

Afternoon Games!



Monday Trivia



Ring Toss

Music to Your Ears

Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good. Note these health benefits of music:

Boosts mood — Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

Stimulates the brain — Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

Evokes memories — Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer's patients.

Promotes bonding — Attending a performance or joining a sing-along or drum circle encourages social interactions and reduces feelings of loneliness.



Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands — With more people indoors, germs that can cause illness are more prevalent.

Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.



Dear Residents, Family and Friends,

Lewisville Estates feels radiant with the warmth of family, visitors and increasing holiday cheer as we wait for Christmas to get here! Please pay special attention to our December calendar as you will understand all that is done to make the season bright. Please know we have many wonderful events leading up to the nights before Christmas: Deck the Halls door decorating contest, van excursion light tour, weekly Happy Hours, holiday crafts and special vendors. We will be hosting our Family and Resident Christmas Tree Festival on Dec. 14, at 6 p.m. Please RSVP at the Concierge Desk.

Happy December,
Jessica Hazelton, EXECUTIVE DIRECTOR



Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight, but do you know the story behind the ornamental soldiers?

Various tools for cracking open nuts, from simple levers to screw designs, have been around for centuries and were usually made of metal. In the 1700s, woodworkers in Germany began carving nutcrackers in the shapes of soldiers and kings. Symbols

of good luck and protection, the dolls were traditionally given as gifts. Pressing a handle on the back of the figurine enabled its mouth to move up and down to crack open a nut. Bright colors and handcrafted parts added to the charm of the creations.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky's ballet “The Nutcracker” debuted in the U.S. and became a hit, making the character a beloved icon.

As pre-shelled nuts became more common, nutcrackers were used mainly for decoration. While traditional soldiers remain a popular design, whimsical figures of all kinds can now be found. Handcrafted wooden nutcrackers are still produced in Germany and are a favorite among collectors.



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

“Each day offers a reason to celebrate. Find it and experience true bliss.”

—Amy Leigh Mercree

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																			
																									
<p>7:30 The Truth in Love (TV Channel 7), R66 3</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>National Cookie Day 4</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Winco, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Trivia Club, B</p> <p>3:30 Cookie Decoration Social, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 5</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Stocking Decorations, CR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 6</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, TH</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>National Pearl Harbor Day 7</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Pearl Harbor Social, B</p> <p>6:00 Card Games, B</p>	<p>Deck the Halls Contest Begins 1</p> <p>Wear Jingle Bells Day</p> <p>9:30 Walking Warriors, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Holiday Cookies Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 2</p> <p>10:00 Lewisville Students Carols, L</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>																			
<p>7:30 The Truth in Love (TV Channel 7), R66 10</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>3:25 Cowboys Vs. New York, R66</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 11</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Big Lots, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Legacy Health Chat, B</p> <p>6:00 Card Games, B</p>	<p>HANUKKAH BEGINS AT SUNDOWN 12</p> <p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Town Hall Meeting, CR</p> <p>6:00 Card Games, B</p>	<p>12 Days of Christmas Begins 13</p> <p>8:00 Out to Winstar Casino, O</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, TH</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>14</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Busy Hand Club, B</p> <p>3:30 Jingle All the Way Social w/Jacque, B</p> <p>6:00 Card Games, B</p> <p>6:00 Christmas Tree Forest, DR</p>	<p>15</p> <p>Wear Christmas Sweater Day</p> <p>9:30 Walking Warriors, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 16</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>																			
<p>7:30 The Truth in Love (TV Channel 7), R66 17</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p> <p>7:30 Cowboys Vs. Oakland, R66</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 18</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Trivia Club, B</p> <p>4:00 Candy Cane Toss, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 19</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>3:00 White Elephant Party, CR</p> <p>6:00 Card Games, B</p> <p>6:00 Christmas Light Tour, O</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 20</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:00 Durham Middle School Jazz Performance, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:00 Legacy Holiday Social, B</p> <p>3:15 Bible Study, TH</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>21</p> <p>WINTER BEGINS</p> <p>8:30 Foot Doctor, F</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>3:00 Scrapbooking Club, CR</p> <p>6:00 Card Games, B</p>	<p>22</p> <p>Wear Christmas Hat Day</p> <p>9:30 Walking Warriors, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>11:00 Out to Dairy Queen, O</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Dear Santa Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 23</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>																			
<p>CHRISTMAS EVE 24</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>3:25 Cowboys Vs. Seattle, R66</p> <p>6:30 Resident Card Games, B</p>	<p>CHRISTMAS 25</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Christmas Wonder Word Search, B</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Movie Time: White Christmas, TH</p> <p>3:15 Trivia Club, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 26</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Card Games, B</p>	<p>27</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Bible Study, TH</p> <p>3:30 Book Club, LL</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 28</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Busy Hand Club, B</p> <p>6:00 Card Games, B</p>	<p>29</p> <p>9:30 Walking Warriors, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 A Toast of Celebration Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 30</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>																			
<p>NEW YEAR'S EVE 31</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>12:00 Cowboys Vs. Philadelphia, R66</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>		<p>Birthdays</p> <table border="0"> <tr> <td>Virginia Stiff, 1st</td> <td>Edith Bryant, 7th</td> <td>AL Flores, 18th</td> <td>Sharlet Lee, 22nd</td> </tr> <tr> <td>Milton Traylor, 2nd</td> <td>Mary Van Hoof, 8th</td> <td>Ellen Nelson, 20th</td> <td>Jim Folkman, 26th</td> </tr> <tr> <td>Erin Montgomery, 3rd (Employee)</td> <td>Darlene Schatzman, 9th</td> <td>Ken Weaver, 20th</td> <td>Nellie Slawson, 28th</td> </tr> <tr> <td>Lisa Hail, 5th (Employee)</td> <td>Mike Shea, 11th</td> <td>Charles Butters, 21st</td> <td>Barbara Donegan, 30th</td> </tr> <tr> <td>Lauren Stark, 7th (Employee)</td> <td>Cliff McCutcheon, 14th</td> <td>Casey Ringo, 21st (Employee)</td> <td>Karen McCutcheon, 30th</td> </tr> </table>				Virginia Stiff, 1st	Edith Bryant, 7th	AL Flores, 18th	Sharlet Lee, 22nd	Milton Traylor, 2nd	Mary Van Hoof, 8th	Ellen Nelson, 20th	Jim Folkman, 26th	Erin Montgomery, 3rd (Employee)	Darlene Schatzman, 9th	Ken Weaver, 20th	Nellie Slawson, 28th	Lisa Hail, 5th (Employee)	Mike Shea, 11th	Charles Butters, 21st	Barbara Donegan, 30th	Lauren Stark, 7th (Employee)	Cliff McCutcheon, 14th	Casey Ringo, 21st (Employee)	Karen McCutcheon, 30th
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