



The Lewisville Estates Lifestyle

Assisted Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseiorliving.com

April 2015

Happy Spring!

As we welcome warmer weather, we will see additional mulch and flowers be added to our community. We look forward to the Garden Club swinging into action as we are exposed to the outdoor patio. See Philip in Activities for more details.



We will be celebrating Community Spirit month with both staff and residents and we would love for you and your families join the festivities. Lewisville Estates will be hosting a Royal Party on April 7. We will be voting for King and Queen at this event!

Make reservations at the Concierge Desk, (972) 434-1727, for the following events: Winstar Casino, Lewisville Library and Studio Movie Grille.

We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors or family members who are thinking about senior living, please send them our way. Remember you will receive a \$500 check after they are here 90 days! Look in your address book, there has to be someone who would make a good Lewisville Estates family member! Thanks for spreading the word! Check us out on our website: <http://www.lewisvilleestates.com>. Also, check us out on Facebook. We are frequently updating our page with fun events happening here.

Regards,
Jessica Hazelton
Executive Director

Feeling as Good as You Age

One quarter of people 65 years of age and older suffer from depression. However, depression is not a normal or necessary part of aging. In fact, there are things you can do to lower your risk. Eighty percent of people who report symptoms of depression fully recover when they receive the proper treatment. Physical exercise and participation in meaningful hobbies and social activities can greatly reduce one's risk for depression. If you are interested in finding out more about how you can maximize your emotional well-being and reduce your risk for depression, stop by the Legacy Healthcare Services Therapy Department.



ASSISTED LIVING

AL#010063

APRIL 2015

Locations

- Activity Room, AR
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Transportation Schedule

- Monday 10 a.m. Albertsons
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA Field Trips/Outing
- Friday 2 p.m. Express Errands

Birthdays

- Theresa Qualls, 11th
- Mildred Barber, 19th
- Janet Stavely, 30th
- Richard Payne, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
EASTER 5	9:30 <i>Exercise Extreme, AR</i> 6	9:30 Catholic Communion & Service, DR 7	Backwards Day Fun w/Staff April Fools' Day 1 9:30 <i>Tone Those Bones w/ Erin (Rehab Trust), AR</i> 10:00 <i>Snack Attack, L</i> 10:00 Post Office/Bank Outing, O 10:30 AL Community Pep Rally, L 2:30 <i>Bible Study w/Rob Harrison, DR</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 2 9:30 Men's Coffee Group, B 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Michael (Legacy), AR</i> 2:00 Shopping at Walmart, O 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i> 5:00 AL Easter Egg Hunt	GOOD FRIDAY/PASSOVER BEGINS AT SUNSET 3 9:30 <i>Exercise Extreme, AR</i> 10:30 Lunch @ Pizza Hut, O 2:00 Jazz Appreciation Social w/JT Matthews, L 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff, AR</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i>
8:30 <i>New Covenant Baptist Church, L</i> 9:30 <i>Sit and Be Fit, L</i> 10:00 Holy Humor Jokes, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 <i>Dominoes, AR</i>	10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History, L</i> 2:00 Royal "Pre Tea" Party, L 2:30 Sibling Day "Share 'N' Tell," L 3:30 Candy Bar Bingo, AR 4:00 <i>A Day in the Life, L</i>	10:00 Shopping at Walmart, O 10:00 <i>Crafty Craft Time w/Philip, AR</i> 10:00 Stress Awareness w/ Senior Select, L 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club</i> 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!, L</i> 5:45 AL Royal Party Feat. Norris Perry, L	7:00 Men's Breakfast Outing, O 8 9:30 <i>Tone Those Bones w/ Erin (Rehab Trust), AR</i> 10:00 <i>Snack Attack, L</i> 10:00 Post Office/Bank Outing, O 10:30 <i>Hi/Lo Games, AR</i> 3:00 Town Hall Meeting, L 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i> 5:00 Pizza Dinner	Masters Golf Week Begins 9 8:00 <i>Beauty Salon Is Open</i> 9:30 Men's Coffee Group, B 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Michael (Legacy), AR</i> 2:00 Shopping at Walmart, O 2:30 <i>Matinee Movies & Popcorn, L</i> 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>	9:30 <i>Exercise Extreme, AR</i> 10:00 <i>Farkel Fridays, AR</i> 2:00 Beer & Pretzel Social Hour, L 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i>
Final Round of the Masters 12 8:30 <i>New Covenant Baptist Church, L</i> 9:30 <i>Sit and Be Fit, L</i> 10:00 Holy Humor Jokes, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 <i>Dominoes, AR</i>	9:30 <i>Exercise Extreme, AR</i> 13 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History, L</i> 2:00 <i>Coffee & Snacks, L</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i> 5:00 Grilled Cheese Day Dinner	9:30 Catholic Communion & Service, DR 14 10:00 Shopping at Walmart, O 10:00 <i>Crafty Craft Time w/Philip, AR</i> 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club</i> 3:30 Vitamin C Health Talk, L 4:00 <i>What's Happening?!, L</i>	National McDonalds Day 15 9:30 <i>Tone Those Bones w/ Erin (Rehab Trust), AR</i> 10:00 <i>Snack Attack, L</i> 10:00 Post Office/Bank Outing, O 10:30 <i>Hi/Lo Games, AR</i> 2:30 <i>Bible Study w/Rob Harrison, DR</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 16 9:30 Men's Coffee Group, B 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Michael (Legacy), AR</i> 2:00 Shopping at Walmart, O 2:30 <i>Matinee Movies & Popcorn, L</i> 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>	National Pet Day Pajama Day: Wear Your Favorite PJ's 17 9:30 <i>Exercise Extreme, AR</i> 10:30 Lunch @ BJ's Restaurant & Brewhouse, O 2:00 Pajama Jama Social: Bring Out Your Pet!, L 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff, AR</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i>
8:30 <i>New Covenant Baptist Church, L</i> 19 9:30 <i>Sit and Be Fit, L</i> 10:00 Holy Humor Jokes, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 <i>Dominoes, AR</i>	9:30 <i>Exercise Extreme, AR</i> 20 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History, L</i> 2:00 <i>Coffee & Snacks, L</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i>	San Jacinto Day 21 9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 <i>Crafty Craft Time w/Philip, AR</i> 10:00 Health Talk w/Zeal Rehab 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 Texas Freedom Concert w/Bill Cobb, L 3:30 <i>Small Group Time</i> 4:00 <i>What's Happening?!, L</i>	EARTH DAY 22 9:30 <i>Tone Those Bones w/Erin (Rehab Trust), AR</i> 10:00 <i>Snack Attack, L</i> 10:00 Post Office/Bank Outing, O 10:30 Going Green W/ Rehab Trust, L 10:30 <i>Hi/Lo Games, AR</i> 2:30 <i>Bible Study w/Rob Harrison, DR</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 23 9:30 Men's Coffee Group, B 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Michael (Legacy), AR</i> 2:00 Shopping at Walmart, O 2:30 Movie Outing Location TBD, O 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>	9:30 <i>Exercise Extreme, AR</i> 24 10:00 <i>Farkel Fridays, AR</i> 2:00 Red Hat Karaoke Party Feat. Eric Andrews, L 3:30 <i>Board Game Bonanza, AR</i> 4:00 <i>Weekly Wrap Up, L</i>	9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 2:00 <i>Dominoes, AR</i> 3:00 <i>Fun Flicks, L</i>
8:30 <i>New Covenant Baptist Church, L</i> 26 9:30 <i>Sit and Be Fit, L</i> 10:00 Holy Humor Jokes, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 <i>Dominoes, AR</i>	9:30 <i>Exercise Extreme, AR</i> 27 10:00 Shopping at Albertsons, O 10:15 <i>Walking Club</i> 1:30 <i>Today in History, L</i> 2:00 <i>Coffee & Snacks, L</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>A Day in the Life, L</i>	9:30 Catholic Communion & Service, DR 28 10:00 Shopping at Walmart, O 10:00 <i>Crafty Craft Time w/Philip, AR</i> 1:30 <i>Yoga Gold Chair Exercise, AR</i> 2:30 <i>Bible Stories Reading Club</i> 3:30 <i>Small Group Time</i> 3:30 Courtyard Picnic, DR 4:00 <i>What's Happening?!, L</i>	9:30 <i>Tone Those Bones w/ Erin (Rehab Trust), AR</i> 29 10:00 <i>Snack Attack, L</i> 10:00 Post Office/Bank Outing, O 10:30 <i>Hi/Lo Games, AR</i> 2:00 Shakespeare "Share 'N' Tell," L 2:30 <i>Bible Study w/Rob Harrison, DR</i> 3:30 <i>Bingo for Chocolate, AR</i> 4:00 <i>Winning Is a Good Thing!, L</i>	8:00 <i>Beauty Salon Is Open</i> 30 9:30 Men's Coffee Group, B 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 <i>Exercise w/Michael (Legacy), AR</i> 2:00 Shopping at Walmart, O 2:30 <i>Matinee Movies & Popcorn, L</i> 3:30 <i>Blackjack 21 Card Games, AR</i> 4:00 <i>If You Were Me, You Would..., L</i>		

