



## Dear Residents, Family, And Friends

Happy November! Please take some time to appreciate all the things that you are thankful for. Our families, our friends, and all the wonderful people in our lives. And as the leaves change into reds and golds, make sure you tell your loved ones how important they are, and continue to spread kindness all around you.

We had an amazing October this year! From our fun spirit days to our spooky Halloween celebrations, it was truly a great time that we are so happy all our residents got to enjoy.

This November, I am very excited to announce that we will be having our very own Thanksgiving feast for our residents and family members to enjoy! Here at Lewisville Estates, we know how important it is to spend Thanksgiving with your families and we want to make sure that everyone can enjoy a wonderful meal with their loved ones. Please keep an eye on your email for more details about this event. In the meantime, check out our calendar so you don't miss out on all the fun events we have coming up this month such as: our trip to the aquarium, our Thanksgiving main event, and our fall craft projects to decorate your door for the season!

Smitha Krishnan  
Executive Director



## NOVEMBER 2022

### Employee of the Month!

Ladies and Gentlemen, Lewisville Estates would like to recognize John Mark West as our Employee of The Month for November! John Mark is always going above and beyond for our residents. There's never a moment when he's not smiling or helping out! You exceed our expectations at every step, and we appreciate the results you produce! Thank you for the warm personality and outstanding work, John Mark, you're greatly appreciated! We're beyond happy to have you here at Lewisville Estates!





ASSISTED LIVING  
AL#010063

NOVEMBER  
2022

Assisted  
Living  
Locations..

Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa
Garden	G

Transportation  
Schedule..

Monday,	10am
Grocery Stores	9:45
Tuesday,	10am
Walmart	10am
Wednesday,	10am
Post Office/Bank	
Thursday,	10am
Walmart	10am
Friday,	TBA
Field Trips/Outings	

Birthdays

**Nov. 3 - Christina Bolden\***  
**Nov. 5 - Mary George**  
**Nov. 6 - Alice Tooke**  
**Nov. 14 - Ruth Pons**  
**Nov. 19 - Elise Ezernack\***  
**Nov. 20 - Ethel Sebastian**  
**Nov. 24 - Tamara Mills\***

“Care less for your harvest  
than for how it is shared,  
and your life will have  
meaning and your heart  
will have peace.”  
—Kent Nerburn

