

Fun Outings!

We always have a great time during our outings!



Out to Winstar Casino



Aim to Be Wellderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Wellderly Week, the third week in March, encourages seniors to embrace growing older. What does it mean to be "wellderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal. A number of lifestyle choices contribute to being wellderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong



sense of purpose. Gratitude, humor and joy are also traits of the wellderly. A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.

Big Easy Eats

Food is part of the fun of Mardi Gras celebrations. Let the good times roll with this menu of classic New Orleans cuisine:

Gumbo — The official state dish of Louisiana, gumbo is a thick stew or soup that is served over rice. There are countless variations, but seafood gumbo and chicken and sausage gumbo are the most popular.

Jambalaya — This hearty rice dish includes a mix of meat, seafood and vegetables. Creole versions include tomatoes while Cajun versions do not.

Etouffee — Pronounced "ay-too-fay," it's a seafood stew that most often features crawfish, shrimp or crab, and is served atop rice.

Po'boy — Whether it's stuffed with fried shrimp, fried oysters or roast beef, the French bread is said to be the key to this iconic New Orleans sandwich. Locals order their po'boys "dressed," which means lettuce, tomatoes, mayonnaise and pickles are added.



Beignets — The city's French Quarter is famous for eateries that serve these deep-fried pastries that are covered with powdered sugar. They are traditionally paired with a cup of chicory coffee or a café au lait.

The Lewisville Estates Lifestyle

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MARCH 2019

Dear Residents, Families and Friends

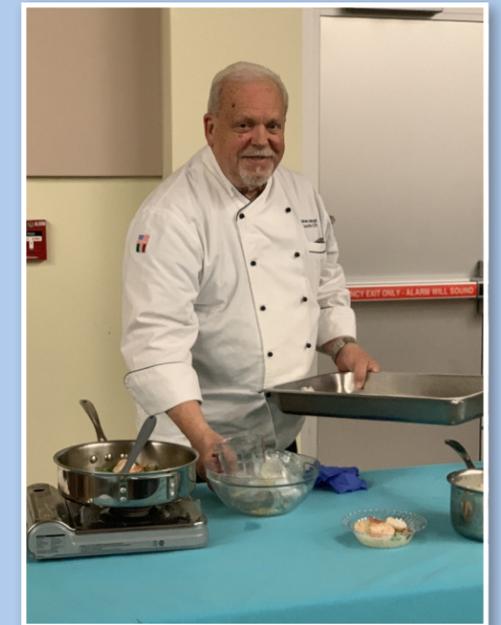
Top o' the mornin' to ya! We are getting in the swing of a whole month of Irish fun! Every March 17, thousands of people march in Irish pride parades, eat green clover-shaped cookies and quaff frosty mugs of green beer in celebration of St. Patrick's Day, but do you really know who St. Patrick was and why he is celebrated?

Patrick was born in AD 387 just south of Hadrian's Wall in Britain, which was part of the Roman Empire (that's right, he wasn't Irish!). He was captured by Irish pagans in his early teens and taken to Ireland, where he was enslaved for six years. During that time, he grew to like the spirit of the Irish. When he escaped and returned to his family, he vowed to one day return to Ireland. Many stories are told in connection with St. Patrick. The three-leaf clover was said to be used by the saintly bishop to explain the Trinity to the pagans, which is why it is such a common St. Patrick's Day symbol.

We have many fun events planned this month, including our "Luck O' the Irish" on March 21, at 6:15 p.m. We have our Employee Appreciation Happy Hour on March 1. Outings for March will include Tierney's and Braum's. Also, please join our daily exercise classes that take place in the community room (special thanks to Legacy Rehab and Advanced Rehab Trust). May your troubles be less and your blessings be more, and nothing but happiness come through your door!

Cheers,

Erin Montgomery
Executive Director



INDEPENDENT LIVING

MARCH 2019

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

Eugene Makarenko, 2nd
Bill Manire, 4th
Joan Fink, 5th
Ida Ekern, 9th
Virginia Jackson, 14th
Harold Smith, 16th
Debra Langley, 17th (Employee)
Kaylee Phillips, 19th
Rose Hedlund, 26th
Tom Doyle, 27th
Wayne Bealty, 30th
Jordan Luna, 30th (Employee)