Resident of the Month: Sylvia Harrington

Sylvia has been at Lewisville Estates since August 2014. We are so excited to see her improvement in activity participation. Here she is pictured joining us out at Chili's for lunch.



Texas Independence: San Jacinto Day

On Thursday, April 21, Texas will celebrate its victory over Santa Anna, in 1836, earning Texas her freedom from Mexico. Outnumbered 1200 to 900, the Texans employed strategy and cunning under Sam Houston's lead. The first Texan cannon was fired at 4:30 p.m. and the Mexicans were running in defeat only 18 minutes later. In the end, 11 Texan soldiers were killed, 30 wounded, Santa Anna captured, 600 Mexican soldiers were killed, and 300 more were captured. One historian quoted saying that the Battle of San Jacinto was "one of the most one-sided victories in history." Texas was now free.



This Month in Activities

Family Easter Egg Hunt:
April 2

Children, grandchildren, great-grandchildren — all are invited! Eggs will be hidden all over the building, so come out and join us!



Easter Sunday: April 5

Musical Performances:

JT Matthews: April 3

Bill Cobb: April 21 for the Texas Freedom Concert

Eric Andrews: April 24

This month's main event for the Assisted Living is April 7. Our theme will be the Royal Party. To help set the stage, a King's Court will be put in order and the jester will be in the house. There promises to be a very festive time and, if all goes well, the queen won't have to say, "OFF WITH THEIR HEADS!" Come join us and see Philip for details.

Thank You, Everybody!

Lewisville Estates Assisted Living recognizes vendors, partners and volunteers who really made this last month wonderful. As always, if I miss you, let me know!

- Advanced Rehab Trust
- ACT
- Accolade
- Ardent
- Altesse
- Hollymead
- Mayhill
- New Covenant Baptist Church
- Rev. Cristal Fisher
- Rob Harrison
- Hospice Plus
- Encompass
- Senior Select
- Novus
- Legacy Healthcare
- Jehovah's Witnesses
- And Many More!



If you would like to be on this list, contact Philip in Activities!