

Happy Birthday!

4/11 Teresa Qualls

4/19 Mildred Barber

4/20 Peggy Anderson

4/29 Joyce Wortham

4/30 Janet Stavely

May your Special day be filled with memories and flowers, Friendship and Happiness!



Legacy Health Chat

For this month, our health talk will cover Stress Awareness. Join in on the discussion April 14th at 3:30 in The Bistro-IL, or April 21st at 3:30 in the Activity Room- AL.

Our biweekly Balance Clinic is back. We are focusing on helping everyone become a little more active with a little less fear of falling. We will be meeting on April 10th and April 17th at 10:30 in the Community Room.

Are you drinking enough water?

How much water should you be drinking?

Water is an important factor in our daily lives and affects the way we function day to day. Lack of water is the number one trigger of daytime fatigue. As we age, the balance between our need for water and our thirst for water shifts. In fact, the less water an older person drinks, the less thirsty they become, leaving them open to the risk of serious dehydration and other complications.

Even bones are over 20% water! Even a 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and reading, and difficulty staying focused. Aside from replenishing what is lost in order to hydrate the blood and tissues, water also lubricates joints, regulates temperature, and moistens the lungs to allow for breathing. Inadequate water intake over time prevents these processes from occurring, leading to arthritis, sore muscles, heavy breathing, and a higher body temperature. This means that not drinking enough water over time can result in more severe effects at an older age, which means preventable problems during what should be the

golden years. In the body, water acts as a solvent, coolant, lubricant, and transport agent. Virtually nothing takes place in the body without water playing a vital role. It is needed to regulate body temperature, carry nutrients, remove toxins and waste materials, and provide the medium in which all cellular chemical reactions take place.

Signs and symptoms of dehydration include:

- Mild to excessive thirst
- Little or no urination
- Fatigue
- Muscle weakness
- Headache
- Dizziness
- Dry Mouth
- Lightheadedness

Mild dehydration rarely results in complication – as long as the fluid is replaced quickly- but more-severe cases can be life threatening, especially in the very young and the elderly. It's generally not a good idea to use thirst alone as a guide for when to drink. By the time one becomes thirsty, it is possible they already slightly dehydrated. To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice.

It is recommended that adult men and women should consume 1700 ml of water per day that is roughly 7 to 8 cups of water a day. I encourage everyone to consume water throughout the day. I will be setting up a water station in the activity and will also walk around three times daily to bring a small cup of water to your room.

Happy Easter

Easter is a Christian festival and holiday celebrating the resurrection of Jesus Christ on the third day after his crucifixion at Calvary as described in the New Testament. Easter is the culmination of the Passion of Christ preceded by Lent, a forty-day period of fasting, prayer, and penance.

Resident of the Month

L.E.A.P recognizes Lewisville Estates March Resident of the Month for outstanding attitude and encouragement to new and current residents. Mrs. Peggy Anderson goes out of her way to greet new residents and help others. She also makes sure she goes on every outing and participate in all activities. I encourage everyone to stay active daily. "Let's get Active 2014!"



April Fools' Day



April Fools' Day, sometimes called All Fools' Day, is one of the most light-hearted days of the year. Let's look back at a famous Hoax that played out on international TV:

Sweden's most famous April Fool's Day hoax occurred on April 1, 1962. At the time, SVT (Sveriges Television) was the only television channel in Sweden, and it broadcast in black and white.

Instant Color TV, 1962

The broadcast cut to Stensson sitting in front of a television set in the studio. He began to explain how the process worked. Researchers, he said, had recently discovered that a fine-meshed screen placed in front of a black-and-white television screen would cause the light to bend in such a way that it would appear as if the image was in color.

Stensson told viewers to get Nylon stockings. Those were the perfect fabric to use as a fine-meshed screen. So all viewers had to do, Stensson said, was to cut open a pair of stockings and tape them over the screen of their television set. The image on the television should suddenly appear to be in color.

Stensson cautioned that the viewer would have to be seated at the correct distance from the screen in order to get the full effect. Also, it might be necessary to "move your head very carefully" back and forth, in order to align the color spectrum.

Thousands of viewers later admitted they had fallen for the hoax.

Nelda Davis

Executive Director, Assisted Living

Current events



4/4 Lunch at Red Lobster
Time: 10:30am
Place: Outing



4/4 Second Time Senior Prom
Time: 5:30pm
Place: Outing

4/9 Men's Breakfast
Time: 7am
Place: Outing

4/9 Town Hall Meeting
Time: 3pm
Place: Lobby



4/17 Barber Shop Quartet
Time: 6:30pm
Where: ALCY (AL Court Yard)



4/18 Lunch at Olive Garden
Time: 10:30am
Place: Outing

4/29 Family Game Night
Time: 6pm
Place: AL Building



April 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
Assisted Living Court Yard - ALCY

