

Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible. Incorporate these moves into your routine.



Head turns: Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

Shoulder rolls: Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place: Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts: This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls: These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Go to the National Institute on Aging's website, NIA.NIH.gov, to find more guidance on exercises for older adults. Check with a health care professional before starting new physical activities.

Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Carrot lovers, save the date! April 4 is International Carrot Day.



Dear Residents, Families and Friends,

As we begin to celebrate the beauty of spring, the Lewisville Estates Team would like to take a moment to appreciate our staff. They are the heartbeat of our community, and without their dedication and devotion, Lewisville Estates would not be the amazing home our residents know and love. A special thank you to each one of our Lewisville Estates team members for making this a wonderful place our residents can call home. To celebrate our wonderful team and residents, we will be celebrating community spirit month. Residents and staff will be joining in on the fun, so be on the lookout for more details!



The Lewisville Estates Management Team

Easy, Breezy Springtime Crafts

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.



Festive florals — Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

Rainy day welcome — Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

Yarn-wrapped eggs — Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

Spring garland — Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.



ASSISTED LIVING
AL#010063

APRIL 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

Lillian Boyko, 1st
Mildred Lee, 17th
Nastasya Shannon, 21st
(Employee)

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
				April Fools' Day 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	GOOD FRIDAY Wear Bunny Ears or Pastel Colors 10:00 Chair Exercise, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Resident and Staff Easter Egg Hunt, L 3:00 Easter Celebration 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
				EASTER Vitamin C Day Chicken Foot, AR 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, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 2:30 Easter Bingo w/ Legacy, DR 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR	National Twinkie Day 10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR
Chicken Foot, AR 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, 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 Men's Workshop, AR 4:00 Wonder Word Search, AR	9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Chair Zumba, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Lima Bean Auction, L 4:00 Trivia, L	10:00 Chair Yoga, L 10:45 Name That Tune, AR 2:00 Snack Cart Social 3:30 Scrapbooking Club, AR 4:30 Wonder Word Search, L	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	Straw Hat Month Camo Wear 10:00 Chair Exercise, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Fun 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
Chicken Foot, AR 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, 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 Adult Coloring Club, AR	10:00 Chair Zumba, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	10:00 Chair Yoga, L 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:30 Busy Hand Club, L 3:30 Outdoor Walking 4:00 Name 5 Things, L	EARTH DAY 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	Crazy Socks Day National Humor Month 10:00 Chair Exercise, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Comic Social Hour, L 3:45 Dominoes, AR 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 Snack, L
Chicken Foot, AR 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 Pretzel Day 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	10:00 Chair Zumba, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Book Club, L 4:00 Trivia, L	National Superhero Day 10:00 Chair Yoga, L 10:45 Superhero Trivia, L 2:00 Snack Cart Social 3:30 Scrapbooking Club, AR 4:30 Wonder Word Search, L	9:30 Grocery Orders 10:00 Chair Zumba, L 2:30 Crafting w/ Patty, AR 4:00 Getting to Know You, L 10:45 Fancy Nails, AR	Wear Superhero Shirt 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	