



The Lewisville Estates Lifestyle

Independent Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com February 2016

Dear Residents, Family 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 big event, You Had Me At Merlot, on Thursday, Feb. 18, for some wine and cheese tasting in our Dining Room at 6 p.m. Also this month we will be having events that include a special Mardi Gras Happy Hour, a Super Bowl Sunday Celebration, Valentine's Day Happy Hour and Painting with a Twist Social. Our outings this month include a trip to Winstar Casino and lunch at Regal Buffet. 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!

Jessica Hazelton
EXECUTIVE DIRECTOR



Resident of the Month

Our L.E.A.P (Life Enrichment Activity Program) would like to recognize Mrs. Erma Stoler. Erma always likes to participate in our afternoon games, Happy Hours and being part of our big event. Mrs. Erma is always in our Lobby with a great smile and is always helping others. Thank you, Mrs. Erma, for your great personality and kind heart. We are so glad to have you here at Lewisville Estates.



Happy Hour Time

Happy Hour is every Friday at 3:30 p.m. Come and join us for a fun time!



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

FEBRUARY 2016

Locations

- Activity Room, AR
- 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

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**
- Pamela McCoy, 1st
- Patty Skinner, 2nd (Employee)
- Kathleen Buie, 7th
- Geri Rucker, 8th
- Elvaleene Bengé, 8th
- Robert Schauseil, 9th
- Elizabeth "Betty" Davis, 12th
- Naina Thaiba, 13th (Employee)
- Johnnie Nall, 19th
- Ima Jean Stephens, 22nd
- Florencia Limboc, 23rd (Employee)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Community Pep Rally, L 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	GROUNDHOG DAY 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:15 Bible Study, B 4:00 Nutella Tasting and Game, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B	Wear Red Day 9:30 Walking Warriors 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge Bridge, CR 1:00 1:45 Ear & Hearing Clinic w/Dr. Stuart, B 2:00 Express Errands, O 3:30 Mardi Gras Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
Superbowl Sunday 7 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 5:00 Superbowl Sunday Social, R66 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B	MARDI GRAS 9 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 10:30 Dress Up Nails w/Avon, R66 1:45 Line Dancing w/Geri, L 2:30 Town Hall Meeting, CR 2:30 Art Expression, AR 3:30 Spreading a Little Love Social With Sunshine 6:00 Card Games, B 6:15 Movie Night With Pastor Frances, TH	ASH WEDNESDAY 10 Popcorn Week 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 4:00 Popcorn and Popcorn Toss Game, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 11 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 Valentine's Game w/Jacque, B 6:00 Card Games, B	Wear White Shirt Day 12 8:30 Out to Winstar Casino, O 9:30 Walking Warriors 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge Bridge, CR 1:00 2:00 Express Errands, O 3:30 You Are My Valentine Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
VALENTINE'S DAY 14 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	PRESIDENTS DAY 15 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 16 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 18 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B 6:00 You Had Me at Merlot (Big Event), DR	Women in Blue Jeans Day 19 9:30 Walking Warriors 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge Bridge, CR 1:00 2:00 Express Errands, O 3:30 Casual and Fun Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	Margarita Day 22 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Margarita & Game Social, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 23 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:30 Book Club, LL 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 25 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 2:30 Chili Social, B 6:00 Card Games, B	Cupcake Day 26 9:30 Walking Warriors 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge Bridge, CR 11:00 Out to Regal Buffet, O 1:00 2:00 Express Errands, O 3:30 Cupcake Birthday Bash, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 5:30 Oscar Viewing Party, R66 6:30 Resident Card Games, B	Leap Year Day 29 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 6:00 Card Games, B					

Hungry for a Healthy Heart

There are plenty of foods with heart health benefits. Find out why health experts advise filling up on these options:

Beans, lentils and chickpeas: Packed with protein — but without the cholesterol that comes with animal sources — these legumes are a key component of a heart-healthy diet and can help control blood sugar. These high-fiber foods also prevent bad cholesterol from being absorbed by the body.

Yogurt: High in potassium, yogurt and other dairy products can help reduce high blood pressure. But the probiotics in yogurt could have an added benefit for your heart: By fighting “unfriendly” bacteria in the mouth, yogurt may protect against gum disease, which can raise your risk for heart disease.

Grapes and raisins: Thanks to the presence of resveratrol, which can prevent blood clotting as well as lower cholesterol and blood pressure, red grapes are a popular choice on heart-healthy menus. Both red and white grapes contain polyphenols that can prevent atherosclerosis (hardening of the arteries), and raisins can fight inflammation and bacteria that cause gum disease.

Avocados: The healthy monounsaturated fats in this creamy fruit help reduce bad cholesterol, and anti-inflammatory properties reduce the risk of developing atherosclerosis. An abundance of antioxidants and potassium make avocado a welcome addition to salads, sandwiches and dips.



Arts and Crafts Time

Come and Join us every Tuesday afternoon for Arts and Crafts!



Health and Wellness: Feeling Good As You Age

Want to know how you can maximize your well-being and reduce your risk for depression?

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.

What are some risk factors for depression?

- Health problems or certain medical conditions
- Loneliness and isolation
- Reduced sense of purpose
- Fear
- Recent bereavement
- Certain medications

80 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, please talk to us.

Tiffani

LEGACY HEALTHCARE SERVICES

