



Dear, Residents, Families and Friends,

This is the season of joy. The season of sipping hot cocoa while we watch holiday classics. The season of decking the halls and going out to see the twinkling Christmas lights dance across the night sky. Bake some delicious cookies while you sing along to your favorite songs. Spend time with your loved ones and make sure to do the things that spark joy for you.

In November, we had such an amazing time with all our residents. I want to thank everyone who came out to our Thanksgiving lunch. It was so wonderful to see all of you, and I hope that everybody had a great experience.

This December is going to be filled with festivities and merriment! We will be going out to see all the beautiful Christmas lights around town, as well as having outings to local restaurants, so make sure to sign up in the transportation book. Get your jingle bells ready for all the live music that we have planned for this month. Keep checking your calendar to make sure you don't miss out on any of the fun stuff we have coming up!

As always, I am so grateful to have all of you be a part of our community. Without the care and dedication of our residents, family members and staff, Lewisville Estates would not be the same exceptional place that it is.



DECEMBER 2023



Eduardo Limboc for Employee of the Year, 2023!

Ladies and Gentlemen, we would like to announce Eduardo Limboc for Employee of the Year, 2023! Eduardo is our Kitchen Helper and wears many other hats here. He's definitely a star in everything that he does and takes pride in it. Although Eduardo is very quiet, his hard work and dedication does all of the talking for him. He is very fast paced and makes everything he does look like a piece of cake. I have to say, picking Employee of the Year this time was beyond easy. There was absolutely no hesitation choosing Eduardo and we're beyond proud to have chosen him! Eduardo, thanks for everything you have done and are doing. We're happy that you're a part of the Lewisville Estates' team and congratulations on being Employee of the Year!

DECEMBER 2023

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 | |

Happy Birthday to You All!

