

## Lucky Lanterns

Whether it's called Chinese New Year, Lunar New Year or the Spring Festival, it's a major holiday in China and other Asian countries. The 15-day celebration begins on Feb. 5 this year and ends with the Lantern Festival, which marks the first full moon of the lunar year. Decorating these festivities are displays of glowing, hanging lanterns.

Made of paper or silk wrapped around a wooden or metal frame, Chinese lanterns were invented as early as A.D. 25. The traditional lantern shape is a sphere, representing the full moon. Some varieties take the form of other Chinese symbols, such as a dragon or lotus flower.

Decorated with calligraphy or art, the lanterns come in all sizes and can be almost any color, but usually they are red, a popular hue in China that represents happiness and good fortune. Red or gold tassels often hang from the bottom of each lantern.

Lanterns are displayed throughout spaces both outdoors and indoors. A lantern hanging in the home is a symbol of protection and good luck, and lighting it is believed to bring prosperity.



## Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.



**Wear red** — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

**Know your numbers** — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

**Get fit with a friend** — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

**Set a nutritious example** — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

**Give back** — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



**The Lewisville Estates Lifestyle**

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

Like Us!

**FEBRUARY 2019**

## Dear Residents, Families and Friends

We are spreading the love here at Lewisville Estates, as February is a special month filled with celebrating with families, friends and that special someone. Come and join us during our main event, Lunar New Year, on Thursday, Feb. 21, in our Dining Room at 6:15 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, fun Happy Hours and a special Valentine's Day Social. Our outings this month include a trip to Winstar Casino, lunch at Cracker Barrel and lunch at Cheddar's. Please don't forget to check your calendar for all the exciting things happening this month!

I hope this month brings you warm memories and lots of love as we try to stay warm by the fire during this cold weather month.

Happy Valentine's Day!

*Erin Montgomery, Executive Director*



## Fun Time!

We love to have fun here at Lewisville Estates.



### Locations

- AL Parking Lot, ALPL Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

### Birthdays

- Ralph Watkins, 2nd
- Patty Skinner, 2nd (Employee)
- Miguel Banales, 4th (Employee)
- Vernon Lambert, 12th
- Elizabeth "Betty" Davis, 12th
- Jessica Bryant, 17th (Employee)
- Patrick Slattery, 18th
- Florencia Limboc, 23rd (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

**Thursday, 2:30 p.m.**

Misc. Errands

**Friday, 9:30 a.m.**

Express Errands

**Friday, TBA**

Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Super Bowl Sunday</b> 3 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game <b>5:00 Super Bowl Sunday Social, R66</b> 6:30 Resident Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 4 10:00 Coffee & Snacks Monday Social, L <b>10:00 Dollar Tree, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> <b>3:00 Trivia Club, R66</b> 4:00 Minute to Win It Games, B 6:00 Card Games, B	<b>Chinese New Year</b> 5 <b>9:30 Chair Zumba Class w/Patty, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	<b>9:00 Out to Winstar Casino, O</b> 6 <b>9:30 Exercise w/Jacque of A.R.T., CR</b> 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR <b>3:30 Brain Class w/Ron of Advanced RehabTrust, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 7 <b>10:00 Shopping at Walmart, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> 1:00 Bridge Club, CR <b>2:30 Misc. Errands, O</b> <b>3:00 Trivia Club, R66</b> 6:00 Card Games, B	<b>Wear Red Day</b> 1 9:30 Walking Warriors, B <b>9:30 Express Errands, O</b> 10:00 Coffee & Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 2:00 Wonder Word Challenge <b>3:30 Let's Go Red for Women Happy Hour, L</b> 6:00 Card Games, B	<b>GROUNDHOG DAY</b> 2 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 11 10:00 Coffee & Snacks Monday Social, L <b>10:00 Big Lots, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> 4:00 Heart Toss, B 6:00 Card Games, B	<b>Lincoln's Birthday</b> 12 <b>9:30 Chair Zumba Class w/Patty, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>2:30 Town Hall Meeting, CR</b> <b>3:15 You Are Loved Social w/Sunshine, B</b> 6:00 Card Games, B	<b>International Pancake Day</b> 13 <b>8:00 Out for Breakfast to IHOP, O</b> <b>9:30 Exercise w/Jacque of A.R.T., CR</b> <b>10:00 Post Office/Bank, O</b> 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR <b>3:30 Brain Class w/Ron of Advanced RehabTrust, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>VALENTINE'S DAY</b> 14 <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> 1:00 Bridge Club, CR <b>2:00 Busy Hand Club, R66</b> <b>2:30 Misc. Errands, O</b> <b>3:30 Love Is in the Air Social w/Jacque, B</b> 6:00 Card Games, B	9:30 Walking Warriors, B <b>9:30 Express Errands, O</b> 10:00 Coffee & Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 2:00 Wonder Word Challenge <b>3:30 Love and Friendship Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>PRESIDENTS DAY</b> 18 <b>National Drink Wine Day</b> <b>9:30 Exercise w/Jacque of A.R.T., CR</b> 10:00 Coffee & Snacks Monday Social, L <b>10:00 Dollar Tree, O</b> <b>10:00 Hearing Aid Clinic, B</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> <b>4:00 Wine &amp; Game Social, B</b> 6:00 Card Games, B	<b>9:30 Chair Zumba Class w/Patty, CR</b> 19 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 20 <b>10:00 Post Office/Bank, O</b> 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR <b>3:30 Book Club, LL</b> <b>3:30 Brain Class w/Ron of Advanced RehabTrust, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 21 <b>10:00 Shopping at Walmart, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> 1:00 Bridge Club, CR <b>2:30 Misc. Errands, O</b> <b>3:00 Social Hour w/Legacy, B</b> 6:00 Card Games, B <b>6:15 Lunar New Year (Main Event), DR</b>	9:30 Walking Warriors, B <b>9:30 Express Errands, O</b> 10:00 Coffee & Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 2:00 Wonder Word Challenge <b>3:30 Birthday Bash, L</b> 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:30 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 25 10:00 Coffee & Snacks Monday Social, L <b>10:00 Out to Tom Thumb, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> 4:00 Minute to Win It Games, B 6:00 Card Games, B	<b>9:30 Chair Zumba Class w/Patty, CR</b> 26 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	<b>9:30 Exercise w/Jacque of A.R.T., CR</b> 27 <b>10:00 Post Office/Bank, O</b> 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR <b>3:30 Brain Class w/Ron of Advanced RehabTrust, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>Pink Shirt Day</b> 28 <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>12:30 Singalong, O</b> 1:00 Bridge Club, CR <b>2:00 Busy Hand Club, R66</b> <b>2:30 Misc. Errands, O</b> <b>3:00 Cupcake Social w/Patty, B</b> 6:00 Card Games, B		