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 11:00 Adult Coloring Club, AR 12:00 Knitting and Crochet Club 1:00 Dominos/42 2:00 Bingo, DR 3:30 “Lima Bean Auction” Thanksgiving Edition!</div>	<div>2</div> <div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:30 “Nails &amp; All” by: Jada 1:30 Bible Study, AR 2:30 Spades 3:30 Outburst Game</div>	<div>3</div> <div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 1:00 Grapevine Aquarium 2:00 Uno, Ice Cream &amp; Friends 4:00 Puzzle Mania, AR</div>	<div>4</div> <div>10:00 Chair Exercise 10:30 1:1 Session 11:00 Cotton Patch Restaurant 1:30 Wonder Word Search, L 2:00 Root Beer Float Social 3:30 Name Your Game!</div>	<div>5</div> <div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 2:00 Bingo, DR</div>
<div>Thanksgiving/ Fall Door Contest 7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: The Blind Side</div> <div>6</div>	<div>9:30 Men &amp; Women’s Coffee Table DR 9:45 Big Lots, O 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Mexican Train Crew 3:30 Yahtzee 6:30 Wild Out Game Night!</div> <div>7</div>	<div>9:00 Outing to Vote 10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 11:00 Activity Meeting 12:00 Nails &amp; All by: Jada 2:00 Bingo, DR 3:30 Mini Golf</div> <div>8</div>	<div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study, AR 2:30 Town Hall Meeting 3:30 Take a Walk around L.E.</div> <div>9</div>	<div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 Holiday Crafts 4:00 Crossword Puzzle, AR</div> <div>10</div>	<div>Veterans Day 10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 Games &amp; Goodies Social 3:30 Name Your Game!</div> <div>11</div>	<div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 2:00 Bingo, DR</div> <div>12</div>
<div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Home For The Holidays</div> <div>13</div>	<div>9:30 Men &amp; Women’s Coffee Table DR 9:45 Tom Thumb, O 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Beach Volleyball 3:30 Apple Picking Contest</div> <div>14</div>	<div>10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 11:00 Knitting and Crochet Club 12:00 Crosswords and Convos 12:00 Nails &amp; All by: Jada 2:00 Bingo, DR 3:30 Thanksgiving Scavenger Hunt</div> <div>15</div>	<div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 1:30 Bible Study, AR 2:30 “What Are You Thankful For” 3:30 Watermelon by The Garden!</div> <div>16</div>	<div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 2:00 Uno, Ice Cream &amp; Friends 3:00 Thanksgiving Celebration Main Event! 4:00 Puzzle Mania, AR</div> <div>17</div>	<div>10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 “Hangin’ &amp; Sangin’ W/ Friends” Social 3:30 Name Your Game!</div> <div>18</div>	<div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 11:30  Thankful Thanksgiving Lunch! 2:00 Bingo, DR</div> <div>19</div>
<div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Friendsgiving</div> <div>20</div>	<div>9:30 Men &amp; Women’s Coffee Table DR 9:45 Dollar Tree, O 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Uno, Friends &amp; Ice Cream 3:30 “Guess That Soda” Challenge</div> <div>21</div>	<div>10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 11:00 Adult Coloring Club, AR 12:00 Nails &amp; All by: Jada 1:00 Word of the Day, L 2:00 Bingo, DR 3:00 Outburst Game</div> <div>22</div>	<div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Puzzle Mania, AR 12:00 Knitting and Crochet Club 1:30 Bible Study, AR 2:30 Find Tom The Turkey!! 3:30 Mexican Train Crew</div> <div>23</div>	<div>Thanksgiving 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 1:00 Skip-Bo Crew 2:00 Knitting &amp; Crochet Club 4:00 Crossword Puzzle, AR</div> <div>24</div>	<div>10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 “Turn The Music Up” Social 3:30 Name Your Game!</div> <div>25</div>	<div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 2:00 Bingo, DR</div> <div>26</div>
<div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: The Ice Storm</div> <div>27</div>	<div>9:30 Men &amp; Women’s Coffee Table DR 9:45 Kroger, O 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Pokeno For Prizes 3:30 Skip-Bo Click 6:30 Wild Out Game Night!</div> <div>28</div>	<div>10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 11:00 Knitting and Crochet Club 12:00 Nails &amp; All by: Jada 2:00 Bingo, DR 3:30 Cribbage</div> <div>29</div>	<div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study, AR 2:30 Skip-Bo Click 3:30 Round of Cornhole</div> <div>30</div>	<div><div>★★★ Thank You VETERANS </div></div>		



# Heartwarming Hymns for Thanksgiving

These traditional hymns are often heard at Thanksgiving time, reflecting the gratitude and joy of the season.

*"We Gather Together."* The title of this song, set to a Dutch folk tune, emphasizes the fellowship of friends and family.

*"Bringing in the Sheaves."* Reminding us of the importance of "sowing seeds of kindness," this hymn uses harvest time as a reason to rejoice.

*"Come, Ye Thankful People, Come."* This English hymn was originally titled "After Harvest," and is a celebration of the Earth's bounty.

*"For the Beauty of the Earth."* Familiar and comforting to many, this "hymn of grateful praise" recognizes the blessings of everyday life.



## In Service to the Nation

November brings Veterans Day, when we honor those who have served in the nation's military. Take a moment to reflect on your experiences.

- Did you serve in the armed forces? If so, in which branch? How long was your service? In what places were you stationed? Where else did you travel to as a member of the military?
- What ranks did you hold, and what duties did you perform?
- Who was the most memorable person you met while serving?
- Of your time in the military, what is the most lasting memory you have?
- If you didn't serve, were you close to someone who did—a family member, spouse, child or friend? How did you feel about them being in the service?
- What do you remember about the times when the nation was at war?
- Describe the ways that war changed your life or the lives of others you know.
- From your military service or wartime experiences, what would you most want future generations to know?
- Have you visited any war or military memorials?
- How do you show support to veterans and honor Veterans Day?

