



Independent Living

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

February 2015

Dear Residents and Families

We have many fun and exciting events scheduled for this month, so make sure you check the calendar!

- We will be kicking off February with a Super Bowl party, so make sure you have your football gear ready to support your team of choice.
- I am excited to announce we will be starting a book club. If you have any suggestions or ideas, let us know. We are looking for volunteers to help with this club!
- Lewisville Estates will be hosting a special Valentine's Day Dinner with candles and carnations! Place your reservation at the front desk as soon as possible.
- Mardi Gras Ball on Feb. 19 at 6 p.m. Join us for cocktails and live entertainment. You are welcome and encouraged to invite friends and family. RSVP at the Front Desk.
- We will have a Chili Cook-Off on Thursday, Feb. 26. This event will be for all residents, families and employees who want to show off their cooking talents. Prizes will be given for the best chili.
- Happy hour is every Friday at 3:30 p.m. We will celebrate all February birthday on the 27th at the Birthday Bash Social! Feel free to invite your loved one to join in the celebration.

Have a great month,

Jessica Hazelton, Executive Director

Valentine's Day Dinner

Come and join us on Valentine's Day for a nice dinner with that special someone.



Locations

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

Transportation Schedule

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

Birthdays

- Pamela McCoy, 1st
- Patty Skinner, 2nd (Employee)
- Kathleen Buie, 7th
- Elvaleene Bengé, 8th
- Geri Rucker, 8th
- Elizabeth "Betty" Davis, 12th
- Naina Thaiba, 13th (Employee)
- Anna Sundown, 17th (Employee)
- Johnnie Nall, 19th
- Ima Jean Stephens, 22nd
- Florencia Limboc, 23rd (Employee)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>10:00 Bible Study Singalong, L 1</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>4:00 Resident Meet & Greet, L</p> <p>5:30 Super Bowl Sunday, R66</p> <p>7:00 Resident Comedy Hour, L</p>	 <p>GROUNDHOG DAY 2</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Albertsons, O</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Rowdy Ring Toss, B</p> <p>6:00 Card Games, B</p>	 <p>9:30 Chair Yoga Class, CR 3</p> <p>10:00 Catholic Communion, B</p> <p>10:00 Rosary Service, B</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Facials w/Mary Kay, AR</p> <p>1:45 Spanish Class w/Patty, AR</p> <p>2:30 Art Expression, AR</p> <p>6:00 Card Games, B</p>	 <p>9:30 Exercise w/Jacque of A.R.T., CR 4</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snacks Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>4:00 Bull's-Eye Washers, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 5</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>4:00 Bean Bag Toss, B</p> <p>6:00 Card Games, B</p>	<p>Wear Red Day 6</p> <p>8:30 Out to WinStar Casino, O</p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>2:15 Hearing Aid Clinic w/Dr. Stuart, B</p> <p>3:30 Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Coffee and Conversation, L 7</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:00 Resident's Choice, Games, AR</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:00 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L 8</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>4:00 Resident Meet & Greet, L</p> <p>7:00 Resident Comedy Hour, L</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR 9</p> <p>10:00 Albertsons, O</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>3:30 Legacy Health Chat, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR 10</p> <p>10:00 Rosary Service, B</p> <p>10:00 Shopping at Walmart, O</p> <p>10:30 Dress Up Nalis w/Avon, R66</p> <p>1:45 Spanish Class w/Patty, AR</p> <p>2:30 Town Hall Meeting, CR</p> <p>4:00 Ring Toss of Fire, L</p> <p>6:00 Card Games, B</p>	<p>7:30 Men's Breakfast of Champions, O 11</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snacks Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>4:00 Tic Tac Toss, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 12</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Scrapbooking Class, AR</p> <p>2:30 Cupcake Walk w/Legacy, CR</p> <p>4:00 Popcorn Toss, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 13</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>VALENTINE'S DAY 14</p> <p>9:30 Coffee and Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:00 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L 15</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>4:00 Resident Meet & Greet, L</p> <p>7:00 Resident Comedy Hour, L</p>	<p>PRESIDENTS' DAY 16</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Albertsons, O</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Rowdy Ring Toss, B</p> <p>6:00 Card Games, B</p>	<p>MARDI GRAS 17</p> <p>9:30 Chair Yoga Class, CR</p> <p>10:00 Catholic Communion, B</p> <p>10:00 Rosary Service, B</p> <p>10:00 Shopping at Walmart, O</p> <p>1:45 Spanish Class w/Patty, AR</p> <p>2:30 DIY Mardi Gras Mask, AR</p> <p>6:00 Card Games, B</p>	<p>ASH WEDNESDAY 18</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snacks Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:15 Heart Disease Presentation w/Accolade, B</p> <p>4:00 Bull's-Eye Washers, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 19</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>6:00 Mardi Gras Ball</p> <p>6:00 Card Games, B</p>	<p>Wear Jeans Day 20</p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>11:00 Out to Cracker Barrel, O</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Coffee and Conversation, L 21</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:00 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L 22</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>4:00 Resident Meet & Greet, L</p> <p>7:00 Resident Comedy Hour, L</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 23</p> <p>10:00 Albertsons, O</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR 24</p> <p>10:00 Rosary Service, B</p> <p>10:00 Shopping at Walmart, O</p> <p>1:45 Spanish Class w/Patty, AR</p> <p>2:30 Art Expression, AR</p> <p>4:00 Ring Toss of Fire, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 25</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snacks Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>4:00 Tic Tac Toss, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>National Chili Day 26</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:30 Bible Study w/Pastor Frances, B</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Chili Cook-Off, B</p> <p>4:00 Popcorn Toss, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 27</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Coffee and Conversation, L 28</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:45 Fun Flicks and Popcorn, TH</p> <p>3:00 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>

