

The Lewisville Estates Lifestyle

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

Like Us!

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

DECEMBER 2025



Famous Faces Born in December

- Dec. 1, 1985: Janelle Monae
- Dec. 9, 1995: McKayla Maroney
- Dec. 10, 1964: Bobby Flay
- Dec. 17, 1974: Sarah Paulson
- Dec. 22, 1962: Ralph Fiennes
- Dec. 24, 1959: Lee Daniels
- Dec. 28, 1978: John Legend
- Dec. 31, 1946: Diane von Furstenberg



Holiday Décor Safety

Make sure you think of safety when decorating for the season. Don't let tinsel or garland become a tripping hazard; for fire safety, turn off all lights before going to bed or leaving the house; and read all warning labels and directions.

DECEMBER 2025

Assisted Living Locations.

Activity Room AR
AL Courtyard ALC
AL Parking Lot ALPL

Monthly Birthdays

Staff

11- Mary Gomez
22-Yrma Diaz

Residents

23- Thomas NewKirk
30- James Hawk
31- Jim McElhannon

A Few of Our Favorite Things

Raindrops on roses ... and referrals! Residents who refer future neighbors receive a credit upon leasing. No brown paper packages tied up with string required!

Honor the Fallen

Dec. 7 is National Pearl Harbor Remembrance Day.

"Yet, taught by time, my heart has learned to glow for other's good, and melt at other's woe."
—Homer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Daily Chronicle 10:30 Exercise W/ Angel From Legacy Rehab 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Tranquil Touch: Nail Spa & Chat w/ Shawn 3:00 Daily Sip & Smile Hydration Cart	2 Show Off Your Holiday Colors Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Qwirkle 2:00 Quarter Bingo 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Necklace making w/ Doneta	3 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Who Am I Fruitcake 2:00 Snowy Jar Candle Holders w/Laurie 3:00 Daily Sip & Smile Hydration Cart	4 National Cookie Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 10:30 Music Therapy w/Emma 11:30 Lunch 1:00 Devotional w/Kyle Amity Hospice 2:00 Decorating Cookies W/ Laurie 3:00 Daily Sip & Smile Hydration Cart	5 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Make Reindeer Chow w/Laurie 2:00 Checkers 3:00 Daily Sip & Smile Hydration Cart	6 10:00 Daily Chronicle 10:30 Christmas Carols W/ Huffness Middle School Band 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Christmas Cookie Bingo 2:00 Matinee Movie: A Christmas Carol
7 Pearl Harbor Remembrance Day 9:30 Worship w/ Allison 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	8 10:00 Daily Chronicle 10:30 Exercise W/ Angel From Legacy Rehab 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Tranquil Touch: Nail Spa & Chat w/ Shawn 3:00 Daily Sip & Smile Hydration Cart	9 Christmas Card Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Make Christmas Cards w/Laurie 2:00 Quarter Bingo 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Travelling w/ Legacy	10 National Winter Wonderland Day 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Resident Council 2:00 Random Trivia 3:00 Daily Sip & Smile Hydration Cart 3:00 Polar Bear Poop	11 Let It Snow Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Devotional w/Kyle Amity Hospice 1:00 Jack Frost Cocktails W/ Laurie 2:00 Making Snow W/ Friends 3:00 Christmas Trivia W/ Friends 3:00 Daily Sip & Smile Hydration Cart	12 National Gingerbread House Day 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:00 Spring Creek BBQ Lunch Outing 11:30 Lunch 1:00 Yahtzee 2:00 Gingerbread Golf W/ Rhonda From BrightStar 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart	13 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Candy Cane Bingo 2:00 Matinee Movie: Scrooge
14 Happy Hanukkah 9:30 Worship w/ Allison 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	15 Grinch Day 10:00 Daily Chronicle 10:30 Exercise W/ Angel From Legacy Rehab 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Tranquil Touch: Nail Spa & Chat w/ Shawn 3:00 Daily Sip & Smile Hydration Cart	16 National Scrabble Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:30 Mow Mow & Tea w/ Faridhai 2:00 Quarter Bingo 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Scrabble w/Laurie	17 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Christmas Ornaments w/Laurie 2:00 Christmas Karaoke w/ Laurie 3:00 Daily Sip & Smile Hydration Cart 5:30 Christmas Lights Outing	18 7:30 Omelet Station w/Chef Rey 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Devotional w/Kyle Amity Hospice 2:00 Happy Hour w/Linda Rinfro 3:00 Daily Sip & Smile Hydration Cart	19 National Candy Day 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Candy Cane Fishing 2:00 Christmas Wreaths w/ Laurie 3:00 Daily Sip & Smile Hydration Cart	20 National Sangria Day 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Christmas Bingo 2:00 Matinee Movie: Miracle On 34Th Street
21 First Day of Winter 9:30 Worship w/ Allison 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	22 10:00 Daily Chronicle 10:30 Exercise W/ Angel From Legacy Rehab 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Tranquil Touch: Nail Spa & Chat w/ Shawn 3:00 Daily Sip & Smile Hydration Cart	23 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 2:00 Quarter Bingo 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 4:00 Resident Christmas Party	24 Eggnog Day 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Christmas Service & Message 2:00 Matinee Movie: The Santa Clause w/Eggnog & Cookies 3:00 Daily Sip & Smile Hydration Cart	25 Christmas 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Cowboys And Commanders 3:00 Daily Sip & Smile Hydration Cart 10:30 Merry Christmas To All	26 National Candy Cane Day 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Candy Cane Cocoa 2:00 Birthday Bash w/ David Adams and Truth Creek Band 3:00 Daily Sip & Smile Hydration Cart	27 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Candy Cane Bingo 2:00 Matinee Movie: The Santa Clause 2
28 9:30 Worship w/ Allison 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	29 10:00 Daily Chronicle 10:30 Exercise W/ Angel From Legacy Rehab 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Tranquil Touch: Nail Spa & Chat w/ Shawn 3:00 Daily Sip & Smile Hydration Cart	30 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 Name 5 2:00 Quarter Bingo 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart	31 Happy New Year 10:00 Daily Chronicle 10:30 Exercise w/Laurie 11:30 Lunch 1:00 New Year's Trivia 2:00 New Year's Eve Celebration 3:00 Daily Sip & Smile Hydration Cart			



