



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

A Letter From Your Executive Director!

Love is my motivation. Without love to propel us, we would remain stagnant in our lives. We can reach our aspirations because of the care and support of our loved ones. Make sure to express your appreciation for your friends and family, and revel in the moments of joy that they bring us every day. Take the time to grab them an extra sweet treat or send them a message about how much you love them. In January, we started off the year on an amazing note. Our residents worked hard to start off their new year's resolutions right; and we had so much fun during all our wonderful events and activities!

This February will be even sweeter! Grab your valentine and dance on down to our Sweetheart's ball main event, where we will crown our 2023 Lewisville Estates Valentine's Day King and Queen! Keep an eye on our calendar so you don't miss out on any of our exciting outings we have planned this month, such as our Winstar Casino outing. Sign up our transportation book to secure your spot quickly!



FEBRUARY 2023

Employee of the Month!

Ladies and Gentlemen, we would like to announce Venicia Swilley as the Employee of the Month for February! Venicia shows willingness to help others, wherever the need is required and continues to demonstrate a positive attitude along with her professionalism. Your peers applaud you with this great honor and appreciate your dedication to be a strong team player. You make it all look oh so easy with a smile on your face. It's such a pleasure having you here, and you make the residents very happy! Congratulations and Thanks for all you do, Venicia!



INDEPENDENT LIVING

FEBRUARY
2023

Locations

Parking Lot	PL
Bistro	B
Community Room	CR
Dining Room	DR
Fitness Room	FR
Garden	G
Library	LL
Lobby	L
Outing	O
Route 66	R66
Theater	TH

Transportation
Schedule:

Monday, 10AM (Grocery Stores)
Tuesday & Thursday, 10AM (Walmart)
Wednesday, 10AM (Post Office/Bank)
Thursday, 2:30PM (Misc. Errands)
Friday, 9:30AM (Express Errands)
Friday, TBA(Field Trips/Outings)

3-Steve C.
5-Vivian D.
6-Evelyn S.
8-Nancy
10-Randy P.
12-Vernon L.
14-Arlene F.
10-Maggie
20-Debbie
22-Dolores

“True friends are like diamonds—bright, beautiful, valuable and always in style.”
—Nicole Richie

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> <div>10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 WinStar Casino & Lunch! 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 3:00 Dominos/42/Mexican Train</div>	<div>2</div> <div>9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Puzzle Mania 1:30 Cribbage 2:30 Misc. Errands 3:30 Bingo Sessions w/ Friends</div>	<div>3</div> <div>10:00 Bible Study 10:00 Mall Outing 10:30 Walk This Weigh Exercise w/ Jada 11:00 Spades 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Dance the hour Away Happy Hour</div>	<div>4</div> <div>10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Brand New</div>
<div>5</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>6</div> <div>9:00 Men’s Coffee Table 10:00 Rhythm & Moves (Exercise) 11:00 Morning Devotional 12:00 “Country Store Is Open” 2:00 Pokeno, prizes & Snacks 3:30 Hand & Foot 4:30 Crosswords before dinner</div>	<div>7</div> <div>10:00 Balance Class w/ Legacy(CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 2:00 Resident Feud 3:30 Hand & Foot</div>	<div>8</div> <div>10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Rhythm & Moves (Exercise) 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 1:00 Adult Coloring Club 3:00 Dominos/42/Mexican Train</div>	<div>9</div> <div>9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 10:30 Coloring Contest Meeting 11:00 Puzzle Mania 12:00 Crosswords 2:30 Misc. Errands 3:30 Sip & Paint</div>	<div>10</div> <div>10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 11:00 Spades 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 “Love is In The Air” Happy Hour</div>	<div>11</div> <div>10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Quartet</div>
<div>12</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>13</div> <div>10:00 Rhythm & Moves (Exercise) 11:00 Morning Devotional 12:00 “Country Store Is Open” 1:00 Adult Coloring Club 2:00 Apple Picking Contest 3:30 Hand & Foot</div>	<div>14</div> <div>Valentine’s Day 10:00 Balance Class w/ Legacy(CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 3:00 Valentine’s Dance! Crowning Valentine’s Day King & Queen Included 3:30 Hand & Foot</div>	<div>15</div> <div>10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Rhythm & Moves (Exercise) 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 3:00 “Love The Way you Move” Main Event</div>	<div>16</div> <div>9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Puzzle Mania 12:00 Crosswords 2:00 Texas Hold ‘Em 2:30 Misc. Errands</div>	<div>17</div> <div>10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 11:00 54th Street Restaurant Outing 11:00 Spades 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 All about Happy Hour</div>	<div>18</div> <div>10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Parkland</div>
<div>19</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>20</div> <div>Presidents Day 10:00 Rhythm & Moves (Exercise) 11:00 Morning Devotional 12:00 “Country Store Is Open” 2:00 Try It, You’ll Strike It (Bowling) 3:30 Hand & Foot</div>	<div>21</div> <div>10:00 Balance Class w/ Legacy(CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 1:00 Crosswords 2:30 Town Hall Meeting 3:30 Hand & Foot 4:00 Mardi Gras Party!</div>	<div>22</div> <div>10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Rhythm & Moves (Exercise) 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 2:00 Food Forum 3:00 Dominos/42/Mexican Train</div>	<div>23</div> <div>9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Puzzle Mania 2:30 Misc. Errands 3:30 Lima Bean Auction</div>	<div>24</div> <div>10:00 Bible Study 10:30 Walk This Weigh Exercise w/ Jada 11:00 Spades 1:30 Wahoo Board Game 2:00 Uno & Friends 3:30 Wine Tasting Happy Hour</div>	<div>25</div> <div>10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: The Mirror has two faces</div>
<div>26</div> <div>8:30 “In Search of The Lord’s Way” (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania</div>	<div>27</div> <div>10:00 Rhythm & Moves (Exercise) 11:00 Morning Devotional 12:00 “Country Store Is Open” 1:00 Puzzle Mania 2:00 Epic Ring Toss 3:30 Hand & Foot 4:30 Crosswords before dinner</div>	<div>28</div> <div>10:00 Balance Class w/ Legacy(CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 3:30 Hand & Foot</div>				



Take Notice

February is National Black History Month.



Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

Red. The color of romance, red roses have a simple yet heartfelt message: "I love you."

Additional symbols of a red rose include respect, passion and beauty.

White. Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

Yellow. The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

Pink. Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

Lavender. These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

Orange. Bold and beautiful, orange roses carry a message of excitement and passion, and can also be used to tell someone "I'm proud of you."

