

Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.



Germany: Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea: Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico: The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa: The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru: Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines: Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

Self-Care for Seniors

Now a popular concept, practicing self-care means giving yourself the attention you need to take care of your physical and emotional health. Show yourself some love with these simple self-care habits:



Take a walk — Simply stepping away for a few moments can help clear your mind, as well as provide exercise. Walking with a friend has social benefits, too.

Treat your hands and feet — We use our hands and feet every day, so we need to take care of them. Getting manicures, pedicures and hand massages and using moisturizing lotions will help you feel pampered and relaxed.

Make time for hobbies — If you like to read, draw, crochet, sing or play cards, celebrate it! Whatever you enjoy doing, join a club, attend a class or devote time every week to your favorite pastimes.

Eat well — In addition to eating balanced, nutritious meals, choose desserts and occasional treats that you really love. Without overindulging, savor the experience of eating them, so they are special.

Keep your health a priority — Going to the doctor and dentist or having items such as a walker or hearing aids checked may seem like routine tasks, but think of them as vital self-care habits.



Dear Residents, Families and Friends

We are spreading the love here at Lewisville Estates as February is a special month filled with celebrating with families, friends and that special someone. Come and join us during our main event, Murder at the Mardi Gras, on Tuesday, Feb. 11, in our Lobby, at 6 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, fun Happy Hours and a special Valentine's Day Social. Our outings this month include a trip to Winstar Casino, lunch at Babe's Chicken, and lunch at Whataburger. Please don't forget to check your calendar for all the exciting things happening this month!

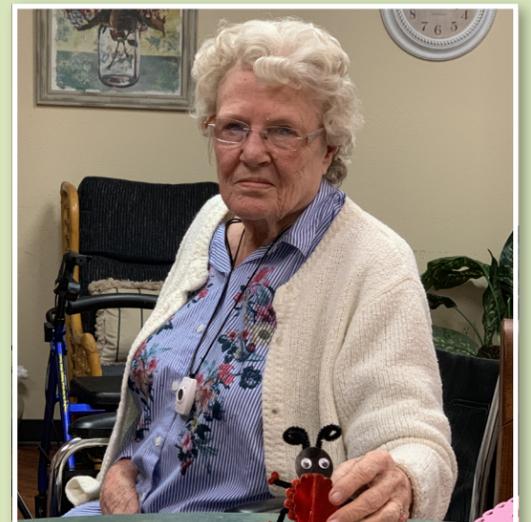
I hope this month brings you warm memories and lots of love as we try to stay warm by the fire during this cold weather month.

Happy Valentine's Day!
Erin Montgomery
Executive Director



Arts and Crafts

Come and join us every Thursday for a fun Arts and Crafts class.



FEBRUARY 2020

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Birthdays

- Patty Skinner, 2nd (Employee)
- Miguel Banales, 4th (Employee)
- Sandra Zeringue, 7th
- Vonnie Bennett, 12th
- Mary Garcia, 13th
- Geiba Shaw, 20th (Employee)

Transportation Schedule

- Monday, 10 a.m.
Grocery Stores
- Tuesday, 10 a.m.
Walmart
- Wednesday, 10 a.m.
Post Office/Bank
- Thursday, 10 a.m.
Walmart
- Friday, TBA
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Groundhog Day 2 Super Bowl LIV 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Super Bowl Sunday Social, L	3 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:00 Dollar Tree, O 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Adult Coloring Club, AR	4 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Trivia, L	5 9:30 Tone Those Bones, AR 10:00 Bible Study w/ the Yellow Rose Hospice, L 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	6 National Sweater Day 9:30 Chair Exercise, L 10:00 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Hot Chocolate and Marshmallows, L	7 Wear Red Day 9:30 Senior Fitness, AR 11:00 Out to Babe's Chicken, O 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Let's Go Red for Women Social Hour, L 4:00 Name Your Game!, AR	8 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Giant Crossword Puzzle, L
9 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	10 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:00 Shopping at Big Lots, O 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 3:30 Senior Fraud Presentation w/ Officer Flores, L 4:00 Wonder Word Search, AR	11 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Shopping at Walmart, O 10:00 Therapy Dog 10:30 Catholic Communion 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 6:00 Murder at Mardi Gras (Main Event), L	12 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/the Yellow Rose Hospice, L 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:15 Town Hall Meeting, L 4:00 Valentine's Day Trivia w/Legacy, L	13 9:30 Chair Exercise, L 10:00 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR 4:00 Heart Toss Game, L	14 VALENTINE'S DAY 9:30 Senior Fitness, AR 10:15 Coffee and Checkers, L 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Love Is in the Air Social Hour, L 4:00 Name Your Game!, AR	15 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Roll the Dice, L
16 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	17 PRESIDENTS DAY 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:00 Dollar Tree, O 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Adult Coloring Club, AR	18 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Guess Who? 1:30 Movie & Snack, L 2:30 Puzzle Mania, AR 3:30 Outburst Game w/Erin, L	19 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	20 9:30 Chair Exercise, L 10:00 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L	21 National Caregiver Day 9:30 Senior Fitness, AR 11:00 Out to Whataburger, O 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 We Love Our Caregivers Social Hour, L 4:00 Name Your Game!, AR	22 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Giant Crossword Puzzle, L
23 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	24 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:00 Out to Tom Thumb, O 10:30 Word of the Day, L 2:00 Sassy Senior Bingo w/ the Yellow Rose, AR 4:00 Wonder Word Search, AR	25 Mardi Gras Day 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:00 Therapy Dog 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 2:00 Fancy Nails & Hand Massage, AR 3:30 Mardi Gras and Kings Cake Social, L	26 ASH WEDNESDAY 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/ the Yellow Rose Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 4:00 Heart Toss Game, L	27 National Chili Day 9:30 Chair Exercise, L 10:00 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR 4:00 Activity Meeting and Chili w/Sarah, L	28 9:30 Senior Fitness, AR 10:15 Coffee and Checkers, L 12:45 Bible Study w/Laura 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	29 Girl Scout Cookie Weekend 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 2:00 Saturday Bingo, AR 3:30 Girl Scout Cookie Trivia, L