



The Lewisville Estates Lifestyle

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

September 2015

Happy Fall!

As another summer comes to end, I know we will all be looking forward to the cooler temperatures September and the fall season will bring!

We look forward to September with lunch to Chili's, a cooking demo, making Autumn Wreaths, and of course, our Evening Event that will take place on Sept. 8: Wine-O-Bingo. Be sure to check your calendar and weekly reminders for other great activities throughout the month. Don't forget to invite your family and friends to our socials and other events!



We will continue to gear up for our Walk to End Alzheimer's that will be held on Sept. 26, 2015. We will be representing Lewisville Estates by hosting a small fundraiser on campus and joining the festivities in Denton. Please sign up at the front desk if you would like to participate.

I also wanted to take a moment to shout out to the amazing staff we have at Lewisville Estates. The hard work and dedication they put forth on a daily basis is significant. Please take a moment to thank them and let them know how special they are to us!

Thanks,
Jessica Hazelton
Executive Director

Mystery Solved

From jewel heists and bank robberies to murders and more, these super sleuths became household names for their ability to unravel mysteries in TV land. How many do you remember?

"Perry Mason"— Defense attorney Perry Mason (Raymond Burr) established his clients' innocence by using cross-examination skills and courtroom drama to get the guilty to confess.

"Columbo"— Known for his wrinkled trench coat and cigars, Columbo (Peter Falk), a homicide detective with the Los Angeles Police Department, tricked suspects with his absent-minded behavior and chatty demeanor, constantly asking, "Just one more thing."

"Murder, She Wrote"— Former English teacher turned mystery writer Jessica Fletcher (Angela Lansbury) became a pro at following clues and solving real crimes, many of which took place near her quaint, fictional hometown of Cabot Cove, Maine.





ASSISTED LIVING

AL#010063

SEPTEMBER 2015

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.
Albertsons
- Tuesday
10 a.m.
Walmart
- Wednesday
10 a.m.
Post Office/Bank
- Thursday
2 p.m.
Walmart
- Thursday
10 a.m.
Miscellaneous Errands
- Friday
TBA
Field Trips/Outing
- Friday
2 p.m.
Express Errands

Birthdays

- Wilma French, 2nd
- Gloria Harrison, 6th
- Eileen Wagner, 14th
- Cecilia Burch, 18th
- Art Piechowski, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?!, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	9:45 Exercise Extreme, AR 2:00 Fiesta Party w/J.T. Matthews 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	LABOR DAY 9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?!, L 5:45 AL Main Event: B.I.G. Prize Wine-O Bingo Party, L	7:00 Men's Breakfast Outing, O 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 10:15 Craft Club: Mystery Box, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Town Hall Meeting, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	Popcorn Day 8:00 Beauty Salon Is Open 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	Patriot Day 9:45 Exercise Extreme, AR 10:00 Farkel Fridays, AR 2:00 Wine & Cheese Social, AR 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 2:00 Dominoes, AR 3:00 Fun Flicks, L
ROSH HASHANAH Grandparents Day National Assisted Living Week Begins 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	Nourishing Life: Wear Bright Colors 9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 2:00 Experience The Drum! 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	Nourishing Mind: Put on Your Thinking Cap 9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Mind Games: Solve the Mystery, AR 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?!, L	Nourishing Body: Dress to Workout! 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 10:15 Health Foods Can Be Good Foods, AR 2:00 Bible Study w/Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	Nourishing Spirit: Dress Backwards Day 8:00 Beauty Salon Is Open 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 2:15 Stand Up Comedy: Bring a Joke & Laugh, L 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	Wear Purple Day 9:45 Exercise Extreme, AR 10:30 Lunch @ Chili's 2:00 Purple Beer Party, AR 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?!, L	AUTUMN BEGINS YOM KIPPUR 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	9:45 Exercise Extreme, AR 10:00 Farkel Fridays, AR 2:00 Birthday Bash Social, AR 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	Walk to End Alzheimer's 9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 2:00 Dominoes, AR 3:00 Fun Flicks, L
Active Aging Week Begins 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR	9:30 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 2:00 Craft Club: Autumn Wreaths, AR 2:30 Special Performance w/Paul Anderson, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:30 Small Group Time 4:00 What's Happening?!, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L			

Resident of the Month

For September, we are proud to offer up Larry Dowlearn for our Resident of the Month! He attends everything and always has a good time. He's a big yodeler and knows how to have a good time!



Sponsors Rock!

Who likes partnerships? We do! Thank you to all who helped make our activities and community the best it could be! (Let me know if I miss you so it won't happen again!)

- ART
- ACT
- Novus
- Encompass
- Ardent
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah's Witnesses
- Rev. Cristal Fisher
- Rob Harrison
- Laura Zuczek
- Colleen Banas
- Seasons
- Hollymead
- Community Care Pharmacy
- New Century
- TX HH
- Patriot
- Senior Helpers
- Mayhill



National Assisted Living Week

Sept. 13-19

For National Assisted Living Week, Lewisville Estates is featuring special themes and activities each day to go with our National Theme: Nourishing Life, Mind, Body and Spirit!



Sunday — National Grandparents Day

Monday (Life) — Wear Bright Colors and Experience the Drum! (2 p.m.)

Tuesday (Mind) — Wear Your Thinking Cap and Solve the Mystery Mind Games (10 a.m.)

Wednesday (Body) — Dress to Workout and Health Foods Snacks Demonstration (10:15 a.m.)

Thursday (Spirit) — Dress Backwards and Stand Up Comedy Hour (2:15 p.m.)

Friday — Wear Purple and Chili's Lunch Outing followed by the Purple Beer Social (10:30 a.m. and 2 p.m.)

Special Events and Performances

Friday, Sept. 4 — JT Matthews (2 p.m.)

Monday, Sept. 28 — Paul Anderson (2:30 p.m.)

And much more to come...

Main Event: Who Dunnit at Lewisville Estates

Tuesday, Sept. 8, at 5:45 p.m.

Theme: Murder Mystery Party

On a cool late summer evening, as everyone was finishing dinner, someone was up to no good. A murder was committed. Now everyone's a suspect and the clues must be found. Join us in the lobby that night to discover the culprit behind the mystery and see them brought to justice!

