



DISCOVERY VILLAGE AT CASTLE HILLS

A Discovery Senior Living Community

2500 Windhaven Pkwy • Lewisville, TX 75056 • (972) 939-4647
<https://www.discoveryvillages.com/>

Mix and Mingle

Holiday gatherings can be a merry way to catch up with loved ones and meet new people, and all that socializing can be good for your health. Experts say mingling with others can help lower stress, boost confidence, and improve physical well-being.

Save the Sweet Date

Whether your favorite is peanut butter, sugar, oatmeal or classic chocolate chip, go ahead and get caught with your hand in the cookie jar on Dec. 4, National Cookie Day.

Remember When: Candy Stripers

Wearing red-and-white striped pinafore uniforms that resembled peppermint sticks, candy stripers were once a common sight in many hospitals. Beginning in the 1940s, these teenage girls took part in the first hospital volunteer programs. Their duties included delivering meals and mail to patients, assisting nurses and visitors, and performing clerical tasks. Serving as a candy striper was often a first step to a career in the medical field.

Spread the Word

OK, ew, bestie and yowza are words Scrabble fans can now add to their arsenals when playing the board game. Those are among the 300 new entries in the latest edition of The Official Scrabble Players Dictionary, which is updated every four to eight years.

Legacies Live On

“Memories of our lives, of our works and our deeds will continue in others.” —Rosa Parks

December 2018



Festive Flower

Sporting solid and speckled colors of red, burgundy, pink and white, poinsettias can be seen just about everywhere this time of year. In fact, they're the top-selling potted plant in the U.S. The poinsettia's showy colored "petals" are actually the plant's leaves and are called bracts. The true flowers are the tiny yellow buds at the center of the bracts.

Wreaths Across America

Every year on the third Saturday in December, the sacrifice of U.S. veterans is remembered and honored on Wreaths Across America Day. Wreaths are placed at veterans' graves at Arlington National Cemetery and more than 1,400 locations in all 50 states and abroad.

Avoid This to Stay Healthy

Doctors say habits such as rubbing your eyes and scratching your nose can increase your risk of catching a cold or the flu. Because your hands can transfer viruses into your body by way of the eyes, nostrils and mouth, avoid touching your face.



December 2018

LB Legends Bar
T Theatre
B Bailey's Bistro
FC Fitness Center 3
DR Sensations Dining Room
GB Grand Ballroom
CR Card Room
WL Windhaven Lobby
● New Time
★ Special Event

