

Birthday Wishes!

People born in February
Are creative, thoughtful and kind.
You deserve the very best
So relax and unwind!

- 2/1 Patty Skinner
- 2/18 Tony Knight
- 2/9 Ann Cumberledge
- 2/28 Blanche Bolton
- 2/12 Margaret Guy



Current Events



2/7 Lunch at IHop
Time: 10:30am
Place: Outing



2/12 Men's Breakfast
Time: 7am
Place: Outing

2/19 Town Hall Meeting
Time: 3pm
Place: Lobby

2/20 Moonlight Serenade Dance
Time: 6:30pm
Place: IL Community Room



2/21 Lunch at Buffet Palace
Time: 10:30am
Place: Outing

February

February is the second and shortest month of the year. The first ancient Roman calendar had only 10 months. January and February were added in 700 B.C., making February the last month of the Roman year. The month takes its name from the Latin word februa, which means "to purify." The Romans purified themselves in February to prepare for festivals at the start of the new year. When the Romans moved the beginning of the year from March to January, February became the second month of the year.

Hello Lewisville Estates Residents!

This month moves us all one step closer to Spring; hopefully with warmer days ahead. For the month of February, the staff of Legacy Healthcare will become more intimately involved with the activities in some way, each week. It is our initiative and our duty as your "on-site" healthcare experts, to promote healthier lifestyles, educate you about health risks and hopefully decrease your anxieties of the future ahead. Some of you have already needed a little help restoring your balance, or improving your ability to get around with less aches and pains; but for those of you who may just moved in or not had the opportunity to meet us, we are located on the third floor, Suite 336. Please feel free to stop by and say hello, whenever you find yourself nearby.



This month we will be providing complimentary wellness Blood Pressure Checks on the first and third Monday at 10:30 in the Independent Living, and leading the benefits of active movement in the 9:30 Friday Exercise Class, at the Assisted Living. If you missed us last month, we are providing monthly health talks and this month is Heart Health month. So, you can expect to learn some great information on the second most important muscle of our bodies. We are always available for you, if you ever have any questions or concerns.

Yours Truly,

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The Lewisville Estates Family

Welcomes Stephnie Canady, Our New Activities Director Assistant For Assisted Living

Stephnie comes to us from Temple, Texas. She has a very close knit family (one brother) that appreciates the time they have together. They enjoy going to the lake and other family fun activities. Stephnie's hobby is CRAFTS! (That's great! You all are going to have great fun!) Exciting news! Stephnie is getting married on June 14, 2014 to a wonderful man named Justin Coufal. Both Justin and Stephnie graduated from University of North Texas. He studied Criminal Justice and Stephnie studied Kinesiology. They have two cats named Lola and Snuggles. Stephnie hopes to travel the world someday. We are excited to welcome Stephnie to

our beautiful community and look forward to the ACTIVE lifestyle she will continue to provide for our residents!

Welcome Stephnie! (She loves cookies and brownies too!)

February Firsts

Many firsts happened in the month of February. Here are just a few:

- 2004 Facebook first launches.
- 1968 Mr. Roger's Neighborhood debuts.
- 1965 First Polaroid "Land" camera introduced.
- 1962 John Glenn is first person to orbit Earth.
- 1959 First Barbie doll for sale in stores.
- 1937 Nylon material patented by DuPont.



- 1935 Monopoly board game hits the shelves.
- 1930 Former planet Pluto discovered.
- 1923 King Tut's burial chamber opened.
- 1920 The Royal Canadian Mounted Police formed.
- 1910 Boy Scouts founded.
- 1892 Bottle cap patented.
- 1878 Phonograph patented by Thomas Edison.
- 1849 Gold seekers arrive in San Francisco.
- 1790 First meeting of the U.S. Supreme Court.