Health and Wellness: Energy Conservation

You may have heard the term energy conservation, but do you know what it means in regard to your body and physical capabilities? In the world of physical function, energy conservation means assessing our daily routines and finding ways to reduce the amount of effort needed to perform certain tasks.

Fatigue can lead to many complications such as risk of injury, inability to complete important tasks, missing out on family and social activities, sedentary lifestyle, depression and decreased interest in once enjoyed activities.

How do we reduce fatigue and stay engaged in our daily lives?

Prioritize: Do activities in order of importance. Complete tasks required to take care of ourselves, but make time for leisure activities.

Plan: Spend time planning important activities for the day and for the week.

Pace: Take rests between activities. Taking a 10-minute rest each hour will help prevent fatigue. Rest can be sitting and reading, listening to music or lying down.

Posture: Proper posture is about using muscles within their means without expending too much energy.

As we perform activities each day, our bodies expend energy. Bodies differ in terms of energy available to expend each day, due to our health, medical conditions, diet, exercise and well-being. If we are proactive and use energy-saving techniques, we can limit fatigue and actively participate in our daily lives. The therapy team can assist you with a personalized plan, allowing you to conserve energy and accomplish more in your day!

Exercise Class

Attend the exercise class with Jacque for a great workout and fun time!



Resident of the Month

Our Life Enrichment Activities Program would like to recognize Mr. Vernond "Bud" Gillen. Bud is always participating in activities and enjoying all the different events. Thank you, Bud for your fun personality and love. We are so happy to have you as part of our Lewisville Estates Family.



How the Super Bowl Got Started

How did the name Super Bowl get started? Originally, many suggested it be titled The Big One or The Final Game. But a Texas financier and owner of the Kansas City Chiefs, Lamar Hunt, came up with the idea of calling it "Super Bowl" after watching his daughter play with a Super Ball — a small, high-bouncing ball that was very popular at the time. It's ironic that a woman was responsible for naming this annual event that is beloved by males!

The games have been identified with Roman numerals rather than numbers since 1971. It wasn't until Super Bowl IV, in 1970, that the title Super Bowl actually appeared on tickets. However, on June 4, 2014, it was announced that in 2016, Superbowl L will not be in Roman numerals. They didn't like the L as 50. As a result, they are breaking from tradition for one year and using 50 in the logo. However, for 2017, they will return to Roman numerals once again and use LI to represent 51.