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
		1 April Fools' Day 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2:30pm 100, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	2 National Peanut Butter & Jelly Day 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Perfection, AR 12pm Country Store Shopping, CS 1:30pm Basketball Toss, L 2:30pm Pieces to Pieces, LL 3:30pm Themed Bingo, AR	3 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2:30pm Dominoes Club, AR 3pm Bible Study w/ Rob Harrison, L 4pm Bean Bag Twister, L	4 9:30am Stretch & Grow w/ Legacy, AR 10:30am Lunch at Red Lobster, O 1pm Yahtzee, AR 2pm Peanut Butter Jelly Time, L 3:30pm Sassy Senior Bingo, AR 5:30pm Second Time Senior Prom, O	5 9:30 Word Find Challenge, AR 10:30am Dominoes, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AR
6 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Connect 4, AR 1pm Sunday Funday Games, AR 2pm Bible Study w/ Rob Harrison, L 3pm Dominoes, AR	7 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Bucket Bonanza, L 1:30pm Uno, AR 3:30pm Sassy Senior Bingo, AR	8 9am-11am Blood Pressure Checks, (room to room) 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2:30pm Farkle, AR 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	9 9am-11am Weight Checks, (room to room) 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Slap Volleyball, AR 12pm Country Store Shopping, CS 1:30pm Mexican Train, AR 3pm Town Hall Meeting, L 3:30pm Themed Bingo, AR	10 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2:30pm Dominoes Club, AR 3pm Bible Study w/ Rob Harrison, L 4pm Ring of Fire Darts, L	11 9:30am Stretch & Grow w/ Legacy, AR 10:30am Skip-Bo, AR 1pm Gutter Gang Bowling, L 2pm Happy Hour w/ a Twist, L 3pm Sign Language Class, AR 3:30pm Sassy Senior Bingo, AR	12 Grilled Cheese Sandwich Day 9:30 Crossword Challenge, AR 10:30am Dominoes, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AR
13 Palm Sunday 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Janga, AR 1pm Sunday Funday Games, AR 3pm Dominoes, AR	14 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Balloon Paddle, AR 1:30pm Jungle Racing, AR 3:30pm Sassy Senior Bingo, AR In Search of the Golden Egg!	15 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2:30pm Ring Toss, L 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	16 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Beach Ball Toss, AR 12pm Country Store Shopping, CS 1:30pm Sorry, AR 2:30pm Pieces to Pieces, LL 3:30pm Themed Bingo, AR	17 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2:30pm Dominoes Club, AR 3pm Bible Study w/ Rob Harrison, L 4pm Toss a Tic-Tac-Toe, L 6:30pm Barber Shop Quartet, ALCY	18 Pajama Day Easter Egg Hunt 9:30am Stretch & Grow w/ Legacy, AR 10:30am Lunch at Olive Garden, O 1pm Skip-Bo, AR 2pm Baskets & Bunnies Happy Hour, L 3:30pm Sassy Senior Bingo, AR	19 9:30 Word Find Challenge, AR 10:30am Dominoes, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AR
20 Easter Sunday 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Yahtzee, AR 1pm Sunday Funday Games, AR 2pm Bible Study w/ Rob Harrison, L 3pm Dominoes, AR	21 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Slap Volleyball, AR 1:30pm Sassy Senior Bingo, AR 3:30pm Legacy Health Talk, AR	22 Earth Day National Jelly Bean Day 9:30am Catholic Communion, L 10am Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Walking Warriors, L 2:30pm Janga, AR 3pm Matinee Movie & Popcorn, L 3:30pm Dominoes Club, AR	23 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Ring Toss, AR 12pm Country Store Shopping, CS 1:30pm Farkle, AR 2:30pm Pieces to Pieces, LL 3:30pm Themed Bingo, AR	24 9:30am Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Walking Warriors, L 2pm Wal-Mart, O 2:30pm Dominoes Club, AR 3pm Bible Study w/ Rob Harrison, L 4pm Power Tower, L 6pm Welcome Home Party	25 9:30am Stretch & Grow w/ Legacy, AR 10:30am Cupid Facials by Mary Kay, AR 1pm Heavenly Hands & Nails, AR 2pm Birthday Bash, L 3pm Sign Language Class, AR 3:30pm Sassy Senior Bingo, AR	26 National Pretzel Day 9:30 Crossword Challenge, AR 10:30am Dominoes, AR 2pm Sing-a-Long, AR 3pm Sassy Senior Bingo, AR
27 Babe Ruth Day 8:45am Baptist Church, L 9:30am Pieces to Pieces, LL 10:30am Skip-Bo, AR 1pm Sunday Funday Games, AR 3pm Dominoes, AR	28 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Beach Ball Toss, AR 1:30pm Scrabble, AR 3:30pm Sassy Senior Bingo, AR	29 9:30am Catholic Communion, L 10am Wal-Mart, 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 6:30pm Family Game Night	30 9:30am Tone those Bones, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Balloon Paddle, AR 12pm Country Store Shopping, CS 1:30pm 100, L 3:30pm Themed Bingo, AR			