

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

Lewisville Estates Cheeseburger in Paradise

Our residents had a great time eating cheeseburgers in paradise and listening to Jimmy Buffet music. Thank you Chef Monte and your amazing team for making this event so memorable. Stay tuned to see what next month brings.



Current Events

10/8 Men's Breakfast

Time: 7:00am
Place: Outing

10/10 Out to Perot Museum

Time: 9:00am
Place: Outing

10/14 Town Hall Meeting

Time: 3:30pm
Place: Community Room

10/16 Out to Kohl's

Time: 10:00am
Place: Outing

10/16 Spooktacular Costume Party

Time: 6pm
Place: Dining Room

10/23 Balance Clinic w/ Legacy

Time: 9:00am
Place: Community Room

10/24 Out to Win Star Casino

Time: 8:30am
Place: Outing

Trick or Treat!!!

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



Management Team Members

Executive Director

AL Director

Business Office Director

IL Resident Programming

Plant Operations

Dining Director

Sales Counselor

Jessica Hazelton

Katie Lee

Erin Montgomery

Patty Skinner

Bill Williams

Monte Melugin

Lauren Stark



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!

Happy Birthday!

May you always have enough happiness at your life to keep you sweet, enough trials and errors to keep you strong, enough faith to give you courage and enough determination to make each day a good day to remember.

Come and join us for our Pink Day Birthday Bash celebration on **Friday, October 24th at 3:30pm**.

Resident Birthdays

2- Judith Smith
6- Blanche Thompson
12- Jane Bedford
17- Dorothy Tunnel
19-Nancy Hawes
20- Mary C. Cole
29- Elaine Hatfield
29- Jean Alexander

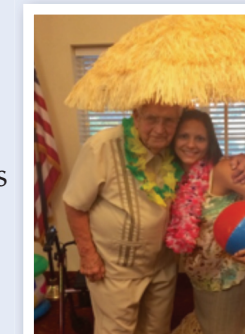
29- Billie Lewis
31- Emmet Musser

Employee Birthdays

15- Teresita Maffie
21- Stephen Jarema
21- Annaliza Holtzclaw

Resident of the Month

Our L.E.A.P (Life Enrichment Activities Program) would like to Recognize Mr. Joe Freshnock. Joe is always helping with our Happy Hours by adding a little flavor with his dancing and singing. Joe is also always making sure that we have music in our lobby during the day. Thank you Joe Freshnock for making our hearts dance with your music and joy at Lewisville Estates.



