



Letter From Your Executive Director!

Love is my motivation. Without love to propel us, we would remain stagnant in our lives. We can reach our aspirations because of the care and support of our loved ones. Make sure to express your appreciation for your friends and family, and revel in the moments of joy that they bring us every day. Take the time to grab them an extra sweet treat or send them a message about how much you love them. In January, we started off the year on an amazing note. Our residents worked hard to start off their new year's resolutions right; and we had so much fun during all our wonderful events and activities!

This February will be even sweeter! Grab your Valentine and dance on down to our Sweethearts' Ball main event, where we will crown our 2023 Lewisville Estates Valentine's Day King and Queen! Keep an eye on our calendar so you don't miss out on any of our exciting outings we have planned this month, such as our Winstar Casino outing. Sign up in our transportation book to secure your spot quickly!



FEBRUARY 2023

Employee of the Month!

Ladies and Gentlemen, we would like to announce Venicia Swilley as the Employee of the Month for February! Venicia shows willingness to help others wherever the need is required and continues to demonstrate a positive attitude along with her professionalism. Your peers applaud you with this great honor and appreciate your dedication to being a strong team player. You make it all look oh so easy with a smile on your face. It's such a pleasure having you here and you make the residents very happy! Congratulations and Thanks for all you do, Venicia!



FEBRUARY 2023

Assisted Living Locations..

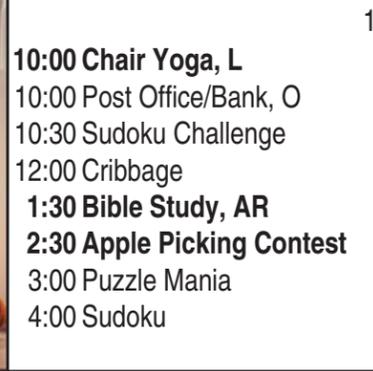
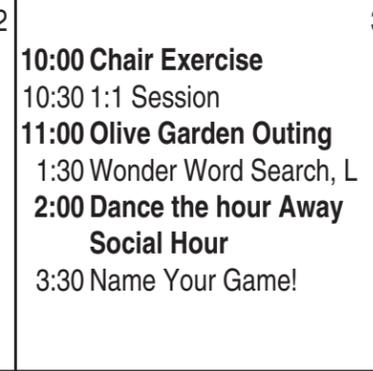
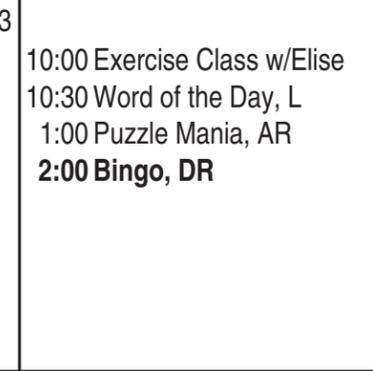
Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa
Garden	G

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	

Residents, Thanks for Making Us Happy!

*"True friends are like diamonds—bright, beautiful, valuable and always in style."
—Nicole Richie*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Safe Haven	6 9:30 Men's & Women's Coffee Table DR 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 Sip & Paint with Jada 3:30 Knitting & Crochet Class	7 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:00 WinStar Casino & Lunch! 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Uno & Friends 3:30 Mexican Train	8 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 1:30 Bible Study, AR 2:30 "Try it You'll Strike It" (Bowling) 3:30 Skip- Bo Click (B) 4:30 Crosswords before dinner	9 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Activities Meeting 11:00 Puzzle Mania 1:00 Men's Coffee Table 2:00 Arts and Crafts, AR 4:00 Crosswords before dinner	10 10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 "Love is in The Air" Social Hour 3:30 Name Your Game!	11 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR
12 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Last Vegas	13 9:30 Men's & Women's Coffee Table DR 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 Epic Ring Toss	14 Valentine's Day 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 3:00 Valentine's Dance! Crowning Valentine's Day King & Queen Included 4:00 Crosswords before dinner	15 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Crosswords 12:00 Knitting & Crochet Class 1:30 Bible Study, AR 2:30 Pokeno, prizes & Snacks 3:30 Mexican Train	16 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 Arts and Crafts, AR 3:00 Skip- Bo Click (B) 6:00 Mexican Train	17 10:00 Chair Exercise 10:30 1:1 Session 11:00 54th Street Restaurant Outing 1:30 Wonder Word Search, L 2:00 "All about the Beat" Social Hour 3:30 Name Your Game!	18 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR
19 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: August: Osage County	20 Presidents Day 9:30 Men's & Women's Coffee Table DR 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	21 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR 3:30 Mardi Gras Party!	22 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 1:30 Bible Study, AR 2:30 Lima Bean Auction 3:30 Puzzle Mania 6:00 Adult Coloring Club	23 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 1:00 Adult Coloring Club 2:00 Arts and Crafts, AR 4:00 Puzzle Mania, AR 6:30 Skip- Bo Click (B)	24 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!	25 10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR
26 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: The Devil Wears Prada	27 9:30 Men's & Women's Coffee Table DR 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	28 10:00 "Walk This Weigh w/ Jada" Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails & All by: Jada 2:00 Bingo, DR				



Take Notice

February is National Black History Month.



Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

Red. The color of romance, red roses have a simple yet heartfelt message: "I love you."

Additional symbols of a red rose include respect, passion and beauty.

White. Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

Yellow. The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

Pink. Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

Lavender. These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

Orange. Bold and beautiful, orange roses carry a message of excitement and passion, and can also be used to tell someone "I'm proud of you."