✓ Sign-Up Required at Concierge
← New Location

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Transportation & Community Info Sunday Morning Rides to Church Tuesday and Thursday Medical Appointment Transportation 9 - 12pm Wednesday Walmart 9:15, 9:45 & Return at 10:30, 11 & 11:30am Friday Kroger 9:15, 9:45 & Return at 10:30, 11 & 11:30am Beauty Salon Open Wednesdays and Fridays; Walk-ins Welcome or call to schedule an appt.	December Birthdays Gene Thompson 1-Dec Kathy Crawford 6-Dec Doris Howell 7-Dec Nancy Garner 10-Dec Sue Lugo 15-Dec Marilyn Beard 16-Dec Peg Carter 18-Dec Dorothy Spencer 31-Dec Darlene Sjorgren 31-Dec	NEW YEAR'S EVE COUNTDOWN & PARTY Monday, December 31st from 8pm - 12am in the Legends Bar Sign Up Required by Friday, December 21				1 9:00 LB Coffee & Current Events 11:00 LB Winter Olympic Sports 1:00 LB Pinterest Craft Club 1:00 Community Christmas Entertainment★ 2:00 T Matinee Movie: Leave No Trace (2018) 2:30 CR Cribbage 3:00 B Rummikub 3:15 B Harris Jewelry Repair★ 4:00 LB Happy Hour 6:30 B LCR Dice Game
2 11:00 GB Worship Service 1:30 LB Memories and Memoirs 2:00 T Christmas Movie: Elf★ 3:00 DR Sundaes on Sunday with Cookies & Caroling by Gina's Piano Students← 6:30 B Bingo	3 9:00 WB Walking Club with Bryanne: Start Your Week Off on the Right Foot 9:00 T Women's Prayer Group 10:00 GB Catholic Communion Hour 11:00 LB TED Talks: Discovery Series & Discussion Group● 11:30 DR Lunch Dates with New Neighbors✓ 1:00 CR Bridge 1:30 LB Career Share✓ 2:00 B Holiday Bingo with Legacy★ 4:00 LB Happy Hour 6:00 B Wii Bowling 6:30 CR Mexican Train	4 10:00 B AVON CALLING★ 1:00 LB Popcorn & Puzzles 1:15 GB Chair Yoga 2:30 LB Pokeno with Quarters 2:30 CR Cribbage 3:30 LB Things That Go Together Competition 4:00 LB Happy Hour	5 9:45 DR Discovery University: The Consequences of the Diminishing of Political Parties Now What? A Postmortem Analysis of the 2018 Midterm Elections← 10:00 Holiday Bazaar & Hot Chocolate Bar★ 11:00 CR Men's Bible Study with Tom L 1:00 CR Bridge 1:15 FC Senior Fit Class with Legacy 2:30 GB DVCH Choir 4:00 LB Trivia Happy Hour 4:00 CR Scrabble 5:30 LB Monthly Pizza Party✓ 6:30 T Evening Movie: Scicario: Day of the Salado (2018)	6 10:00 CR Book of Acts Bible Study 11:30 T The Life and Teaching of Christ with Tom McCorkill 1:00 LB Crochet Christmas Ornaments with Kathy Murdock✓ 1:15 FC Better Balance Class with Legacy 1:30 CR Poker 2:00 T Matinee Movie: Scicario: Day of the Salado (2018) 4:00 LB Name That Tune Happy Hour 6:15 T Worship Service	7 11:45 LB Ambassador Club Meeting 1:00 CR Euchre 1:30 CR Poker 2:00 B Prize Bingo with Health One Home Delivery Pharmacy 2:00 LB Christmas Karaoke★ 4:00 LB Live Entertainment Happy Hour: Brad Ackland 7:00 CR Scrabble	8 9:00 LB Coffee & Current Events 11:00 LB Winter Olympic Sports 1:00 LB Pinterest Craft Club 1:30 B Holiday Bunco: Takes 12✓ 2:00 T Matinee Movie: Ladies in Lavender (2004) 2:30 CR Cribbage 3:00 B Rummikub 4:00 LB Happy Hour 6:00 WL Christmas Lights Outing I/ 6:30 B LCR Dice Game
9 11:00 GB Worship Service 1:30 LB Memories and Memoirs 2:00 T Christmas Movie: Love, Actually★ 3:00 LB Sundaes on Sunday 6:00 WL Christmas Lights Outing II✓	10 9:00 T Women's Prayer Group 9:00 WL Breakfast at Cracker Barrel✓ 10:00 GB Catholic Communion Hour 11:00 LB TED Talks: Discovery Series & Discussion Group● 11:30 DR Lunch Dates with New Neighbors✓ 1:00 CR Bridge 1:30 LB Career Share✓ 4:00 LB Happy Hour 6:00 B Wii Bowling 6:30 CR Mexican Train	11 12:00 LB LUNCH & LEARN: Home for the Holidays with Encompass Health✓ 1:15 GB Chair Yoga 1:30 LB Popcorn & Puzzles 2:00 GB First Baptist Carrollton Live Wire Choir: Christmas Performance★ 2:30 CR Cribbage 4:00 LB Happy Hour	12 10:30 LB Mexican Train and Brunch● 11:00 CR Men's Bible Study with Tom L 12:45 DR Killian Middle School Christmas Songs and Visit★ 1:00 LB Rummikub 1:00 CR Bridge 1:15 FC Senior Fit Class with Legacy 2:00 FC Energy Conservation Tips to Get Through the Holiday Season Safely★ 2:30 GB DVCH Choir 4:00 CR Scrabble 4:00 LB Trivia Happy Hour 6:30 T Evening Movie: Adrift (2018)	13 10:00 CR Book of Acts Bible Study 1:00 LB Crochet Christmas Ornaments with Kathy Murdock✓ 1:15 FC Better Balance Class with Legacy 1:30 WB Healthy Living for Your Brain✓ 1:30 CR Poker 2:00 T Matinee Movie: Adrift (2018) 3:00 LB Chef Erika's Culinary Christmas Demo★ 4:00 LB Jason's Christmas Libation's Happy Hour 6:15 T Worship Service	14 1:00 CR Euchre 1:30 CR Poker 2:00 LB Christmas Karaoke★ 2:00 B Prize Bingo with Health One Home Delivery Pharmacy 4:00 LB Live Entertainment Happy Hour: Deane Peters 7:00 CR Scrabble	15 9:00 LB Coffee & Current Events 11:00 LB Winter Olympic Sports 2:00 T Matinee Movie: Priceless (2016) 2:30 WL Prestonwood Gift of Christmas★ 2:30 CR Cribbage 3:00 B Rummikub 4:00 LB Happy Hour 6:30 B LCR Dice Game
