



Dear Residents, Family and Friends,

The brown buds thicken on the trees, Unbound, the free streams sing, As March leads forth across the leas The wild and windy spring. –Elizabeth Akers Allen

The ice and snow melt away and new growth appears to take its place. Hang up our winter coats and prepare for the new season to come. And if you feel as though you have been out of luck, do not fear! For March 17th is St. Patrick's Day, a day of luck and merriment. Also, make sure to take the time to appreciate the important women in your life during International Women's Day. *Here's to strong women. May we know them. May we be them. May we raise them.* Last month in February, we had a lovely time celebrating Valentine's Day! Our Sweetheart Ball main event was a blast with sweet treats and live music. We also crowned our king and queen of Valentine's Day; may they reign supreme! This month, make sure to have your green outfit ready for our Luck of Irish, the main event! Keep an eye out for the fun outings that we have planned this month and make sure to sign up for them in the transportation book in the lobby! I hope this month brings all of you great luck and new growth!

Smitha Krishnan

Executive Director



MARCH 2023

Employee of the Month!

Ladies and Gentlemen, we would like to announce Lezlie Regalado as the Employee of the Month! Lezlie's work ethic is very phenomenal! Her attitude rocks the place whenever she's around and she's always positive.

She works tirelessly each and every day to ensure all residents are well taken care of. Lezlie takes pride in everything she does, and it shows in her dedication to her work. Lezlie, thanks for your late nights and early mornings. We appreciate you more than you'll ever know. Congratulations on being Employee of the Month and thanks for being a part of Lewisville Estates!



ASSISTED LIVING
AL#010063

MARCH 2023

Assisted
Living
Locations..

- Activity Room

AL Courtyard

AL Parking Lot

Bistro

Independent Living

Library

Lobby

Outing

Spa

Garden
- AR

ALC

ALPL

B

IL

LL

L

O

Spa

G

Transportation
Schedule..

- Monday,

Grocery Stores

Tuesday,

Walmart

Wednesday,

Post Office/Bank

Thursday,

Walmart

Friday,

Field Trips/Outings
- 10am

9:45

10am

10am

10am

10am

10am

TBA

Residents, We
Appreciate
You All Very
Much!

“Magic is believing
in yourself. If you can
do that, you can make
anything happen.”
—Johann Wolfgang
von Goethe

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<div>5</div> <div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays) Movie: My Mom's New Boyfriend</div>	<div>6</div> <div>9:30 Men's & Women's Coffee Table DR 9:45 Big Lots 10:00 Exercise w/ Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Texas Hold 'em Poker 3:30 Skip-Bo & Ice Cream</div>	<div>7</div> <div>10:00 “Get Your Exercise On” 10:00 Walmart Shopping, O 10:30 Puzzle Table 12:00 Nails & All by Jada 2:00 Bingo & Snacks w/ Jada 3:30 Mexican Train/42 6:30 Epic Game Night!</div>	<div>1</div> <div>10:00 “Get Your Exercise On” 10:00 Post Office/Bank, O 10:30 Uno w/ Budz 1:30 Bible Study, AR 2:30 Wine, Snacks & “Remember When” 3:30 Mexican Train/42 4:00 Crosswords Before Dinner</div>	<div>2</div> <div>9:00 Take a Walk around L.E. 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 St. Patrick's Crafts, AR 3:30 Adult Coloring Club 4:00 Crosswords Before Dinner 6:00 Mexican Train</div>	<div>3</div> <div>10:00 Chair Exercise 10:30 1:1 Session 11:00 Babe's Chicken Outing 1:30 Wonder Word Search, L 2:00 Let March Begin Social Hour 3:30 Name Your Game!</div>	<div>4</div> <div>10:00 Exercise Class w /Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun w/ Elise</div>
<div>5</div> <div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays) Movie: My Mom's New Boyfriend</div>	<div>6</div> <div>9:30 Men's & Women's Coffee Table DR 9:45 Big Lots 10:00 Exercise w/ Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Texas Hold 'em Poker 3:30 Skip-Bo & Ice Cream</div>	<div>7</div> <div>10:00 “Get Your Exercise On” 10:00 Walmart Shopping, O 10:30 Puzzle Table 12:00 Nails & All by Jada 2:00 Bingo & Snacks w/ Jada 3:30 Mexican Train/42 6:30 Epic Game Night!</div>	<div>8</div> <div>International Women's Day! 10:00 “Get Your Exercise On” 10:00 Post Office/Bank, O 10:30 Uno w/ Budz 1:30 Bible Study, AR 2:30 Town Hall Meeting 3:30 Money OutBurst Game 4:30 Uno w/ Budz</div>	<div>9</div> <div>9:00 Take a Walk around L.E. 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 11:00 Knitting & Crotchet 2:00 Arts and Crafts, AR 3:30 Skip-Bo Click (B) 4:00 Puzzle Mania, AR</div>	<div>10</div> <div>10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 Food & Moves Social Hour 3:30 Name Your Game!</div>	<div>11</div> <div>International Fanny Pack Day! 10:00 Exercise Class w /Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun w/ Elise</div>
<div>12</div> <div>“Spring Forward” Daylight Saving Time 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays) Movie: Gone with the Wind</div>	<div>13</div> <div>National Earmuffs Day! 9:30 Men's & Women's Coffee Table DR 9:45 Dollar Tree 10:00 Exercise w/ Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Mini Golf 3:30 Grub & Movie!</div>	<div>14</div> <div>9:00 Take a Walk around L.E. 10:00 “Get Your Exercise On” 10:00 Walmart Shopping, O 10:30 Puzzle Table 12:00 Nails & All by Jada 2:00 Bingo & Snacks w/ Jada 3:30 Ring Toss 4:30 Mexican Train</div>	<div>15</div> <div>9:00 Take a Walk around L.E. 10:00 “Get Your Exercise On” 10:00 Post Office/Bank, O 10:30 Uno w/ Budz 1:30 Bible Study, AR 2:30 Fishbowl Game 3:30 Coloring Contest Meeting 4:30 Skip-Bo Click (B)</div>	<div>16</div> <div>National Panda Day 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 Arts and Crafts, AR 3:30 Luck of The Irish Main Event 4:00 Crosswords Before Dinner</div>	<div>17</div> <div>10:00 Chair Exercise 10:30 1:1 Session 11:00 Chili's Lunch Outing 1:30 Wonder Word Search, L 2:00 Lima Bean Auction 3:30 Name Your Game!</div>	<div>18</div> <div>10:00 Exercise Class w /Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun w/ Elise</div>
<div>19</div> <div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays) Movie: Pelican Brief</div>	<div>20</div> <div>9:30 Men's & Women's Coffee Table DR 9:45 Target 10:00 Exercise w/ Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Pokeno w/ Snacks 3:30 Skip-Bo</div>	<div>21</div> <div>9:00 Take a Walk around L.E. 10:00 “Get Your Exercise On” 10:00 Walmart Shopping, O 10:30 Puzzle Table 12:00 Nails & All by Jada 2:00 Bingo & Snacks w/ Jada 3:30 “Try It, You'll Strike It” (Bowling) 4:30 Uno, Friends & Ice Cream</div>	<div>22</div> <div>10:00 “Get Your Exercise On” 10:00 Post Office/Bank, O 10:30 Uno w/ Budz 11:00 Dallas Museum of Art Outing 1:30 Bible Study, AR 2:30 Let's Play Tennis 3:30 Headbanz Challenge 4:00 Crosswords Before Dinner</div>	<div>23</div> <div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 2:00 Arts and Crafts, AR 4:00 Puzzle Mania, AR 6:00 Bingo Night!</div>	<div>24</div> <div>10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 All Together Social Hour 3:30 Name Your Game!</div>	<div>25</div> <div>10:00 Exercise Class w /Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Weekend Bingo Fun w/ Elise</div>
<div>26</div> <div>7:30 In Search of the Lord's Way (Kdfid Channel 7), L 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays) Movie: Pretty Woman</div>	<div>27</div> <div>9:30 Men's & Women's Coffee Table DR 9:45 Tom Thumb 10:00 Exercise w/ Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Red Light, Green Light Game 3:30 Mexican Train/42</div>	<div>28</div> <div>10:00 “Get Your Exercise On” 10:00 Walmart Shopping, O 10:30 Puzzle Table 12:00 Nails & All by Jada 2:00 Bingo & Snacks w/ Jada 3:30 Knitting & Crochet</div>	<div>29</div> <div>9:00 Take a Walk around L.E. 10:00 “Get Your Exercise On” 10:00 Post Office/Bank, O 10:30 Uno w/ Budz 1:30 Bible Study, AR 2:30 Monopoly Board 3:30 Hand & Foot 4:30 Cribbage</div>	<div>30</div> <div>9:00 Take a Walk around L.E. 10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 Arts and Crafts, AR 4:00 Crosswords Before Dinner</div>	<div>31</div> <div>10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 “Turn The Music Up” Social 3:30 Name Your Game!</div>	



Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests. Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face. The violet was a favorite of ancient Greeks, who used the flower for food, medicine and decoration. Violets are said to symbolize love, loyalty, nobility and humility. The flower's sweet fragrance has been a staple scent in the perfume industry. In cuisine, edible violet petals are sometimes used to garnish cakes and other desserts, and as an ingredient in salads and savory dishes.

