

Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples.

During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart.

Wear your heart on your sleeve — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.



A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare for the Feb. 9-25 games by learning a bit more about the competition.

- This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.



Dear Residents, Family 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, *That's Amore*, on Tuesday, Feb. 6, for some great Italian music in our lobby at 6 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, Mardi Gras party during our Social Hour and a special Valentine's Day Social. Our outings this month include a lunch at Red Lobster and lunch outing at Braum's. 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.

Happy Valentine's Day!

Jessica Hazelton,
EXECUTIVE DIRECTOR



We Love Our Staff!



FEBRUARY 2018

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
Grocery Stores
- Tuesday 10 a.m.
Walmart
- Wednesday 10 a.m
Post Office/Bank
- Thursday 2 p.m.
Walmart
- Friday TBA
Field Trips/Outing

“Be sweet, be good,
and honest always.”

— Emma Bunton

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p align="center">Birthdays</p> <p>Patty Skinner, 2nd (Employee) Miguel Banales, 4th (Employee) Robert Morris, 11th Bobbie Howarth, 12th Naina Thaiba, 13th (Employee)</p>					<p>8:00 Beauty Salon Is Open 1</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Reminiscing, L</p> <p>3:00 Singalong, L</p>	<p>GROUNDHOG DAY 2</p> <p>Wear Red Day</p> <p>9:30 Senior Fitness w/ Teresa, AR</p> <p>10:30 Lunch Outing, O</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 Let's Go Red for Women Social Hour</p> <p>3:00 Name Your Game!, L</p>	<p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p>
<p>7:30 The Truth in Love (TV Channel 7), L 4</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p> <p>5:00 Super Bowl Sunday Social, L</p>	<p>9:30 Exercise With Legacy, AR 5</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Therapy for the Mind, L</p> <p>10:40 Word of the Day!, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:00 Adult Coloring Club, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>9:30 Senior Fitness w/Teresa, AR 6</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Trivia, AR</p> <p>2:00 Art Expression, AR</p> <p>6:00 That's Amore (Main Event), L</p>	<p>Beauty Salon Is Open 7</p> <p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Trivia, AR</p> <p>1:00 Karaoke, L</p> <p>2:00 Sassy Senior Bingo, AR</p>	<p>8:00 Beauty Salon Is Open 8</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Reminiscing, L</p> <p>3:00 Singalong, L</p>	<p>9:30 Senior Fitness w/Teresa, AR 9</p> <p>10:00 Trivia Club, L</p> <p>10:30 Fancy Nails w/Tiffanie (Lake Village), AR</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Bible Study w/ Laura, L</p> <p>2:00 Mardi Gras Social Hour</p> <p>3:00 Name Your Game!, L</p>	<p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p>	
<p>7:30 The Truth in Love (TV Channel 7), L 11</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>Lincoln's Birthday 12</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Shopping at Big Lots, O</p> <p>10:30 Therapy for the Mind, L</p> <p>10:40 Word of the Day!, L</p> <p>1:15 Wonder Word Search, AR</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>MARDI GRAS 13</p> <p>9:30 Senior Fitness w/ Teresa, AR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Trivia, AR</p> <p>2:00 Art Expression, AR</p> <p>3:00 Mardi Gras Social, L</p>	<p>ASH WEDNESDAY VALENTINE'S DAY 14</p> <p>Beauty Salon Is Open</p> <p>9:30 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Karaoke, L</p> <p>1:00 Trivia, AR</p> <p>1:00 Chicken Foot (Dominoes), AR</p> <p>2:00 Sassy Senior Bingo, AR</p> <p>3:00 Town Hall Meeting, L</p>	<p>8:00 Beauty Salon Is Open 15</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Reminiscing, L</p> <p>3:00 Singalong, L</p>	<p>9:30 Senior Fitness w/Teresa, AR 16</p> <p>10:30 Lunch Outing, O</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Bible Study w/ Laura, L</p> <p>2:00 Winter Olympic Social Hour, L</p> <p>3:00 Name Your Game!, L</p>	<p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p>	
<p>7:30 The Truth in Love (TV Channel 7), L 18</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>PRESIDENTS DAY 19</p> <p>Washington Birthday Family Day</p> <p>9:30 Exercise With Legacy, AR</p> <p>10:00 Dollar Store</p> <p>10:30 Therapy for the Mind, L</p> <p>10:40 Word of the Day!, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>2:00 Star Kids Musical, L</p> <p>3:00 Adult Coloring Club, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>9:30 Senior Fitness w/Teresa, AR 20</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Trivia, AR</p> <p>2:00 Art Expression, AR</p>	<p>Beauty Salon Is Open 21</p> <p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Trivia, AR</p> <p>1:00 Karaoke, L</p> <p>2:00 Sassy Senior Bingo, AR</p>	<p>Chili Day 22</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Chair Yoga, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Storytelling Club</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Reminiscing, L</p> <p>3:00 Singalong, L</p>	<p>9:30 Senior Fitness w/Teresa, AR 23</p> <p>10:00 Trivia Club, L</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Bible Study w/Laura, L</p> <p>2:00 Birthday Bash, L</p> <p>3:00 Name Your Game!, L</p>	<p>9:30 Word of the Day!</p> <p>10:30 Wonderword Search, AR</p> <p>1:00 Saturday Bingo w/Mary, AR</p> <p>3:00 Resident Choice of Game, L</p>	
<p>7:30 The Truth in Love (TV Channel 7), L 25</p> <p>8:30 New Covenant Baptist Church, L</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>9:30 Exercise With Legacy, AR 26</p> <p>10:00 Winco, O</p> <p>10:30 Therapy for the Mind, L</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Cupcake Day and Movie</p> <p>1:15 Wonder Word Search, AR</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:00 Resident Puzzle Day, LL</p>	<p>9:30 Senior Fitness w/Teresa, AR 27</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Catholic Communion</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Trivia, AR</p> <p>2:00 Art Expression, AR</p>	<p>Beauty Salon Is Open 28</p> <p>Pink Shirt Day</p> <p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:40 Word of the Day!, L</p> <p>1:00 Trivia, AR</p> <p>1:00 Karaoke, L</p> <p>2:00 Sassy Senior Bingo, AR</p>				