

With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.



Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants.

Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

Choose a motivational phrase — Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

Spend time with upbeat people — We tend to act like those we're surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

Assume the best — Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

Focus on solutions — When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

Practice gratitude — Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.



Hello Lewisville Estates Residents and Families

Excitement is in the air here now that we have received our second dose of the Covid-19 vaccine! We celebrated with a "Kiss Covid Goodbye" photo booth and enjoyed being able to breathe a small sigh of relief. We are all looking forward to spring weather and some great activities we have planned, such as Dr. Seuss Story Time, Fun Social Hours, Luck of the Irish Social and the First Day of Spring. Don't forget to follow and like us on Facebook, Instagram and TikTok! We love sharing our residents and staff having fun and keeping everyone informed about events going on in the community.

The Lewisville Estates Management Team



Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They're also called jonquils, which are smaller varieties, and daffadownillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves. All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center.

Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season.





ASSISTED LIVING
AL#010063

MARCH 2021

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

- James Long, 7th
- Bridgette Riles, 9th (Employee)
- Carole Wilson, 11th
- Martha Cowan, 24th
- Virginia Fields, 26th

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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Exercise w/ Legacy, AR 1 10:30 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Adult Coloring Club, AR	Dr. Seuss Day 2 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:00 Group a Bingo, DR 3:00 Group B Bingo, DR 3:30 Dr. Seuss Story Time, DR 4:00 Puzzle Mania, AR	I Want You to Be Happy Day 3 10:00 Chair Yoga, AR 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:30 Busy Hand Club, L 4:00 Sharing Happy Memories, L	National Crafts Month 4 9:30 Grocery Orders 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 Crafting w/ Patty, AR 4:00 Giant Crossword Puzzle, L	Employee Appreciation Day 5 10:00 Chair Exercise, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Employee Appreciation Social Hour, L 4:00 Name Your Game!, AR	10:00 Exercise Class 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn 6
7 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	International Women's Day 8 10:00 Exercise w/Legacy, AR 10:30 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	9 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Chair Zumba, L 10:45 Roll the Dice, L 2:00 Group a Bingo, DR 3:00 Group B Bingo, DR 4:00 Trivia, L	10 10:00 Chair Yoga, AR 10:30 Chicken Foot, AR 2:00 Snack Cart Social 3:30 Scrapbooking Club, AR 4:30 Wonder Word Search, L	11 9:30 Grocery Orders 10:00 Chair Zumba, L 1:45 General Store, L 2:30 Crafting w/ Patty, AR 4:00 Puzzle Mania Social, LL	Girl Scout Birthday Day Middle Name Pride 12 10:00 Chair Exercise, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 We Got Girl Scout Cookies Social Hour, L 4:00 Name Your Game!, AR	13 10:00 Exercise Class 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
DAYLIGHT SAVING TIME BEGINS 14 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	10:00 Exercise w/ Legacy, AR 15 10:30 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Adult Coloring Club, AR	16 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:00 Group a Bingo, DR 3:00 Group B Bingo, DR 4:00 Puzzle Mania, AR	ST. PATRICK'S DAY 17 10:00 Chair Yoga, AR 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 2:00 Luck of the Irish Social, L 3:00 St. Patrick's Trivia, L 3:30 Busy Hand Club, L	18 9:30 Grocery Orders 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 Crafting w/ Patty, AR 4:00 Giant Crossword Puzzle, L	National Kite Month 19 10:00 Chair Exercise, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Spring Has Sprung Social Hour, L 4:00 Name Your Game!, AR	FIRST DAY OF SPRING 20 10:00 Exercise Class 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
21 Memory Day 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	National Puppy Day 22 10:00 Exercise w/Legacy, AR 10:30 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	23 10:00 Chair Zumba, L 10:45 Roll the Dice, L 2:00 Group a Bingo, DR 3:00 Group B Bingo, DR 4:00 Trivia, L	National Chocolate Covered Raisins 24 10:00 Chair Yoga, AR 10:45 Chicken Foot, AR 2:30 Snack Cart Social, L 3:30 Scrapbooking Club, AR 3:30 Singalong Group, L 4:30 Wonder Word Search, L	25 9:30 Grocery Orders 10:00 Chair Zumba, L 1:45 General Store, L 2:30 Crafting w/ Patty, AR 4:00 Puzzle Mania Social, LL	Make Up Your Own Holiday Day 26 10:00 Chair Exercise, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Birthday Bash, L 4:00 Name Your Game!, AR	27 10:00 Exercise Class 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
28 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	10:00 Exercise w/ Legacy, AR 29 10:30 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/ the Yellow Rose Hospice, L 2:30 Men's Workshop, AR 2:30 Fun Afternoon Game 4:00 Adult Coloring Pages	30 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:00 Group a Bingo, DR 3:00 Group B Bingo, DR 4:00 Puzzle Mania, AR	31 National Crayon Day 10:00 Chair Yoga, AR 10:30 Name 5 Things, L 2:00 Snack Cart Social 3:30 White Board Game 4:00 Adult Coloring Pages, AR			