

Simple Ways to Spread Kindness

"No act of kindness, no matter how small, is ever wasted," wrote the ancient Greek storyteller Aesop. Random Acts of Kindness Week, the second full week in February, was created to encourage thoughtful gestures toward others. Here are a few ideas to spread joy:

- Do you enjoy writing letters? Pen thank-you notes for local police and fire departments or those serving in the military. Make cards for patients at a children's or veterans hospital as a cheerful surprise. Or jot a note to a friend, recalling a favorite moment you shared with them.
- Do you like getting compliments? Everyone does, so make a point to say something positive to people you encounter. Wish passersby a good morning or tell someone you like their outfit. Praise a server, nurse or aide for the work they do. A smile and a few kind words can brighten a person's day.
- Do you like connecting with younger generations? Get involved with a daycare, school or youth organization and read to the youngsters, share stories about your life or teach them a game or skill.
- Do animals hold a special place in your heart? Buy or make treats for a friend or family member's pet, or collect and donate food, blankets and toys to an animal shelter.

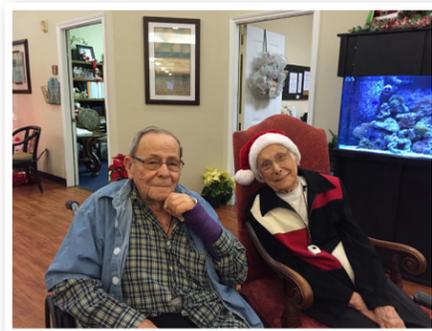
Resident of the Month

Our L.E.A.P. (Life Enrichment Activity Program) would like to recognize James Howard.

Mr. Howard is 100 years young! Ask him what his secret is, and he will make you smile with his answer.

James was a police officer from the 1940s to the 1960s and is sure to have many stories. His favorite sports teams are the Dallas Cowboys and the Texas Rangers.

We are so happy to have James and his delightful personality at Lewisville Estates!



The "BUZZ" at Lewisville Estates!

Bingo, outings, crafts, entertainment and friendship! "One size doesn't fit all" is certainly true of planning Activities. I am always looking for new ideas, community involvement and volunteers. Smiling faces are priceless!



Dr. Fay: First time playing Bingo, at 90!



Lots of laughs at Lunch Out!



Carole creating holiday memories!



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 big event, Mardi Gras Ball, on Tuesday, Feb. 7 for some great jazz music in our Front Lobby at 6 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, special Valentine's Social Hour and Chili Tasting Social Hour. Our outings this month include a trip to lunch at Cracker Barrel, and lunch at Pizza Hut!. 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!

Jessica Hazelton,
EXECUTIVE DIRECTOR

Be My Galentine ... Friend!

What is Galentine's Day? Basically, it's like Valentine's Day, only instead of celebrating the love you have for your significant other, you spend it with your best girlfriends, who are after all your soulmates, and therefore deserve a holiday all to themselves, too.

"Remember that the most valuable antiques are dear old friends."

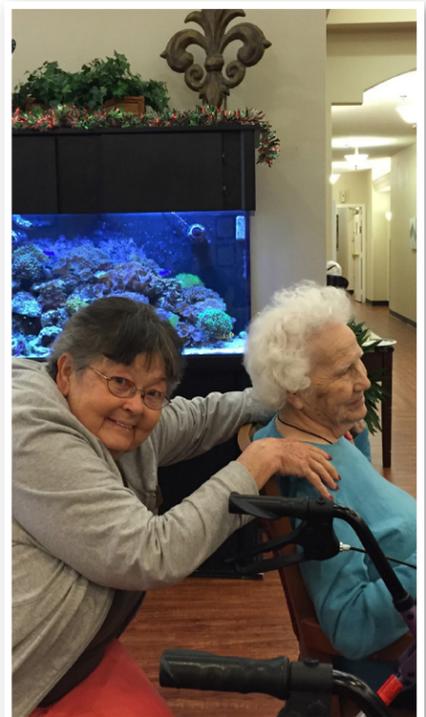
— H. Jackson Brown, Jr.

"A single rose can be my garden ... a single friend, my world."

— Leo Buscaglia

"There are no strangers here; only friends you haven't yet met."

— William Butler Yeats



Locations

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

Transportation Schedule

- Monday
10 a.m.
Albertsons
- Tuesday
10 a.m.
Walmart
- Thursday
2 p.m.
Walmart
- Friday
TBA
Field Trips/Outing

“Tradition wears a snowy beard; romance is always young.”

