

Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.



Resident of the Month

Our Activity program would like to recognize Inge Reece. Inge likes to participate in different activities like pokeno, bingo, afternoon games, happy hours and being part of our big events. Thank you, Inge, for your great smile and personality. We are so happy you are part of our family here at Lewisville Estates.



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 main event, That's Amore, on Thursday, Feb. 15, for some great Italian music in our Dining Room at 6 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, Mardi Gras party during our Happy Hour and a special Valentine's Day Social. Our outings this month include a trip to Winstar Casino, lunch at Red Lobster and lunch at Braum'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.

Happy Valentine's Day!

Jessica Hazelton

EXECUTIVE DIRECTOR



Craft Time!

Come and join us for fun arts and crafts every Tuesday afternoon.



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

Transportation Schedule

- Monday 10 a.m. Grocery Stores
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Friday TBA Field Trips/Outing
- Friday 2 p.m. Express Errands

“Be sweet, be good, and honest always.”

— Emma Bunton

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Patty Skinner, 2nd (Employee)</p> <p>Ralph Watkins, 2nd</p> <p>Miguel Banales, 4th (Employee)</p>	<p>Birthdays</p> <p>Kathie Edwards, 7th</p> <p>Geri Rucker, 8th</p> <p>Elvaleene Bengé, 8th</p> <p>Evaleene Dunn, 9th</p> <p>Elizabeth “Betty” Davis, 12th</p>	<p>Jessica Bryant, 17th (Employee)</p> <p>Patrick Slattery, 18th</p> <p>Florencia Limboc, 23rd (Employee)</p>		<p>9:30 Balance Class w/ Legacy, CR 1</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/ Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Valentine’s Adult Coloring Club, B</p> <p>6:00 Card Games, B</p>	<p>GROUNDHOG DAY 2</p> <p>Wear Red Day</p> <p>9:30 Walking Warriors, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Let’s Go Red for Women Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 3</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>2:30 Crafts With Sandra, B</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>Super Bowl Sunday 4</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>5:00 Super Bowl Sunday Social, R66</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 5</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Shopping at Dollar Tree, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Trivia Club, B</p> <p>4:00 Hearth Toss Game, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 6</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR 7</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee & Snack 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>3:15 Bible Study, TH</p> <p>4:00 Bean Bag 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 8</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/ Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Busy Hand Club, B</p> <p>3:30 Xoxo Social With Jacque of A.R.T, B</p> <p>6:00 Card Games, B</p>	<p>Winter Olympics Begins 9</p> <p>9:30 Walking Warriors, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>11:00 Out to Red Lobster, O</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Mardi Gras Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 10</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>11</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>Lincoln’s Birthday 12</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Big Lots, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Legacy Health Chat, B</p> <p>6:00 Card Games, B</p>	<p>MARDI GRAS 13</p> <p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Town Hall Meeting, CR</p> <p>3:30 Mardi Gras Social With Sunshine, B</p> <p>6:00 Card Games, B</p>	<p>ASH WEDNESDAY VALENTINE’S DAY 14</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 & Snack 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>3:15 Bible Study, TH</p> <p>3:30 Love Is in the Air Social, 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 15</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/ Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Legacy Social Hour, B</p> <p>6:00 Card Games, B</p> <p>6:00 That’s Amore (Main Event), DR</p>	<p>9:30 Walking Warriors, B 16</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Express Errands, O</p> <p>3:30 Winter Olympic Happy Hour</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 17</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>18</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>PRESIDENTS DAY 19</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:00 Star Kids Musical, L</p> <p>3:15 Trivia Club, B</p> <p>4:00 Ring Toss of Fire, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 20</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Scrapbooking Club, CR</p> <p>6:00 Card Games, B</p>	<p>8:00 Out to Winstar Casino, O 21</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snack 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>3:15 Bible Study, TH</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>National Margarita Day 22</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Misc. Errands, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/ Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Shopping at Walmart, O</p> <p>3:30 Margaritas & Horse Race Game, B</p> <p>6:00 Card Games, B</p>	<p>Women in Blue Jeans Day 23</p> <p>9:30 Walking Warriors, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>11:00 Out to Braum’s, O</p> <p>1:00 Bridge Club, 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 Walking Warriors 24</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>Closing Ceremony of Winter Olympics 25</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>Cupcake Day 26</p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Winco, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Trivia Club, B</p> <p>3:30 Decorating Cupcakes Social, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 27</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Card Games, B</p>	<p>Pink Shirt Day 28</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 & Snack 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>3:15 Bible Study, TH</p> <p>3:30 Book Club, LL</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>			