



# The Lewisville Estates Lifestyle

LEWISVILLE ESTATES  
SENIOR LIVING AT EASE  
Like Us! 

Assisted Living  
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvilleseiorliving.com](http://www.lewisvilleseiorliving.com)

April 2016

## Dear Residents, Families and Friends,

Welcome to Dawn Kasper, our New Activities Director! Dawn lives in Highland Village and has two grown children. Dawn loves to spend her free time with her two grandchildren. Her hobbies include traveling, gardening, crafts, reading and being outdoors! Please help us welcome Dawn by joining the fun in assisted living. If you have anything specific you would like to see on the calendar, we are open to suggestions.



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. We will be celebrating Community Spirit month with both staff and residents, and we would love for you and your families to join the festivities. Lewisville Estates will be hosting a Rodeo Roundup Party on April 12. Make reservations at the Concierge Desk, (972) 434-1727, for the following events: Regal Buffet and McDonalds.

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! Thanks for spreading the word! Check us out on our website: <http://www.lewisvilleestates.com>. Also, check us out on Facebook, as we are frequently updating our page with fun events happening here.

Regards,  
Jessica Hazelton, EXECUTIVE DIRECTOR

## Resident of the Month

Our L.E.A.P. (Life Enrichment Activity Program) would like to recognize Janet Nowlin. Janet recently turned 91. She says she doesn't feel that old, and she certainly doesn't look it.

Janet likes to sing and is very fond of sitting in our courtyard getting fresh air. Her smile is a delight!

Thank you, Janet, for your positive attitude and your positive energy.

We are so happy to have you here at Lewisville Estates.



ASSISTED LIVING

AL#010063

APRIL 2016

## Locations

- Activity Room, AR
- AL Courtyard, ALC
- 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

