

# The Lewisville Estates Lifestyle

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

January 2018

## Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

**Reading resolution** — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

**Daily doodles** — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

**Meaningful mail** — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

**Eating adventures** — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

**Expanded interests** — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.



## Employee Christmas Party!



## Resident of the Month

We would like to recognize Eleonore Murray. Eleonore likes to participate in different activities like arts and crafts, socials, and also likes to be part of our main event. Thank you, Eleonore, for your sweet personality. We are so happy to have you here at Lewisville Estates.



## Dear Residents, Family and Friends



Happy New Year, 2018! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.

December was a lovely month full of holiday activities. Many school groups caroled throughout our community; what a festive month with all the trees and wreaths throughout the community! A special thank you to all the vendors who participated in the holiday spirit. January will also be a busy month filled with many outings in the community and Celebrating Elvis's birthday on Jan. 18 at 6 p.m. A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was and is very appreciative.

As we begin 2018, may we remain thankful for all we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents. May 2018 be the best year yet!

— Jessica Hazelton  
EXECUTIVE DIRECTOR

## Soup's On

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types:

**Chowder** — This is a chunky soup that often features pieces of seafood and vegetables. European fishermen introduced chowder to America, where it became a signature dish in New England.

**Broth/Stock** — The light liquid that remains after cooking meat and vegetables in water and then straining it is called broth. To create stock, meat or fish bones are simmered to create an intense, flavorful base for other recipes.

**Cream** — By itself or used as an ingredient in casseroles and other dishes, this popular soup is made by adding cream to a pureed vegetable or meat stock. Mushroom, tomato and chicken are classic varieties.

**Chilled soups** — Spanish gazpacho and French-style vichyssoise are common examples of soups that are served cold. Blended or pureed vegetables and fruits create their flavor and texture.



### Locations

- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

### 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

“The new year stands before us, like a chapter in a book, waiting to be written.

—Melody Beattie

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>NEW YEAR'S DAY</b> 1 10:00 Coffee & Snacks Monday Social, L <b>10:00 Rose Bowl Parade, R66</b> 10:30 New Year's Wonderword Search, B 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:00 Rose Bowl Game, R66 <b>3:15 Trivia Club, B</b> 6:00 Card Games, B	<b>9:30 Chair Zumba Class w/Patty, CR</b> 2 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 3 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>Trivia Day</b> 4 <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> <b>3:30 Trivia Social, R66</b> 6:00 Card Games, B	9:30 Walking Warriors, B 5 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Jail House Rock Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 6 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 7 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 8 10:00 Coffee & Snacks Monday Social, L <b>10:00 Big Lots, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:15 Trivia Club, B</b> <b>3:30 Legacy Health Chat, B</b> 6:00 Card Games, B	<b>9:30 Chair Zumba Class w/Patty, CR</b> 9 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>2:30 Town Hall Meeting, CR</b> <b>3:15 New Year's Resolution Social w/Sunshine, CR</b> 6:00 Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 10 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 11 <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> <b>2:30 Busy Hand Club, B</b> <b>3:30 Baby It's Cold Outside Social w/Jacque, B</b> 6:00 Card Games, B	9:30 Walking Warriors, B 12 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> <b>11:00 Out to Cotton Patch Cafe, O</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Hot Tea Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 13 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> <b>2:30 Movie Time With Pastor Frances, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 14 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>MARTIN LUTHER KING JR. DAY 15</b> <b>9:30 Exercise w/Jacque of A.R.T., CR</b> 10:00 Coffee & Snacks Monday Social, L <b>10:00 Dollar Tree, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:00 Star Kids Musical, L</b> 6:00 Card Games, B	<b>9:30 Chair Zumba Class w/Patty, CR</b> 16 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 17 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH <b>3:30 Adult Coloring Club, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 18 <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> 6:00 Card Games, B <b>6:00 Hunka Burnin' Love (Main Event), DR</b>	<b>Popcorn Day, L</b> 19 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 What Is Popping Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 20 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
<b>Activity Professional Week</b> 21 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>National Bible Study Day</b> 22 <b>9:30 Exercise w/Jacque of A.R.T., CR</b> 10:00 Coffee & Snacks Monday Social, L <b>10:00 Winco, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:15 Trivia Club, B</b> 4:00 Bucket Toss, B 6:00 Card Games, B	<b>Pie Day</b> 23 <b>9:30 Chair Zumba Class w/Patty, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR <b>2:30 Pie Social Time, B</b> 6:00 Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 24 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 25 <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> <b>3:30 Welcome Home New Residents Social, CR</b> 6:00 Card Games, B	9:30 Walking Warriors, B 26 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> <b>11:00 Out to Cici's Pizza, O</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Birthday Bash, L</b> 6:00 Card Games, B	9:30 Walking Warriors 27 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 28 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 29 10:00 Coffee & Snacks Monday Social, L <b>10:00 Dollar Tree, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>3:15 Trivia Club, B</b> 6:00 Card Games, B	<b>9:30 Chair Zumba Class w/Patty, CR</b> 30 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR <b>2:30 Scrapbooking Club, CR</b> 6:00 Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 31 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH <b>3:30 Book Club, LL</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>Birthdays</b> Victoria Jackson, 1st (Employee) Hortencia Reyes, 3rd (Employee) Betty Davis, 3rd Madison Wood, 4th Jessica Hazelton, 5th (Employee) Laverne Eckley, 5th Khadeeja Bah, 6th Vernon "Bud" Gillem, 7th Diane Piechowski, 8th Sharon Henson, 13th Helen Mercatante, 14th Terrie Nicholson, 15th Shirley Spoon, 19th Jo Andres, 19th Socorro "Coco" Ruiz, 21st (Employee) Mary Lou Taylor, 23rd Paula Ellsworth, 27th		