Activity Room - <i>AR</i>	Dining Room - <i>DR</i>	Library - <i>LL</i>	Route 66 - <i>R66</i>
AL Parking Lot - <i>ALPL</i>	Fitness Room - <i>FR</i>	Lobby - <i>L</i>	Theater - <i>TH</i>
Bistro - <i>B</i>	Flagpole - <i>FP</i>	AL Lobby - <i>ALL</i>	
Community Room - <i>CR</i>	Garden - <i>G</i>	Outing - <i>O</i>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p style="text-align: right;">1</p> <p>Door Decorating Contest Begins 9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Max, <i>FR</i> 4pm Ladder Toss, <i>B</i> 6pm Card Games, <i>B</i> 7pm Bring a Friend Movie Night, <i>TH</i></p>	<p style="text-align: right;">2</p> <p>10am Miscellaneous Errands, <i>O</i> 10am Balance Class w/ Legacy, <i>CR</i> 11am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression Door Decoration, <i>AR</i> 6pm Card Games, <i>B</i> 6pm 42, <i>AR</i></p>	<p style="text-align: right;">3</p> <p>National Denim Day 9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Wonderword Challenge, <i>B</i> 2pm Express Errands, <i>O</i> 2:15pm Scrapbooking Class, <i>AR</i> 2:15pm Hearing Clinic, <i>B</i> 3:30pm Denim & Pink Happy Hour w/ Paul Anderson, <i>L</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">4</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 3pm Fun Flicks and Popcorn, <i>TH</i> 3:30pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>
<p style="text-align: right;">5</p> <p>10:30am Bible Study, <i>L</i> 12pm Cowboys Football, <i>R66</i> 3pm Matinee Movie, <i>TH</i> 3:30pm Worship Songs, <i>L</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p style="text-align: right;">6</p> <p>Mad Hatter Day (Wear a Crazy Hat) 9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks w/ A.R.T, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 4pm Rowdy Ring Toss & wining prize for the crazie Hat, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">7</p> <p>9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10:15am Rosary Service, <i>B</i> 10:30am Dress Up Nails w/ Avon, <i>R66</i> 1:45 pm Spanish Class w/ Patty, <i>AR</i> 2:30pm Line Dance w/ Geri, <i>CR</i> 4pm Bulls Eye Washers, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">8</p> <p>7am Men's Breakfast, <i>O</i> 9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Wednesday Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Geri, <i>FR</i> 4pm Dart Toss, <i>B</i> 6pm Card Games, <i>B</i> 7pm Bring a Friend Movie Night, <i>TH</i></p>	<p style="text-align: right;">9</p> <p>10am Miscellaneous Errands, <i>O</i> 10am Gift Galore (Vendor), <i>L</i> 10am Balance Class w/ Legacy, <i>CR</i> 11am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression Wreath Making June, <i>AR</i> 6pm Card Games, <i>B</i> 6pm 42, <i>AR</i></p>	<p style="text-align: right;">10</p> <p>National Handbag Day 9am Out to the Perot Museum, <i>O</i> 9:30am Walking Warriors 10am Blood Pressure Check w/ Otilia, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Wonderword Challenge, <i>B</i> 2pm Express Errands, <i>O</i> 3:30pm What is in your Handbag Happy Hour, <i>L</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">11</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 3pm Fun Flicks and Popcorn, <i>TH</i> 3:30pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>
<p style="text-align: right;">12</p> <p>10:30am Bible Study, <i>B</i> 3pm Cowboys Football, <i>TH</i> 3:30pm Residents Choice Game, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p style="text-align: right;">13</p> <p>9am Flu Shots Clinic, <i>AR</i> 9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks w/ A.R.T, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 3:30pm Legacy Health Chat, <i>B</i> 4pm Rowdy Ring Toss, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">14</p> <p>Door Decorating Contest Announcement 9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10:15am Rosary Service, <i>B</i> 1:45pm Spanish Class, <i>AR</i> 2:30pm Town Hall Meeting, <i>CR</i> 3:30pm Ring Toss of Fire, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">15</p> <p>I Love Lucy Day 9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, w/ Lucy Trivia <i>L</i> 10:30am Blood Pressure Checks w A.R.T, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Max, <i>FR</i> 3:30pm Tic Tac Toss, <i>B</i> 3:15pm Clear Life Hearing Social, <i>B</i> 6pm Card Games, <i>B</i> 7pm Bring a Friend Movie Night Lucy Show, <i>TH</i></p>	<p style="text-align: right;">16</p> <p>Department Store Day 10am Miscellaneous Errands, <i>O</i> 