—John Greenleaf Whittier

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Birthdays						
	Patty Patty Skinner, 2nd (Employee) Miguel Banales, 4th (Employee) Courtney Eddington, 10th (Employee) Robert Morris, 11th	Naina Thaia, 13th (Employee) Geva Shaw, 20th (Employee) Florencia (Oni) Limboc, 24th (Employee) Blanche Bolton, 28th		Beauty Salon Is Open 1 9:00 Word of the Day!, L 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 1:00 What's the February "BUZZ"?, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 4:00 Ambassador Meeting, AR	GROUNDHOG DAY 2 8:00 Beauty Salon Is Open 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 10:00 Christian Service w/ Rev. Christal Fisher, L 1:00 Storytelling Club With Miss O! 1:30 Shopping at Walmart, O 2:00 Scrapbooking Club, AR 3:00 Punxsutawney, Pa. Groundhog, L	9:00 Word of the Day!, L 3 9:30 Get a "Jump" on Your Day!, L 10:00 Ready, Set, Grow Club, ALC 10:30 Lunch Outing to Cracker Barrel, O 1:00 Painting With Mary!, AR 2:00 Super Bowl Social Hour!, L 3:00 Pick Your Winners!, L	9:00 Word of the Day!, L 4 9:30 Get a "Jump" on Your Day!, L 1:00 Stay Cozy and Chat!, AR 3:00 Saturday Bingo, AR
5 Super Bowl Sunday! 8:30 New Covenant Baptist Church, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 5:30 Cinema Sundays, L	6 9:00 Word of the Day!, L 9:30 Shopping at Albertsons, O 9:30 Exercise With Legacy, AR 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR	7 9:00 Word of the Day!, L 9:30 Shopping at Walmart, O 9:30 Catholic Communion 9:30 Get a "Jump" on Your Day!, L 10:00 Crafts With Theresa/Community Pharmacy, AR 1:00 Art Expression, AR 2:30 Bible Study w/Laura, L 3:00 Giant Crossword Puzzle Challenge!, L 6:00 Mardi Gras Ball, L	8 Beauty Salon Is Open 9:00 Word of the Day!, L 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Town Hall Meeting, L 3:30 Sassy Senior Bingo, AR	9 National Pizza Day! 8:00 Beauty Salon Is Open 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 10:00 Christian Service w/ Rev. Christal Fisher, L 1:00 Storytelling Club With Miss O! 1:30 Shopping at Walmart, O 2:00 Scrapbooking Club, AR 2:00 Campfire Wheel of Fortune w/ Courtney Encompass HH, AR 3:00 Cajun-Style Fresh Baked Bread!, AR	10 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 10:00 Ready, Set, Grow Club, ALC 1:00 Painting With Mary!, AR 2:00 "Love Is in the Air" Social Hour!, L 3:00 Spin the Bottle Q&A!, L	11 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 1:00 Stay Cozy and Chat!, AR 3:00 Saturday Bingo, AR	
12 59th Grammy Awards! 8:30 New Covenant Baptist Church, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 4:00 1st Grammy Awards, 1959 Facts!, L 7:00 2017 Grammy Awards, L	13 Galentine's Day! 9:00 Word of the Day!, L 9:30 Shopping at Albertsons, O 9:30 Exercise With Legacy, AR 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR	14 VALENTINE'S DAY 9:00 Word of the Day!, L 9:30 Shopping at Walmart, O 9:30 Catholic Communion 9:30 Get a "Jump" on Your Day!, L 1:00 Art Expression: Hearts & More!, AR 2:30 Bible Study w/Laura, L 3:00 Giant Crossword Puzzle Challenge!, L	15 Beauty Salon Is Open 9:00 Word of the Day!, L 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR	16 8:00 Beauty Salon Is Open 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 10:00 Christian Service w/ Rev. Christal Fisher, L 1:00 Storytelling Club With Miss O! 1:30 Shopping at Walmart, O 2:00 Scrapbooking Club, AR 3:00 Take Me to New Orleans!, L	17 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 10:00 Ready, Set, Grow Club, ALC 10:30 Lunch Outing to Pizza Hut!, O 1:00 Painting With Mary!, AR 2:00 "King Cake" Social Hour!, L 3:00 Mardi Gras Trivia, L	18 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 1:00 Stay Cozy and Chat!, AR 3:00 Saturday Bingo, AR	
19 8:30 New Covenant Baptist Church, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 5:30 Cinema Sundays, L	20 PRESIDENTS DAY 9:00 Word of the Day!, L 9:30 Shopping at Albertsons, O 9:30 Exercise With Legacy, AR 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR 4:00 Presidential Trivia!, L	21 9:00 Word of the Day!, L 9:30 Shopping at Walmart, O 9:30 Catholic Communion 9:30 Get a "Jump" on Your Day!, L 1:00 Art Expression, AR 2:30 Bible Study w/ Laura, L 3:00 Giant Crossword Puzzle Challenge!, L	22 Beauty Salon Is Open 9:00 Word of the Day!, L 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR	23 National Chili Day! 8:00 Beauty Salon Is Open 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 10:00 Christian Service w/ Rev. Christal Fisher, L 1:00 Storytelling Club With Miss O! 1:30 Shopping at Walmart, O 2:00 Chili Cook-Off!, AR	24 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 10:00 Ready, Set, Grow Club, ALC 1:00 Painting With Mary!, AR 2:00 Birthday Bash Social Hour, L 3:00 Making & Giving Dog Treats to Humane Society!, AR	25 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 1:00 Stay Cozy and Chat!, AR 3:00 Saturday Bingo, AR	
26 8:30 New Covenant Baptist Church, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR 4:00 "Oscar" Vs. "Daytona 500"! 5:30 Cinema Sundays, L	27 9:00 Word of the Day!, L 9:30 Shopping at Albertsons, O 9:30 Exercise With Legacy, AR 10:15 Story, Joke or Quote to Share, L 1:00 Making Life Easier w/Joni of Home Helpers, AR 3:00 Resident Choice of Chat or Game!, AR	28 MARDI GRAS National Pancake Day! 9:00 Word of the Day!, L 9:30 Shopping at Walmart, O 9:30 Catholic Communion 9:30 Get a "Jump" on Your Day!, L 10:00 Heart-Shaped Pancake Demo!, AR 1:00 Art Expression: Fat Tuesday Beads!, AR 2:30 Bible Study w/Laura, L 3:00 Giant Crossword Puzzle Challenge!, L					