



Dear Residents, Family, And Friends

As the beautiful flowers bloom all around us, and the sun returns to give us warmer days, go outside and enjoy the lovely weather. Spring is a time of rebirth and new beginnings. Make sure to take care of yourself and be the happiest and healthiest version of you. No matter what, time marches forward into better things.

Last month in March, our residents had such a wonderful time during our various activities and events. Our residents were green with merriment during our St. Patrick's Day Celebration! They also had a terrific time going out to the Dallas Art Museum and delicious restaurants all around town.

This month in April, we are looking forward to all the amazing things that we have planned. We will be celebrating the upcoming Easter holiday with an egg-citing, egg hunt extravaganza! We will also have lots of fun crafts and outings. Make sure to keep an eye on the calendar as to not miss a moment of fun, and sign up for any outings in the transportation book!

Smitha Krishnan

Executive Director



APRIL 2023

Employee of the Month!

Ladies and Gentlemen, we would like to announce Mary Gomez as the Employee of the Month for April. Mary is the jack of all trades! The residents adore her, and they have a warm smile every time they see her. Mary is beyond dedicated, with an exemplary work ethic, and there's never been a day when she didn't go the extra mile. She is a star on our team who shines and inspires us. Mary, your work is commendable, and we're beyond thankful to have you here at Lewisville Estates! Congratulations and thanks for all you do!



Assisted

Living

Locations..

Activity Room	AR
AL Courtyard	ALC
AL Parking Lot	ALPL
Bistro	B
Independent Living	IL
Library	LL
Lobby	L
Outing	O
Spa	Spa
Garden	G

Transportation

Schedule..

Monday,	10am
Grocery Stores	9:45
Tuesday,	10am
Walmart	10am
Wednesday,	10am
Post Office/Bank	
Thursday,	10am
Walmart	10am
Friday,	TBA
Field Trips/Outings	

Happy

Birthday!!!

Lillian Boyko	1st
Paul Legally	2nd
Dorothy Hilliard	5th
Bonnie Jones	22nd

“The sky is always beautiful. Even when it’s dark or rainy or cloudy, it’s still beautiful to look at ... and it’ll be there no matter what.”
—Colleen Hoover