- Grace Kigamba, 2nd (Employee)
- Charles Lisenba, 13th
- Mildred Barber, 19th
- Nastasya Shannon, 21st (Employee)
- Richard Payne, 30th
- Jonell Griffen, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>8:30 New Covenant Baptist Church, L <sup>3</sup></p> <p>9:30 Sit Down and Tone Up, AR</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p><b>Rangers Opening Day</b> <sup>4</sup></p> <p>9:30 Shopping at Albertsons, O</p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>10:15 Rowdy Ring Toss, AR</p> <p>1:30 Baseball Card Trivia, L</p> <p>3:00 Lucky Bingo Time, AR</p> <p>4:00 Fun Fish Facts, L</p>	<p><b>National Deep Dish Pizza Day</b> <sup>5</sup></p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion &amp; Service, DR</p> <p>9:30 Sit Down and Tone Up, AR</p> <p>10:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Make Pizza With Pizzazz, AR</p> <p>3:30 Left, Right, Center, AR</p> <p>5:45 Movie Night, L</p>	<p><b>National Walking Day</b> <sup>6</sup></p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:00 Stroll Through the Courtyard, ALC</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Sassy Senior Bingo, AR</p> <p>4:15 Tic Tac Toss, B</p>	<p><b>National Beer Tasting Day</b> <sup>7</sup></p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Sit Down and Tone Up, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Walking Warriors, AR</p> <p>1:30 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>3:30 Root Beer Tasting, L</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p><b>Wear Your Favorite Jersey Day</b> <sup>1</sup></p> <p><b>April Fools' Day</b></p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>10:30 Out to Regal Buffet, O</p> <p>2:00 Joking Around Social Hour, L</p> <p>3:00 No Fooling Foto Shoot, AR</p> <p>3:30 Dominoes, AR</p>	<p>9:30 Sit Down &amp; Tone Up, AR <sup>2</sup></p> <p>10:30 Name Your First Car, AR</p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Butterfly Nectar Mixing</p>
<p>8:30 New Covenant Baptist Church, L <sup>10</sup></p> <p>9:30 Sit Down and Tone Up, AR</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p>9:30 Shopping at Albertsons, O <sup>11</sup></p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>10:15 Fire of Darts, B</p> <p>3:00 Lucky Bingo Time, AR</p> <p>4:00 Fun Fish Facts, L</p>	<p><b>Library Day</b> <sup>12</sup></p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion &amp; Service, DR</p> <p>9:30 Sit Down &amp; Tone Up, AR</p> <p>10:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Meet in our Library With Jane, LL</p> <p>3:30 Left, Right, Center, AR</p> <p>6:00 Rodeo Roundup, DR</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR <sup>13</sup></p> <p>10:00 Post Office/Bank Outing, O</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Town Hall Meeting, L</p> <p>3:30 Sassy Senior Bingo, AR</p> <p>4:15 Bean Bag Toss, AR</p>	<p>8:00 Beauty Salon Is Open <sup>14</sup></p> <p>9:30 Sit Down and Tone Up, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Walking Warriors, AR</p> <p>1:30 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p><b>McDonalds Day, O</b> <sup>15</sup></p> <p><b>Wear Western Day</b></p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>10:30 Outing to Mc Donalds, O</p> <p>2:00 Smoothies and Smooth Music Social Hour, AR</p> <p>3:30 Dominoes, AR</p> <p>4:00 Name Your First Car, L</p>	<p>9:30 Sit Down and Tone Up, AR <sup>16</sup></p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Fresh Squeezed Lemonade in the Courtyard, ALC</p>
<p>8:30 New Covenant Baptist Church, L <sup>17</sup></p> <p>9:30 Sit Down and Tone Up, AR</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p>9:30 Shopping at Albertsons, O <sup>18</sup></p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>10:15 Rowdy Ring Toss, AR</p> <p>3:00 Lucky Bingo Time, AR</p> <p>4:00 Fun Fish Facts, L</p>	<p><b>"Hanging Out Day"</b> <sup>19</sup></p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion &amp; Service, DR</p> <p>9:30 Sit Down &amp; Tone Up, AR</p> <p>10:00 Art Expression, AR</p> <p>1:30 Balance Clinic With Legacy, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:30 Left, Right, Center, AR</p> <p>4:00 Who's Who, Meet Your Neighbors!, L</p> <p>5:45 Movie Night, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR <sup>20</sup></p> <p>10:00 Post Office/Bank Outing, O</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Sassy Senior Bingo, AR</p> <p>4:15 Tic Tac Toss, B</p>	<p>8:00 Beauty Salon Is Open <sup>21</sup></p> <p>9:30 Sit Down and Tone Up, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Walking Warriors, AR</p> <p>1:30 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p><b>EARTH DAY</b> <sup>22</sup></p> <p>PASSOVER BEGINS AT SUNSET</p> <p><b>Camo Day</b></p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>10:00 Jelly Bean Guessing, L</p> <p>2:00 Spring Is in the Air Social Hour, L</p> <p>3:00 Herb Planting, ALC</p> <p>3:30 Dominoes, AR</p>	<p>9:30 Sit Down and Tone Up, AR <sup>23</sup></p> <p>10:30 Name Your First Car, AR</p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Fresh Squeezed Lemonade in the Courtyard, ALC</p>
<p>8:30 New Covenant Baptist Church, L <sup>24</sup></p> <p>9:30 Sit Down and Tone Up, AR</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Puzzle Mania, AR</p>	<p>9:30 Shopping at Albertsons, O <sup>25</sup></p> <p>9:45 Exercise Extreme w/Legacy, AR</p> <p>10:15 Fire of Darts, B</p> <p>3:00 Lucky Bingo Time, AR</p> <p>4:00 Fun Fish Facts, L</p>	<p><b>National Pretzel Day</b> <sup>26</sup></p> <p>9:30 Shopping at Walmart, O</p> <p>9:30 Catholic Communion &amp; Service, DR</p> <p>9:30 Sit Down &amp; Tone Up, AR</p> <p>10:00 Art Expression, AR</p> <p>2:30 Bible Study w/Laura, L</p> <p>3:00 Poker and Pretzel Bites, AR</p> <p>3:30 Left, Right, Center, AR</p> <p>4:00 Balloon Volleyball, AR</p> <p>5:45 Movie Night, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR <sup>27</sup></p> <p>10:00 Post Office/Bank Outing, O</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Sassy Senior Bingo, AR</p> <p>4:15 Bean Bag Toss, AR</p>	<p>8:00 Beauty Salon Is Open <sup>28</sup></p> <p>9:30 Sit Down and Tone Up, AR</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Walking Warriors, AR</p> <p>1:30 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Group, B</p> <p>3:00 Maria's &amp; Dawns's Red Hat/ Red Bandana Planning, AR</p> <p>3:30 Root Beer Tasting, L</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p><b>Luau Day</b> <sup>29</sup></p> <p>9:00 Exercise Extreme With Cindy of Lake Village, AR</p> <p>9:30 Sit Down and Tone Up, AR</p> <p>2:00 We've Got Spirit Social Hour, L</p> <p>2:00 Twin Day Birthday Bash, L</p> <p>3:30 Dominoes, AR</p> <p>4:00 Name Your First Car, L</p>	<p><b>Honesty Day</b> <sup>30</sup></p> <p>9:30 Sit Down &amp; Tone Up, AR</p> <p>10:30 Honestly, Smiles Are Good for You!, AR</p> <p>1:30 Cinnamon Rolls and Camaraderie, AR</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Fresh Squeezed Lemonade in the Courtyard, ALC</p>

# Big Event!

Come and join us every second Tuesday of the month to celebrate our Big Event at our Assisted Living Community.



Mardi Gras Party



Luck of the Irish Party



The Luck of the Irish Party

## Rodeo Roundup

Ridin' and ropin', along with thrills and spills, are what draw millions of spectators to the sport of professional rodeo. Cowboys and cowgirls saddle up for these competitions that celebrate the Old West way of life.

The events at a rodeo can trace their roots back to the many duties cowboys handled while working frontier cattle ranches in the late 1800s. Historians say the first rodeos were simply contests between cowboys to see who could ride or rope the best. Cities in Texas, Arizona, New Mexico and Colorado have all claimed to be the site of the first rodeo. By the early 1900s, several major rodeos were established, and popular Wild West shows featured performing cowboys.

Today's pro rodeos consist of two types of competitions: timed and roughstock. Riders race against the clock in timed events such as calf roping, steer wrestling and barrel racing. Roughstock contests — where both the cowboy and animal's performances are judged — include bareback and saddle bronc riding and bull riding. Bull riding is the sport's most popular event.