16 No Transportation/Sundaes Today 11:00 GB Worship Service 2:00 T Christmas Movie: Home Alone★ 6:30 B Bingo	17 9:00 T Women's Prayer Group 9:00 WB Walking Club with Bryanne: Start Your Week Off on the Right Foot 10:00 GB Catholic Communion Hour 11:00 LB TED Talks: Discovery Series & Discussion Group● 11:30 DR Lunch Dates with New Neighbors✓ 1:00 CR Bridge 1:30 LB Career Share✓ 4:00 LB Happy Hour 6:00 B Wii Bowling 6:30 CR Mexican Train	18 1:00 LB Popcorn & Puzzles 1:15 GB Chair Yoga 2:30 CR Cribbage 2:30 LB Pokeno with Quarters 3:30 LB Name That Year Competition 4:00 LB Happy Hour	19 10:30 LB Mexican Train and Brunch● 11:00 CR Men's Bible Study with Tom L 12:00 LB Monthly Potluck Lunch✓ 1:00 CR Bridge 1:15 FC Senior Fit Class with Legacy 2:30 GB DVCH Choir 4:00 LB Trivia Happy Hour 4:00 CR Scrabble 6:30 T Evening Movie: Oceans 8 (2018)	20 9:30 DR Ethridge Elementary School Choir★ 10:00 CR Book of Acts Bible Study 1:00 LB Crochet Christmas Ornaments with Kathy Murdock✓ 1:15 FC Better Balance Class with Legacy 1:30 CR Poker 2:00 T Matinee Movie: Oceans 8 (2018) 4:00 LB DVCH Christmas Choir LIVE at Happy Hour★ 6:15 T Worship Service	21 10:00 DR Christmas Brunch★ 1:00 CR Euchre 1:30 CR Poker 2:00 B Prize Bingo with Health One Home Delivery Pharmacy 2:00 LB Christmas Karaoke★ 4:00 LB Live Entertainment Happy Hour: Richard Barry 7:00 CR Scrabble	22 9:00 LB Coffee & Current Events 11:00 LB Winter Olympic Sports 1:00 LB Pinterest Craft Club 1:00 LB Gift Wrapping Party★ 2:00 LB Magic of The Season: Magic Show with Russell Turner★ 2:00 T Matinee Movie: On Chesil Beach (2018) 2:30 CR Cribbage 3:00 B Rummikub 4:00 LB Happy Hour 6:30 B LCR Dice Game
23 11:00 GB Worship Service 1:30 LB Switch, Steal, Unwrap Game✓ 2:00 T Christmas Movie: It's a Wonderful Life★ 3:00 LB Sundaes on Sunday	24 9:00 T Women's Prayer Group 10:00 GB Catholic Communion Hour 1:00 CR Bridge 6:00 B Wii Bowling 6:30 CR Mexican Train	25 	26 10:30 LB Mexican Train and Brunch● 11:00 CR Men's Bible Study with Tom L 11:00 T Health Talk with Reliant★ 1:00 LB Rummikub 1:00 CR Bridge 1:15 FC Senior Fit Class with Legacy 4:00 LB Trivia Happy Hour 4:00 CR Scrabble 6:30 T Evening Movie: Mama Mia! Here We Go Again (2018)	27 10:00 CR Book of Acts Bible Study 1:15 FC Better Balance Class with Legacy 1:30 CR Poker 2:00 T Matinee Movie: Mama Mia! Here We Go Again (2018) 2:00 GB Town Hall 4:00 LB Name That Tune Happy Hour 6:15 T Worship Service	28 1:00 CR Euchre 1:30 CR Poker 2:00 B Prize Bingo with Health One Home Delivery Pharmacy 2:00 LB Christmas Karaoke★ 4:00 LB Live Entertainment Happy Hour: Deane Peters 6:30 WL Lewisville Lake Symphony Chamber Series: Nathan Cheung, piano - FREE✓ 7:00 CR Scrabble	29 9:00 LB Coffee & Current Events 11:00 LB Winter Olympic Sports 1:00 LB Pinterest Craft Club 2:00 T Matinee Movie: Harry Brown (2010) 2:30 CR Cribbage 3:00 B Rummikub 4:00 LB Happy Hour 6:30 B LCR Dice Game
30 11:00 GB Worship Service 1:30 LB Memories and Memoirs 2:00 T Christmas Movie: The Polar Express★ 3:00 LB Sundaes on Sunday 6:30 B Bingo	31 9:00 T Women's Prayer Group 10:00 GB Catholic Communion Hour 1:00 CR Bridge 6:00 B Wii Bowling 6:30 CR Mexican Train					

DVCH Has a Very Happy Halloween



George, Butch and Minnie Wooldridge Pass Out Candy.

Our residents had a very lively Halloween this October as students from Indian Creek Elementary School passed through collecting candy and delighting us with their creative costumes. Students and their families were led by staff and volunteers through the community ensuring that no one got lost on their way. Families were particularly glad to have been offered this opportunity in lieu of this Halloween's rainy weather. The teacher, Arielle Lewin, who orchestrated this event with Director of Recreation & Events, Gillian Papanek, said, "I've heard from multiple families how much they enjoyed the event and hope it happens again next year."

Discovery Village at Castle Hills Sales & Management Team



- **Director of Facility Operations**
Chuck Thomas
- **Director of Recreation and Events**
Gillian Papanek
- **Director of Culinary Services**
Erika Moore
- **Dining Room Manager**
Jason Rogers
- **Monica Bonilla**
Senior Lifestyle Counselor
- **Janet Bergman**
Sales Coordinator