:00 Come Sing With Elvis and Have Some Fun	24 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 3:00 Movie With Laurie	25
26 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	27 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades	28 9:35 Walmart Shopping (O) 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro)	29 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Post Office/Bank (O) 10:00 Strength Class w/ Legacy (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Billion Dollar Bingo (B) 3:00 Dominoes/42/Mexican Train (CR) 3:30 Uno, Scoops, & Friends	30 9:35 Walmart Shopping (O) 2:00 Happy Hour With Friends 2:30 Misc. Errands (O) 3:00 Happy Hour With Laurie	31 10:00 Bible Study (CR) 2:00 Hand & Foot (FR) 3:00 Movie With Laurie	



A Peek at Polar Bears

Polar bears are a high-profile species, seen in films, storybooks and ads. "Paws" for a minute to learn all about these fascinating animals.

- Polar bears spend most of their lives on the sea ice of the Arctic Ocean. Their scientific name, *ursus maritimus*, means "sea bear," and they are classified as marine mammals.
- With large males weighing up to 1,700 pounds and standing 11 feet tall on their hind legs, polar bears are the planet's largest land carnivores. Females are about half as big as males, and newborn bears are the size of a guinea pig.
- Although they appear white, polar bears have hollow fur, which reflects light and acts as camouflage in their snowy environment. Under their coat, the bears have black skin that absorbs sunlight and keeps them warm.
- When swimming, polar bears use their back legs as a rudder to steer, and their front paws to move forward at speeds up to 6 mph. On land, they can run up to 25 mph.
- Since clean fur provides better insulation, the bears bathe by rolling around in the snow.
- When not rearing cubs, polar bears are mostly solitary, but will occasionally gather in groups, called sleuths.
- The Inuit of Canada call the polar bear *nanuq*, which means "an animal worthy of great respect."
- The first Coca-Cola ads featuring polar bears aired in 1993, and the animals have since become mascots for the company.