10am Out To Kohl's Store, <i>O</i> 10am Bible Study/Sing A Long, <i>ALL</i> 10am Balance Class w/ Legacy, <i>CR</i> 11am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 6pm Spooktacular Costume Party, <i>DR</i> 7pm Movie & Popcorn Night, <i>TH</i></p>	<p style="text-align: right;">17</p> <p>9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Wonderword Challenge, <i>B</i> 1pm Bridge, <i>B</i> 2pm Express Errands, <i>O</i> 2:15pm Scrapbooking Class, <i>AR</i> 3:30pm Chocolate Cup Cake Happy Hour, <i>L</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">18</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 3pm Fun Flicks and Popcorn, <i>TH</i> 3:30pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>
<p style="text-align: right;">19</p> <p>10:30am Bible Study, <i>B</i> 3:25pm Cowboys Football, <i>R66</i> 3:30pm Residents Choice Game, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p style="text-align: right;">20</p> <p>9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks w/ A.R.T, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 4pm Bucket Bonanza, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">21</p> <p>9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10:15am Rosary Service, <i>B</i> 1:45 pm Spanish Class w/ Patty, <i>AR</i> 2pm Latin Dance w/ Patty, <i>CR</i> 4pm Bean Bag Baseball, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">22</p> <p>9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T, <i>CR</i> 2pm Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Practice w/ Geri, <i>FR</i> 3:30pm Popcorn Toss w/ Popcorn, <i>B</i> 6pm Card Games, <i>B</i> 7pm Bring a Friend Movie Night, <i>TH</i></p>	<p style="text-align: right;">23</p> <p>9am Balance Clinic w/ Legacy, <i>CR</i> 10am Miscellaneous Errands, <i>O</i> 10am Balance Class w/ Legacy, <i>CR</i> 10:30am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression, <i>AR</i> 6pm Card Games, <i>B</i> 6pm 42, <i>AR</i></p>	<p style="text-align: right;">24</p> <p>Wear Pink Day 8:30am Out to Win star Casino, <i>O</i> 10am Blood Pressure Check w/ Otilia, <i>AR</i> 10am Texas Style Coffee & Snack Social, <i>L</i> 10:30am Wonderword Challenge, <i>B</i> 1pm Bridge, <i>B</i> 2pm Express Errands, <i>O</i> 3:30pm Pink Day Birthday Bash w/ Tonya, <i>L</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">25</p> <p>9:30am Coffee and Conversation, <i>L</i> 1pm Residents Choice Games, <i>AR</i> 1:30pm Trivia Pursuit, <i>LL</i> 3pm Fun Flicks and Popcorn, <i>TH</i> 3:30pm Billiards/Pool 7pm Crazy Card Games, <i>B</i></p>
<p style="text-align: right;">26</p> <p>10:30am Bible Study, <i>B</i> 2pm Matinee Movie, <i>TH</i> 3pm Write a nice note to your neighbor, <i>B</i> 4pm Resident Meet & Greet, <i>L</i> 7pm Resident Comedy Hour, <i>L</i></p>	<p style="text-align: right;">27</p> <p>9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Albertson's, <i>O</i> 10am Coffee & Snack Monday Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T, <i>CR</i> 1pm Bridge, <i>B</i> 2pm Pokeno for Prizes, <i>AR</i> 4pm Ring of Fire Darts, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">28</p> <p>National Chocolate Day 9:30am Chair Yoga Class, <i>CR</i> 10am Walmart, <i>O</i> 10am Catholic Communion, <i>B</i> 10am Rosary Service, <i>B</i> 1:30pm Spanish Class w/ chocolate, <i>AR</i> 2pm Line Dance w/ Geri, <i>CR</i> 4pm Bean Bag Toss w/ Chocolate Cookies, <i>B</i> 6pm Card Games, <i>B</i></p>	<p style="text-align: right;">29</p> <p>9:30am Exercise w/ Jacque of A.R.T, <i>CR</i> 10am Post Office/Bank, <i>O</i> 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Checks w A.R.T, <i>CR</i> 2pm Black Out Sassy Senior Bingo, <i>CR</i> 3pm Wii Golf Tournament, <i>FR</i> 4pm Bulls Eye Washers, <i>B</i> 6pm Card Games, <i>B</i> 7pm Bring a Friend Movie Night, <i>TH</i></p>	<p style="text-align: right;">30</p> <p>10am Miscellaneous Errands, <i>O</i> 10am Bible Study/Sing A Long, <i>ALL</i> 10:30am Balance Class w/ Legacy, <i>CR</i> 11am Blood Pressure Check w/ Legacy, <i>CR</i> 2pm Walmart, <i>O</i> 2:30pm Art Expression, <i>AR</i> 6pm Card Games, <i>B</i> 6pm 42, <i>AR</i></p>	<p style="text-align: right;">31</p> <p>9:30am Walking Warriors 10am Coffee & Snack Social, <i>L</i> 10:30am Blood Pressure Check w/ Otilia, <i>AR</i> 10:30am Wonderword Challenge, <i>B</i> 2pm Express Errands, <i>O</i> 2:15pm Scrapbooking Class, <i>AR</i> 3:30pm Halloween Happy Hour, <i>L</i> 6pm Trick or Treat w/ Kids, <i>L</i> 6pm Card Games, <i>B</i></p>	