Holiday Décor Reminder

Keep all decorations fun and tasteful! Use your favorite figurines and trimmings, but be considerate of your neighbors when hanging objects such as lights or signs.



Merry Christmas

A very Merry Christmas to all our residents, families, staff, and volunteers! May your new year be filled with joy, love, and peace.

A Peek at Polar Bears

Polar bears are a high-profile species, seen in films, storybooks and ads. "Paws" for a minute to learn all about these fascinating animals.

- Polar bears spend most of their lives on the sea ice of the Arctic Ocean. Their scientific name, *ursus maritimus*, means "sea bear," and they are classified as marine mammals.
- With large males weighing up to 1,700 pounds and standing 11 feet tall on their hind legs, polar bears are the planet's largest land carnivores. Females are about half as big as males, and newborn bears are the size of a guinea pig.
- Although they appear white, polar bears have hollow fur, which reflects light and acts as camouflage in their snowy environment. Under their coat, the bears have black skin that absorbs sunlight and keeps them warm.
- When swimming, polar bears use their back legs as a rudder to steer, and their front paws to move forward at speeds up to 6 mph. On land, they can run up to 25 mph.
- Since clean fur provides better insulation, the bears bathe by rolling around in the snow.
- When not rearing cubs, polar bears are mostly solitary, but will occasionally gather in groups, called sleuths.
- The Inuit of Canada call the polar bear *nanuq*, which means "an animal worthy of great respect."
- The first Coca-Cola ads featuring polar bears aired in 1993, and the animals have since become mascots for the company.