

Emblems of the Emerald Isle

Everybody's Irish on St. Patrick's Day, so put on some green and learn about Ireland's most iconic symbols.

Shamrock: This lush green clover grows abundantly throughout the island. Ancient Celts believed its three leaves represented faith, hope and love. The similar but hard-to-find four-leaf clover includes an additional aspect: luck.

Celtic harp: The medieval triangular harp was played at the courts of kings and chieftains. Now the Irish national emblem, the Celtic harp can be found on everything from coins to official documents.

Claddagh ring: Often worn as an engagement or wedding ring, this piece of jewelry dates back hundreds of years. The story goes that a 16th-century fisherman from the village of Claddagh was kidnapped and forced to work as a goldsmith's apprentice. While learning the trade, he designed a ring of two hands holding a crowned heart, signifying friendship, love and loyalty.



Neighborly Lessons From Mr. Rogers

He taught many children the importance of kindness, and his legacy lives on every year on his birthday, March 20, as Won't You Be My Neighbor Day. Take some pointers from Mr. Rogers on how to do good in your neighborhood.

Say hello — In each episode of "Mister Rogers' Neighborhood," the soft-spoken host took time to say "Hi, neighbor!" to his viewers. A simple greeting can make others feel noticed and important. Regularly exchanging hellos can also lead to a friendly relationship between neighbors.

Communicate and listen — Kids learned how to handle conflict peacefully from the puppets that lived in the Neighborhood of Make-Believe. Hearing what others have to say and offering your own opinion in a gentle manner makes solving problems easier.

Be a helper — During frightening events, Mr. Rogers reminded us of his mother's advice: "Look for the helpers. You will always find people who are helping." No matter what's going on in the world, you can always offer assistance to members of your community, in both big and small ways.



Dear Residents, Families and Friends

My name is Smitha Krishnan, and I am the new Executive Director at Lewisville Estates. I have two girls who are the universe of my life. I am new to the city of Dallas, Texas. I moved here from Southern California two years ago.

I have been in Senior Living over nine years; I absolutely love what I do. I can't wait to meet all of you and get to know you.

Thank you,
Smitha Krishnan
Executive Director
Lewisville Estates



Employee of the Month!

Lewisville Estates would like to recognize Wendy Martinez as our Employee of the Month for March! Wendy is incredibly dedicated and hardworking. She can always be found assisting residents with a smile on her face. Whenever anyone needs help, Wendy is always there to step up and do everything she can. We appreciate her greatly for always putting our residents' care first.

Thank you, Wendy, for being part of our family!





**LEWISVILLE
ESTATES**
SENIOR LIVING AT EASE

ASSISTED LIVING
AL#010063

MARCH 2022

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
- Marica Hudson, 8th (Employee)
- Carole Wilson, 11th
- Martha Cowan, 24th
- Virginia Fields, 26th

Transportation Schedule

- Monday, 10 a.m.**
Grocery Stores
- Tuesday & Thursday, 10 a.m.**
Walmart
- Wednesday, 10 a.m.**
Post Office/Bank
- Friday, TBA**
Field Trips/Outing

“Charm’s key ingredient
is consideration
for others.”

—Ellen Lubin-Sherman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MARDI GRAS 1 10:00 Chair Zumba w/Patty, L 10:00 Catholic Communion 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 3:30 Mardi Gras Social Hour, L 4:00 Puzzle Mania, AR	ASH WEDNESDAY 2 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 2:30 Shamrock Toss, L 4:00 Outdoor Walking	9:30 Grocery Orders 3 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	Employee Appreciation Day 4 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Employee Appreciation Social Hour, L 4:00 Name Your Game!, AR	10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
6 7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	7 8:30 Podiatry Visit, AR 10:00 Exercise w/Legacy, L 10:00 Dollar Tree Shopping, O 10:30 “The Prize Is Right” and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 2:30 Pokeno, AR 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR	8 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L	9 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:45 Name That Tune, AR 1:30 General Store, L 2:00 Snack Cart Social 2:30 Lima Bean Auction, L 3:00 Uno Game, AR 4:30 Wonder Word Search, L	10 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	11 National Girl Scout Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Girl Scout Social Hour, L 3:30 Men’s Workshop, AR 4:00 Name Your Game!, AR	12 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
DAYLIGHT SAVING TIME BEGINS 13 7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	National Potato Chip Day 14 10:00 Exercise w/Legacy, L 10:30 “The Prize Is Right” and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 3:30 Potato Chip Testing, L 4:00 Wonder Word Search, AR	15 10:00 Chair Zumba w/Patty, L 10:00 Catholic Communion 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	16 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:00 Mexican Train, AR 4:00 Outdoor Walking 6:00 Eat Drink and Be Iris (Main Event), L	ST. PATRICK’S DAY 17 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	18 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 11:00 Out to Cracker Barrel, O 1:30 Wonder Word Search, AR 2:00 Sham Rocking Social Hour, L 4:00 Name Your Game!, AR	19 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
SPRING BEGINS 20 7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	21 10:00 Exercise w/Legacy, L 10:00 Dollar Tree Shopping, O 10:30 “The Prize Is Right” and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 2:30 Pokeno, AR 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR	22 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L	23 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 1:30 General Store, L 2:00 Snack Cart Social 3:00 Uno Game, AR 4:30 Wonder Word Search, L	24 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	25 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Birthday Bash Social Hour, L 4:00 Name Your Game!, AR	26 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
27 7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	28 10:00 Exercise w/Legacy, L 10:30 “The Prize Is Right” and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	29 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	30 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 2:00 Snack Cart Social 2:30 Activity Meeting w/Patty w/Chips, L 3:30 Mexican Train, L	31 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR		