



Happy Birthday!

Residents

3/3 Maxine Kule
3/3 Marjorie Jaworski

Employee Birthdays

3/1 Jerrin Prince
3/6 Michael Maples
3/18 Emily Perry
3/21 Nastasya Shannon
3/24 Gregcie Villanueva
3/30 Jordan Luna

Current Events



3/7 Lunch at Cotton Patch
Time: 10:30am
Place: Outing



3/12 Men's Breakfast
Time: 7am
Place: Outing

3/12 Town Hall Meeting
Time: 3pm
Place: Lobby

3/17 St. Patrick's Day Dinner
Time: 5pm
Place AL Dining Room

3/20 Oscar's Night
Time: 6:30pm
Place: IL Dining Room



3/21 Lunch at Dairy Queen
Time: 10:30am
Place: Outing

3/25 Family Game Night
Time: 6pm
Place: AL Building

Hello Residents of Lewisville Estates!



This month moves us one step closer to spring, and hopefully, warmer weather. The month of March is National Hearing Health month. Legacy Healthcare will be continuing our monthly health talk, raising your awareness on one of the most critical senses as it relates to balance. Our health talks are always open to friends and family, so if you would like to invite some company, please feel welcome. So join us at the IL in the Bistro on March 10th at 3:30, as well as, at

the AL on March 17th in the Activity Room at 3:30 and we'll be happy to shed some light on how hearing plays such an important role in our lives. If you missed us last month, then you missed out on a chance to win a Walmart gift card! Everyone who participates in a quick, less than 5- minute, questionnaire gets entered in our monthly give away. Whether you win the gift card, or leave with an increased awareness of your health, everyone comes out a winner.

If you haven't heard, or simply forgot, Legacy Healthcare is also providing complimentary Blood Pressure checks in the Independent Building, every other Monday in the Community Room immediately following Exercise Class. If you are interested in starting a BP diary, we'll gladly give you a journal, and answer any questions you may have. Just stop by March 3rd, 17th and/or the 31st at 10:30 in the Community Room, on the 3rd floor. Better yet, join in the Exercise Class at 9:30 a.m. on Mondays and Wednesdays to see what all the fun is about. When you're all finished, you don't even have to go find us, we'll find you!

Finally, for all you lucky residents in the AL, you will continue to see me every Friday morning at 9:30 in the Activity Room for our 30-minute, head-to-toe exercise class, Stretch & Grow. I'm proud of our performances so far, and look forward to seeing each of you again this month.

Sincerely Yours,

Michael and the Legacy Healthcare Team
Lewisville Estates, Suite 336
972-420-8543
MSteinhelfer@legacyhealthcare.net



Thank You! Thank You! Thank YOU!

Lewisville Estates Staff would like to send a HUGE Shot Out to all our amazing residents and family members! There is a LOT happening within the walls of our community; from renovations, new furniture, new programs, new faces and more! Did you know our community is 15 years old this year? The remodeling is a well-deserved gift for YOU and for the buildings! We appreciate your kindness and patience as the renovations are completed.

We are so excited about what is yet to come in 2014! Looking back, can you imagine the history within our community these past 15 years? "If walls could talk, right?" Do you have a memory

you would like to share? We are seeking some resident story tellers to tell about their life enriching moments here at Lewisville Estates. Please reach out to your LE Activity Team-Patty, Stephnie or Christy if you would like to share!

Again, thank you for being a part of the Lewisville Estates family!

Nelda Davis

Executive Director, Assisted Living

Celebrating St. Patrick's Day

Saint Patrick's Day or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, "the Day of the Festival of Patrick") is a cultural and religious holiday celebrated on 17 March. It is named after Saint Patrick the most commonly recognised of the patron saints of Ireland.



March 2014

LOCATIONS KEY

Activity Room - AR
 AL Parking Lot - ALPL
 Country Store - CS
 Dining Room - DR
 IL Dining Room - ILDR
 Library - LL
 IL Lobby - ILL
 Outing - O
 Spa - Spa
 Theater - TH
 Lobby - L

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:30 Laugh for the Health of It, L 10:30am Sassy Senior Bingo, AR 2pm Sing-a-Long, L 3pm Skip-Bo, AR
2 Dr. Suess Day 8:45am Baptist Church, L 10am Brain Box Trivia, AR 1pm Po-Ke-No, AR 2pm Bible Study w/ Rob Harrison, L 3pm Dominoes, AR	3 9:30am Sit & Be Fit, AR 10am Shopping at Albertsons, O 10:30am Ring Toss, AR 1:30pm Uno, AR 2:30pm Bold & Beautiful Club, L 3:30pm Sassy Senior Bingo, AR	4 Mardi Gras 10am Walmart, O 10am Let's Get Crafty!, AR 1:30pm Walking Warriors, L 2:30pm Power Tower, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR 6:30pm Family Volunteer Meeting, ILCR	5 Ash Wednesday 9:30am Tone those Bones, AR 10am Post Office/ Bank, O 10:30am 100, L 12pm Country Store Shopping, CS 1:30pm Sorry, AR 3:30pm Po-Ke-No, AR	6 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Bean Bag Twister, L 2pm Walmart, O 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR	7 Employee Spirit Day! 9:30am Stretch & Grow w/ Legacy, AR 10:30am Lunch: Cotton Patch, O 1:00pm Scrabble, AR 2:00pm Ice Cream Social, L 3:30pm Po-Ke-No, AR	8 9:30 Laugh for the Health of It, L 10:30am Sassy Senior Bingo, AR 2pm Sing-a-Long, L 3pm Yahtzee, AR
9 Daylight Savings Begins 8:45am Baptist Church, L 10am Crossword Challenge, AR 1:30pm Po-Ke-No, AR 3:30pm Dominoes, AR	10 9:30am Sit & Be Fit, AR 10am Shopping at Albertsons, O 10:30am Slap Volleyball, AR 1:30pm Rummikub, AR 3:30pm Sassy Senior Bingo, AR	11 9:00am Podiatrist Visit 10am Walmart, O 10am Let's Get Crafty!, AR 1:30pm Walking Warriors, L 2pm Jewelry Class, AR 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	12 7:00am Men's Breakfast, O 9:30am Tone those Bones, AR 10am Post Office/Bank, O 10:30am Uno, AR 12pm Country Store Shopping, CS 1:30pm Farkle, AR 3pm Town Hall Meeting, L 3:30pm Po-Ke-No, AR	13 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Power Tower, L 2pm Walmart, O 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR	14 9:30am Stretch & Grow w. Legacy, AR 10am Cupid Facials by Mary Kay, AR 1pm Heavenly Hands & Nails, AR 2pm Games and Snacks Social, AR 3pm Sign Language Class, AR 3:30pm Po-Ke-No, AR	15 Corn Dog Day 9:30 Laugh for the Health of It, L 10:30am Sassy Senior Bingo, AR 2pm Sing-a-Long, L 3pm Scrabble, AR
16 8:45am Baptist Church, L 10am Word Find, AR 1:30pm Po-Ke-No, AR 2:30pm North Dallas Choir, L 3:30pm Dominoes, AR	17 St. Patrick's Day 9:30am Sit & Be Fit, AR 10am Shopping at Albertsons, O 10:30am Mexican Train, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Legacy Health Talk, AR 5pm St. Patrick's Day Dinner	18 10am Walmart, O 10am Let's Get Crafty!, AR 1:30pm Walking Warriors, L 2:30pm Bucket Bonanza, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	19 9:30am Tone those Bones, AR 10am Post Office/Bank, O 10:30am Rummikub, L 12pm Country Store Shopping, CS 1:30pm Skip-Bo, AR 2pm Don & Sharon Entertainment, L 3:30pm Po-Ke-No, AR	20 Spring Begins 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Ring Toss, L 2pm Walmart, O 3pm Bible Study w/ Rob H., L 4pm Dominoes Club, AR 6:30pm Oscars Night, ILDR	21 9:30am Stretch & Grow w/ Legacy, AR 10:30am Lunch at Dairy Queen, O 1pm Scrabble, AR 2:00pm Luck of the Irish Social, AR 3:30pm Po-Ke-No, AR	22 9:30 Laugh for the Health of It, L 10:30am Sassy Senior Bingo, AR 2pm Sing-a-Long, L 3pm Phase 10, AR
23 8:45am Baptist Church, L 10am Brain Box Trivia, AR 1:30pm Po-Ke-No, AR 2pm Bible Study w/ Rob Harrison, L 3:30pm Dominoes, AR	24 9:30am Sit & Be Fit, AR 10am Shopping at Albertsons, O 10:30am Gutter Gang Bowling, L 1:30pm Yahtzee, AR 3:30pm Sassy Senior Bingo, AR	25 10am Walmart, O 10am Let's Get Crafty!, AR 1:30pm Walking Warriors, L 2:30pm Ring of Fire Darts, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR 6pm Family Game Night	26 9:30am Tone those Bones, AR 10am Post Office/Bank, O 10:30am 100, L 12pm Country Store Shopping, CS 1:30pm Swap, AR 3:30pm Po-Ke-No, AR	27 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Slap Volleyball, L 2pm Walmart, O 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR 6pm Welcome Home Party	28 9:30am Stretch & Grow w/Legacy, AR 10:30am Watcha Got Cooking, AR 1:30pm Toss-A-Tic-Tac-Toe, AR 2pm Birthday Bash, L 3pm Sign Language Class, AR 3:30pm Po-Ke-No, AR	29 9:30 Laugh for the Health of It, L 10:30am Sassy Senior Bingo, AR 2pm Sing-a-Long, AR 3pm Uno, AR
30 8:45am Baptist Church, L 10am Crossword Challenge, AR 1:30pm Po-Ke-No, AR 3:30pm Dominoes, AR	31 Baseball Opening Day 9:30am Sit & Be Fit, AR 10am Shopping at Albertsons, O 10:30am Bean Bag Twister, L 1:30pm Sorry, AR 3:30pm Sassy Senior Bingo, AR					