9-Joseph Waisanen
22-James Roughton

**"Bells are music's laughter."
—Thomas Hood**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Door Decorating Contest Begins 11:00 Christmas Shopping and Lunch in the Mall 2:00 Movie and Popcorn 4:00 Christmas Wishes Discussion Group	10:45 Body Mind and Soul 1:00 Uno Crew! 3:45 Twister Toss!
3 7:30 In Search of the Lord's Way, KDFID Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays) 4:00 Rejoice Youth Choir (L)	4 9:30 Men's & Women's Coffee Table DR 10:00 Drum Fitness (L Exercise with Jada) 10:00 Shopping Big Lots 1:30 Bible Study w/ Yellow Rose (L) 2:30 Indoor Golf 3:30 December Trivia 4:00 Christmas Coloring	5 9:30 Take a Walk Around L.E. (O) 10:00 Chair Zumba! 10:00 Walmart Shopping (O) 10:30 Word Games 1:00 Puzzle Table 2:00 Christmas Bingo and Snacks 3:30 What's Your Elf Name? 4:00 Amazing Mazes	6 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Cookie Decorating Contest 3:30 Ring Toss 4:00 Crosswords Before Dinner	7 10:00 Wake and Shake (Exercise with Allison) 10:00 Walmart Shopping (O) 10:30 Art with Friends (AR) 1:00 Library Time (LL) 2:00 Roll a Santa (Dice Game) 3:00 Spoons (Card Game) 4:00 Holiday Sing Along	8 9:00 Pajama Day (Christmas Movie Marathon, Sipping Hot Chocolate and Enjoying Semi Healthy Snacks) 2:00 Welcome December with Singer Marty Prue	9 10:45 Body Mind and Soul 1:00 Mexican Train Brigade! 3:45 Word Games
10 7:30 In Search of the Lord's Way, KDFID Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	11 9:30 Men's & Women's Coffee Table DR 10:00 Drum Fitness (L Exercise with Jada) 10:00 Shopping Dollar Tree 1:30 Bible Study w/ Yellow Rose (L) 2:30 What's in the Box? 3:30 Bowling Tournament 4:00 Dear Abby and Ice Cream	12 9:30 Take a Walk Around L.E. (O) 10:00 Chair Tai Chi 10:00 Walmart Shopping (O) 2:00 Chocolate Lovers' Bingo with Allison 3:30 Corn Hole Competition 4:00 Adult Coloring Club (AR)	13 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Town Hall 3:30 Family Feud 4:00 Beach Ball Toss and Catch	14 10:00 Wake and Shake! (Exercise w/Allison) 10:00 Walmart Shopping (O) 10:30 Art with Friends (AR) 1:00 Puzzle Table (L) 2:00 Holiday Movie Residents' Choice 7:00 Deer Field Christmas Lights!	15 10:00 Mug and Muffin Coffee Shop Social (Morning Happy Hour) 2:00 Christmas song from Steve & Toni 3:00 Shoot the Grinch! 4:00 Flyswatter Balloon Volleyball	16 10:45 Body Mind and Soul 1:30 Puzzle Table 3:45 Holiday Sing Along
17 7:30 In Search of the Lord's Way, KDFID Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	18 9:30 Men's & Women's Coffee Table DR 10:00 Drum Fitness (L Exercise with Jada) 1:30 Bible Study w/ Yellow Rose (L) 2:30 Christmas Sing Along 3:00 Circle Rhymes 3:30 Remember when game	19 9:30 Take a Walk Around L.E. (O) 10:00 Chair Yoga 10:00 Walmart Shopping (O) 2:00 Holiday Cheer from David Donehoo 2:00 Musical Bingo and Snacks w/Allison 3:30 Ring Toss 4:00 Complete the Saying	20 Happy National Hot Chocolate Day! 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Ugly Sweater Contest (Staff and Residents) 3:30 Hot Chocolate Bar w/Cookies 4:00 Afternoon Outburst!	21 Happy National Chocolate Day! 10:00 Wake and Shake! (Exercise w/Allison) 10:00 Walmart Shopping (O) 10:30 Art with Friends (AR) 1:00 Puzzle Table 2:00 Christmas Party! 4:00 Meditation and Relaxation	22 10:00 Silver Sneakers (Exercise Class) 11:00 Outing (Burgerliscious) 1:00 Puzzle Mania 2:00 Movie and Popcorn	23 7:30 Santa Hat Pancake Breakfast 10:45 Body Mind and Soul 1:30 Uno Crew! 3:45 Bowling
24 7:30 In Search of the Lord's Way, KDFID Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	25 	26 9:30 Take a Walk Around L.E. (O) 10:00 Walmart Shopping (O) 2:00 Champagne Bingo 3:30 Word Searches 4:00 Crosswords Before Dinner	27 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 3:00 Current Events News Paper Discussion Group 3:30 Bowling 4:00 Word Searches	28 10:00 Walmart Shopping (O) 10:30 Art with Friends (AR) 1:00 Puzzle Table 3:00 Snack and Chat Social Discussion Group New Year's Vision 4:00 Word for the Year	29 10:00 2024 Fitness! (Exercise w/Allison) 10:30 Morning Outburst! 11:00 Word Games 1:00 Puzzle Mania! 2:00 Happy Hour Social 3:30 Mexican Train Brigade! 4:00 Word Searches	30 10:45 Body Mind and Soul 1:30 Mexican Train Brigade! 3:45 Miniature Golf
31 7:30 In Search of the Lord's Way, KDFID Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)						



Handmade for the Holidays

Cookies baked with love, a DIY wreath, handmade gifts: For many, these are some of the things that paint a sentimental portrait of the holidays. These traditions are good for your mental health, too. Putting time and effort into making something with your hands has been shown to relieve stress and enhance your self-esteem. It's not necessary to have a completely homemade holiday, but choosing to DIY one or two aspects can help make the season shine a little brighter. A simple place to start is food. Look up recipes for cookies, fudge, breads and snack mixes, which are all easy to share with others. Evenings at home can be even cozier when you simmer sliced apples for cider or make hot cocoa from scratch, rather than buying premade versions. When it's time to deck the halls of your home, add a personal touch with some DIY decorations. Tutorials for wreaths, ornaments and other adornments range in difficulty and style, so there's a project for all ages and personalities. Even cutting out paper snowflakes can fill you up with warmth and nostalgia. You don't need to be skilled at sewing or knitting to give a handmade gift. Other presents that you can make include body scrubs, herb-infused olive oils, houseplant terrariums or a personalized playlist.