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<div>National PB&J Day! 2</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays) Movie: The Blind Side</div>	<div>National Chocolate Mousse Day 3</div> <div>9:30 Men’s & Women’s Coffee Table DR</div> <div>9:45 Big Lots (O)</div> <div>10:00 Get Your Exercise On w/ Jada (L)</div> <div>11:00 Knitting and Crochet Club (L)</div> <div>12:00 Puzzle Mania (AR)</div> <div>1:30 Bible Study w/Yellow Rose (L)</div> <div>2:30 Chicken Foot (AR)</div> <div>3:30 Outburst Game (L)</div> <div>4:00 Crosswords and Convos</div>	<div>National Walking Day! 4</div> <div>9:00 Take a Walk Around L.E.</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Puzzle Table (R66)</div> <div>12:00 Nails & All by: Jada (FR)</div> <div>1:00 Knitting and Crochet Club (L)</div> <div>2:00 Bingo & Snacks w/ Jada (DR)</div> <div>3:00 Dear Abby & Ice Cream (G)</div> <div>4:00 Word of the Day (L)</div> <div>6:30 Mexican Train Crew (AR)</div>	<div>5</div> <div>10:00 Exercise w/ Jane! (L)</div> <div>10:00 Post Office/Bank (O)</div> <div>10:30 Morning Uno w/ Budz</div> <div>1:30 Bible Study (AR)</div> <div>2:30 Let’s Have a Picnic! (O)</div> <div>3:30 Puzzle Table (AR)</div> <div>4:00 Spades</div> <div>6:30 Card Game Party</div>	<div>National Burrito Day! 6</div> <div>9:30 Take a Walk around L.E.</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Morning Balloon Volleyball (L)</div> <div>1:00 Puzzle Table</div> <div>2:00 Arts and Crafts (AR)</div> <div>3:30 Headbandz Challenge</div> <div>4:00 Word of the Day (L)</div> <div>5:30 Adult Coloring Club (AR)</div>	<div>Good Friday! 7</div> <div>10:00 Chair Exercise (L)</div> <div>11:00 A Trip to the Library! (O)</div> <div>11:00 Knitting & Crochet (AR)</div> <div>2:00 Tunes & Grooves Happy Hour (L)</div> <div>3:30 Hangman (L)</div> <div>4:30 Skip-Bo Click (AR)</div> <div>5:30 Puzzle Table (AR)</div>	<div>8</div> <div>10:00 Exercise Class w/ Elise</div> <div>10:30 Word of the Day (L)</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise</div>
<div>Happy Easter! 9</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays) Movie: The Blind Side</div>	<div>National Siblings Day 10</div> <div>9:30 Men’s & Women’s Coffee Table DR</div> <div>9:45 Dollar Tree (O)</div> <div>10:00 Get Your Exercise On w/ Jada (L)</div> <div>11:00 Knitting and Crochet Club (L)</div> <div>12:00 Puzzle Mania (AR)</div> <div>1:30 Bible Study w/Yellow Rose (L)</div> <div>2:30 Mini Golf</div> <div>3:00 Uno, Friends & Ice Cream</div> <div>4:00 Crosswords Before Dinner</div>	<div>National Pet Day! 11</div> <div>9:00 Take a Walk Around L.E.</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Puzzle Table (R66)</div> <div>12:00 Nails & All by: Jada (FR)</div> <div>1:00 Manicures & Music</div> <div>2:00 Bingo & Snacks w/ Jada (DR)</div> <div>3:00 Ring Toss</div> <div>4:00 Word of the Day (L)</div> <div>6:30 Texas Hold ’em (Poker)</div>	<div>National Grilled Cheese Day! 12</div> <div>9:30 Post Office/Bank (O)</div> <div>10:00 Exercise w/ Jane! (L)</div> <div>10:30 Morning Uno w/ Budz</div> <div>11:00 Trip to The Zoo (O)</div> <div>1:30 Bible Study (AR)</div> <div>2:30 Town Hall Meeting (L)</div> <div>3:00 Finish The Lyrics (’50 & ’60s Music)</div> <div>4:00 Word of the Day (L)</div> <div>5:30 Chicken Foot (AR)</div>	<div>13</div> <div>9:00 Coffee & News.. (L)</div> <div>10:00 Walmart Shopping (O)</div> <div>11:00 Take a Walk Around L.E.</div> <div>2:00 Arts and Crafts (AR)</div> <div>3:00 Uno, Friends & Ice Cream (PD)</div> <div>4:00 Crosswords Before Dinner</div> <div>5:30 Skip-Bo Click</div>	<div>14</div> <div>9:00 Take a Walk Around L.E.</div> <div>10:00 Chair Exercise (L)</div> <div>11:00 Knitting & Crochet (AR)</div> <div>1:00 Puzzle Table</div> <div>2:00 Songs & All Happy Hour</div> <div>3:30 Headbandz Challenge</div> <div>5:30 Skip-Bo Click</div> <div>6:30 Hand & Foot (AR)</div>	<div>15</div> <div>10:00 Exercise Class w/ Elise</div> <div>10:30 Word of the Day (L)</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise</div>
<div>16</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays) Movie: The Blind Side</div>	<div>17</div> <div>9:30 Men’s & Women’s Coffee Table DR</div> <div>9:45 Target</div> <div>10:00 Get Your Exercise On w/ Jada (L)</div> <div>11:00 Knitting and Crochet Club (L)</div> <div>12:00 Puzzle Mania (AR)</div> <div>1:30 Bible Study w/Yellow Rose (L)</div> <div>2:30 The Sorting Game</div> <div>3:30 Take a Walk Around L.E.</div> <div>4:00 Word of the Day (L)</div> <div>6:30 Mexican Train Crew</div>	<div>18</div> <div>9:00 Take a Walk Around L.E.</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Puzzle Table (R66)</div> <div>12:00 Nails & All by: Jada (FR)</div> <div>1:00 Balloon Volleyball (L)</div> <div>2:00 Bingo & Snacks w/ Jada (DR)</div> <div>3:30 Watermelon by The Garden (G)</div> <div>4:00 Crosswords Before Dinner</div> <div>6:00 Bring Your Neighbor to Movie Night</div>	<div>Bicycle Day! 19</div> <div>10:00 Exercise w/ Jane! (L)</div> <div>10:00 Post Office/Bank (O)</div> <div>10:30 Morning Uno w/ Budz</div> <div>1:30 Bible Study (AR)</div> <div>2:30 Come Get A Mani/Pedi (AR)</div> <div>3:00 April Flowers Main Event (L)</div> <div>4:00 Puzzle Mania (AR)</div> <div>6:00 Adult Coloring Club (AR)</div> <div>7:00 Mexican Train Crew</div>	<div>20</div> <div>9:00 Take a Walk Around L.E.</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Morning Balloon Volleyball (L)</div> <div>2:00 Arts and Crafts (AR)</div> <div>3:30 Uno, Friends & Ice Cream (PD)</div> <div>4:00 Puzzle Mania (AR)</div> <div>5:30 Adult Coloring Club (AR)</div>	<div>21</div> <div>9:00 Take a Walk Around L.E.</div> <div>10:00 Chair Exercise (L)</div> <div>11:00 Knitting & Crochet (AR)</div> <div>11:00 Pinstack (Bowling, Food, & Drinks)</div> <div>2:00 Dance All You Can Happy Hour</div> <div>3:30 Headbandz Challenge</div> <div>5:30 Puzzle Table (AR)</div> <div>6:30 Hand & Foot (AR)</div>	<div>Earth Day! 22</div> <div>10:00 Exercise Class w/ Elise</div> <div>10:30 Word of the Day (L)</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise</div>
<div>23</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</div> <div>2:00 Church Service w/ The Walk Church</div> <div>3:00 (Cinema Sundays) Movie: The Blind Side</div>	<div>24</div> <div>9:30 Men’s & Women’s Coffee Table DR</div> <div>9:45 Tom Thumb (O)</div> <div>10:00 Get Your Exercise On w/ Jada (L)</div> <div>11:00 Knitting and Crochet Club (L)</div> <div>12:00 Puzzle Mania (AR)</div> <div>1:30 Bible Study w/Yellow Rose (L)</div> <div>2:30 Hangman</div> <div>3:30 Tech Savvy Time! (Help with Cell Phones)</div> <div>5:30 Wahoo Board Game</div>	<div>25</div> <div>9:00 Take a Walk Around L.E.</div> <div>10:00 Walmart Shopping (O)</div> <div>10:30 Puzzle Table (R66)</div> <div>12:00 Nails & All by: Jada (FR)</div> <div>2:00 Bingo & Snacks w/ Jada (DR)</div> <div>3:30 Family Feud</div> <div>4:00 Adult Coloring Club (AR)</div> <div>6:30 Texas Hold ’em (Poker)</div>	<div>26</div> <div>10:00 Exercise w/ Jane! (L)</div> <div>10:00 Post Office/Bank (O)</div> <div>10:30 Morning Uno w/ Budz</div> <div>12:00 Puzzle Table</div> <div>1:30 Bible Study (AR)</div> <div>2:30 Sip & Paint!</div> <div>3:30 Outburst Game</div> <div>4:00 Crosswords and Convos</div> <div>6:30 It’s All Food & Games</div>	<div>27</div> <div>10:00 Walmart Shopping (O)</div> <div>11:00 Puzzle Table</div> <div>1:00 Adult Coloring Club (AR)</div> <div>2:00 Arts and Crafts (AR)</div> <div>3:00 Chicken Foot</div> <div>4:00 Word of the Day (L)</div> <div>5:30 Ring Toss</div> <div>6:30 Wahoo Board Game</div>	<div>Arbor Day! 28</div> <div>10:00 Chair Exercise (L)</div> <div>11:00 Knitting & Crochet (AR)</div> <div>2:00 “Turn The Music Up” Happy Hour</div> <div>3:30 Headbandz Challenge</div> <div>5:30 Mexican Train Crew</div> <div>6:30 Puzzle Table</div>	<div>29</div> <div>10:00 Exercise Class w/ Elise</div> <div>10:30 Word of the Day (L)</div> <div>1:00 Puzzle Mania (AR)</div> <div>2:00 Weekend Bingo Fun w/ Elise</div>