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

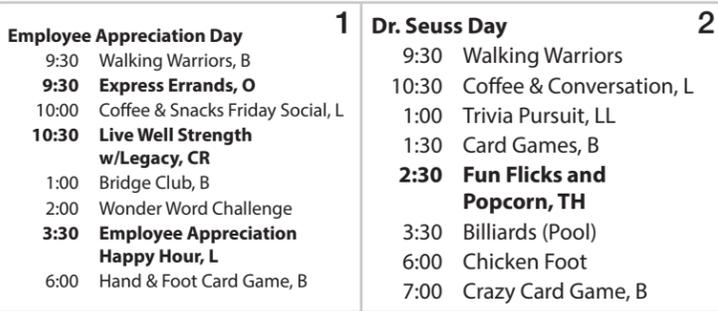
Thursday, 10 a.m.
Walmart

Thursday, 2:30 p.m.
Misc. Errands

Friday, 9:30 a.m.
Express Errands

Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
7:30 The Truth in Love (TV Channel 7), R66 3	9:30 Exercise w/Jacque of A.R.T., CR 4	MARDI GRAS 5	ASH WEDNESDAY 6	9:30 Balance Class w/Legacy, CR 7	Employee Appreciation Day 1	Dr. Seuss Day 2
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66	10:00 Coffee & Snacks Monday Social, L	9:30 Chair Zumba Class w/Patty, CR	9:30 Exercise w/Jacque of A.R.T., CR	10:00 Shopping at Walmart, O	9:30 Walking Warriors, B	9:30 Walking Warriors
9:00 Bible Study, CR	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Shopping at Walmart, O	10:00 Post Office/Bank, O	10:00 Blood Pressure Check w/Legacy, CR	9:30 Express Errands, O	10:30 Coffee & Conversation, L
1:15 Chicken Foot, LL	2:00 Pokeno for Prizes, CR	10:00 Catholic Communion, B	10:00 Current Events Coffee & Snack Wednesday Social, L	10:00 Coffee & Snacks Friday Social, L	10:00 Coffee & Snacks Friday Social, L	1:00 Trivia Pursuit, LL
3:00 Resident Choice Game	2:30 Singalong w/Karen, L	10:30 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Live Well Strength w/Legacy, CR	10:30 Live Well Strength w/Legacy, CR	1:30 Card Games, B
6:00 Chicken Foot	3:00 Trivia Club, R66	1:00 Bridge Club, B	2:00 Sassy Senior \$1 Bingo, CR	10:15 Bible Study w/Pastor Frances, CR	11:00 Out to Tierney's Cafe, O	2:30 Fun Flicks and Popcorn, TH
6:30 Resident Card Games, B	4:00 Ring Toss, B	3:00 Mardi Gras Social, B	3:30 Brain Class w/Ron of Advanced RehabTrust, B	12:30 Singalong, O	1:00 Bridge Club, B	3:30 Billiards (Pool)
	6:00 Hand & Foot Card Game, B	6:00 Hand & Foot Card Game, B	6:00 Nickel (Card Game), B	2:30 Misc. Errands, O	2:00 Wonder Word Challenge	6:00 Chicken Foot
			6:45 Bring a Friend Movie Night, TH	3:00 Trivia Club, R66	3:30 Hidden Talent Happy Hour, L	7:00 Crazy Card Game, B
				6:00 Mexican Train, LL	6:00 Hand & Foot Card Game, B	
DAYLIGHT SAVING TIME BEGINS 10	9:30 Exercise w/Jacque of A.R.T., CR 11	Girl Scout Birthday 12	9:30 Exercise w/Jacque of A.R.T., CR 13	Potato Chip Day 14	Wear Green Day 15	9:30 Walking Warriors 16
7:30 The Truth in Love (TV Channel 7), R66	10:00 Coffee & Snacks Monday Social, L	9:30 Chair Zumba Class w/Patty, CR	10:00 Post Office/Bank, O	9:30 Balance Class w/Legacy, CR	9:30 Walking Warriors, B	10:30 Coffee & Conversation, L
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Shopping at Walmart, O	10:00 Current Events Coffee & Snack Wednesday Social, L	10:00 Shopping at Walmart, O	9:30 Express Errands, O	1:00 Trivia Pursuit, LL
9:00 Bible Study, CR	2:00 Pokeno for Prizes, CR	10:00 Catholic Communion, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:30 Card Games, B
1:15 Chicken Foot, LL	2:30 Singalong w/Karen, L	10:30 Rosary Service, B	2:00 Sassy Senior \$1 Bingo, CR	10:15 Bible Study w/Pastor Frances, CR	10:30 Live Well Strength w/Legacy, CR	2:30 Fun Flicks and Popcorn, TH
3:00 Resident Choice Game	4:00 Minute to Win It Games, B	1:00 Bridge Club, B	3:30 Brain Class w/Ron of Advanced RehabTrust, B	12:30 Singalong, O	1:00 Bridge Club, B	3:30 Billiards (Pool)
3:30 Gospel Hour w/Andy, L	6:00 Hand & Foot Card Game, B	2:30 Town Hall Meeting, CR	6:00 Book Club: '50s and '60s, LL	2:00 Busy Hand Club, R66	2:00 Wonder Word Challenge	6:00 Chicken Foot
6:00 Chicken Foot		3:15 Lucky to Have You, B	6:00 Nickel (Card Game), B	2:30 Misc. Errands, O	3:30 Hug Me for Luck Happy Hour, L	7:00 Crazy Card Game, B