Pioneer for Parkinson's

April is Parkinson's Disease Awareness Month, with World Parkinson's Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease. The condition, which affects specific parts of the brain, was noted by several, ancient cultures, but Parkinson's 1817 publication, "An Essay on the Shaking Palsy," was the first, clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, including weakness, trembling in the hands and arms, and a stooped gait. Parkinson also noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson's work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

In the 1980s, a Dutch horticulturist with the condition developed a new flower variety he named the Dr. James Parkinson tulip. A red tulip is now the global symbol of Parkinson's disease awareness and the commitment and hope for a cure.

Happy Parkinson's Month!



All About Easter

Easter, one of the most important holidays in Christianity, celebrates the central event of the Christian faith: the resurrection of Jesus Christ after his crucifixion. This event is significant to Christians because, through his death and resurrection, Jesus suffered for the sins of the world, yet was able to overcome death. Easter is observed on the first Sunday after the full moon that occurs on or after the vernal equinox (the first day of spring). According to the Bible, the events of the crucifixion and resurrection occurred during the Jewish Passover, a springtime celebration. Easter is preceded by Lent, a 40-day period of fasting and repentance that begins on Ash Wednesday. The Sunday before Easter is Palm Sunday, the day that Jesus arrived in Jerusalem. The week before Easter is called Holy Week. During Holy Week, Christians observe Maundy Thursday, when the Last Supper with Jesus and his disciples took place, and Good Friday, the day of the crucifixion. The resurrection is then celebrated on Easter Sunday. Children often participate in Easter egg hunts and look forward to visits from the Easter Bunny, who is said to deliver candy and eggs during the night.