6:30 Resident Card Games, B		6:00 Hand & Foot Card Game, B	6:45 Bring a Friend Movie Night, TH	3:00 Social Hour w/Jacque, B	6:00 Hand & Foot Card Game, B	
				6:00 Mexican Train, LL		
ST. PATRICK'S DAY 17	9:30 Exercise w/Jacque of A.R.T., CR 18	9:30 Chair Zumba Class w/Patty, CR 19	SPRING BEGINS 20	9:30 Balance Class w/Legacy, CR 21	Wear Spring Colors 22	9:30 Walking Warriors 23
7:30 The Truth in Love (TV Channel 7), R66	10:00 Coffee & Snacks Monday Social, L	9:30 Chair Zumba Class w/Patty, CR	9:30 Exercise w/Jacque of A.R.T., CR	10:00 Shopping at Walmart, O	9:30 Walking Warriors, B	10:30 Coffee & Conversation, L
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Shopping at Walmart, O	10:00 Post Office/Bank, O	10:00 Shopping at Walmart, O	9:30 Express Errands, O	1:00 Trivia Pursuit, LL
9:00 Bible Study, CR	2:00 Pokeno for Prizes, CR	10:00 Catholic Communion, B	10:00 Current Events Coffee & Snack Wednesday Social, L	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:30 Card Games, B
1:15 Chicken Foot, LL	2:30 Singalong w/Karen, L	10:30 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:15 Bible Study w/Pastor Frances, CR	10:30 Live Well Strength w/Legacy, CR	2:30 Fun Flicks and Popcorn, TH
3:00 Resident Choice Game	3:15 Legacy Health Chat, B	1:00 Bridge Club, B	2:00 Sassy Senior \$1 Bingo, CR	12:30 Singalong, O	11:00 Urbano Enchilada/Taco Bar, O	3:30 Billiards (Pool)
6:00 Chicken Foot	6:00 Hand & Foot Card Game, B	2:30 Art Expression, CR	3:30 Brain Class w/Ron of Advanced RehabTrust, B	2:30 Misc. Errands, O	1:00 Bridge Club, B	6:00 Chicken Foot
6:30 Resident Card Games, B		6:00 Hand & Foot Card Game, B	6:00 Nickel (Card Game), B	3:30 Cupcake Walk w/Legacy, CR	2:00 Wonder Word Challenge	7:00 Crazy Card Game, B
			6:45 Bring a Friend Movie Night, TH	6:00 Mexican Train, LL	3:30 Spring Fling Happy Hour, L	
				6:15 Luck of the Irish (Main Event), DR	6:00 Hand & Foot Card Game, B	
7:30 The Truth in Love (TV Channel 7), R66 24	9:30 Exercise w/Jacque of A.R.T., CR 25	9:30 Chair Zumba Class w/Patty, CR 26	9:30 Exercise w/Jacque of A.R.T., CR 27	9:30 Balance Class w/Legacy, CR 28	9:30 Walking Warriors, B 29	9:30 Walking Warriors 30
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66	10:00 Coffee & Snacks Monday Social, L	9:30 Chair Zumba Class w/Patty, CR	10:00 Post Office/Bank, O	10:00 Shopping at Walmart, O	9:30 Express Errands, O	10:30 Coffee & Conversation, L
9:00 Bible Study, CR	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Shopping at Walmart, O	10:00 Current Events Coffee & Snack Wednesday Social, L	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:00 Trivia Pursuit, LL
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3:00 Resident Choice Game	2:30 Singalong w/Karen, L	10:30 Rosary Service, B	2:00 Sassy Senior \$1 Bingo, CR	12:30 Singalong, O	1:00 Bridge Club, B	2:30 Fun Flicks and Popcorn, TH
6:00 Chicken Foot	4:00 Minute to Win It Games, B	1:00 Bridge Club, B	3:30 Brain Class w/Ron of Advanced RehabTrust, B	2:00 Busy Hand Club, R66	2:00 Wonder Word Challenge	3:30 Billiards (Pool)
6:30 Resident Card Games, B	6:00 Hand & Foot Card Game, B	2:30 Art Expression, CR	6:00 Out to Outback Steak House, O	2:30 Misc. Errands, O	3:30 Birthday Bash, L	6:00 Chicken Foot
		6:00 Hand & Foot Card Game, B	6:00 Nickel (Card Game), B	3:30 Activity Meeting and Ice Cream Social w/Patty, B	6:00 Hand & Foot Card Game, B	7:00 Crazy Card Game, B
			6:45 Bring a Friend Movie Night, TH	6:00 Mexican Train, LL		
7:30 The Truth in Love (TV Channel 7), R66 31						
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						
6:00 Chicken Foot						
6:30 Resident Card Games, B						