

Activity Updates

Spring is in the air, and the hope of warmer weather is coming! As we spring forward, don't forget to check out the following fun days we will be celebrating in March:

Dr. Seuss's Birthday: The Golden Readers will be reading Dr. Seuss books LIVE on Facebook!

National Anthem Day: Join us for trivia and fun facts about our National Anthem!

Oreo Cookie Day: Enjoy trivia and Oreo snacks today!

Girl Scout Day: Let's celebrate the founding of the Girl Scouts during happy hour by serving Girl Scout Cookies!

St. Patrick's Day: We will host a pub crawl with different wines and beers stationed around the community!

Coca Cola's Birthday: A coke tasting will be featured before lunch on this day! These are just a few of the many events and activities coming your way in March.



America's Song

It was from a ship in Baltimore Harbor during the War of 1812 that lawyer Francis Scott Key wrote a stirring poem. Its words would then become the lyrics to America's national anthem.

Key witnessed the daylong Battle of Baltimore while being held prisoner aboard a British warship. At daybreak on Sept. 14, 1814, he saw that the large American flag was still flying over Fort McHenry, announcing victory over Great Britain. Moved by the sight, Key took an envelope from his pocket and began to draft a poem, which he titled "Defence of Fort McHenry." It would eventually be published in handbills and newspapers. Key set his patriotic poem to the tune of a popular drinking song, and soon it was being called "The Star-Spangled Banner."

By 1889, the U.S. Navy began playing Key's work at official occasions, and President Woodrow Wilson made the song part of his public appearances beginning in 1916. On March 3, 1931, a resolution by Congress, signed by President Herbert Hoover, declared the song America's national anthem.

Today, along with official functions and patriotic holidays, it's common for the national anthem to be performed before sporting events, a tradition that began at baseball games during World War II.



Dear Lewisville Estates Residents and Families

Excitement is in the air here now that we have received our second dose of the Covid-19 vaccine! We celebrated with a "Kiss Covid Goodbye" photo booth and enjoyed being able to breathe a small sigh of relief. We are all looking forward to spring weather and some great activities we have planned, such as our St. Patrick's Day Pub Crawl Happy Hour. Don't forget to follow and like us on Facebook, Instagram and TikTok! We love sharing our residents and staff having fun and keeping everyone informed about events going on in the community.

The Lewisville Estates Management Team

With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants.



INDEPENDENT LIVING

MARCH 2021

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, 10 a.m.
Walmart

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

Friday, 9:30 a.m.
Express Errands

Friday, TBA
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Pokeno for Prizes, CR 3:30 Ambassadors Meeting, CR	Dr. Seuss' Birthday 9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:30 The Golden Readers, CR 4:00 Walmart Grocery Orders, B	National Anthem Day 10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 2:30 National Anthem History & Trivia, CR 7:00 Evening Movie, TH	9:00 Walking Club, L 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 2:00 Billion Dollar Bingo, CR 3:15 Singalong Group, CR	9:00 Men's Coffee Group, B 10:00 Bible Study, CR 1:30 Virtual Tour: Belfast Ireland, R66 2:00 Card Games, B 3:00 Happy Hour, L	Oreo Cookie Day 9:30 Walking Club 10:30 Coffee Club, L 11:00 Oreo Cookie Trivia, L 2:30 Movies and Popcorn, TH
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 2:00 Bridge, F 3:00 Resident Choice Game, B	10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Pokeno for Prizes, CR 3:30 The Golden Readers, CR	9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:30 Crafters Corner, CR 4:00 Walmart Grocery Orders, B	10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 2:30 Dominoes Club, B 7:00 Evening Movie, TH	9:00 Walking Club, L 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 2:00 Billion Dollar Bingo, CR 3:30 Dog Therapy w/Sam, L	Girl Scout Day 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 1:30 Virtual Tour: Louvre Museum, R66 2:00 Card Games, B 3:00 Happy Hour, L	9:30 Walking Club 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
DAYLIGHT SAVING TIME BEGINS 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 2:00 Bridge, F 3:00 Resident Choice Game, B	Ides of March 10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Pokeno for Prizes, CR 3:30 Ambassadors Meeting, CR	9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:30 Beach Ball Team Toss, CR 4:00 Walmart Grocery Orders, B	ST. PATRICK'S DAY 10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 3:00 Pub Crawl Happy Hour, L 7:00 Evening Movie, TH	9:00 Walking Club, L 9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 2:00 Billion Dollar Bingo, CR 3:15 Singalong Group, CR	9:00 Men's Coffee Group, B 10:00 Bible Study, CR 1:30 Virtual Tour: Hawaiian Islands, R66 2:00 Card Games, B 3:00 Spring Fling Birthday Bash, CR	FIRST DAY OF SPRING 9:30 Walking Club 10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
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8:30 In Search of the Lord's Way (KDFID Channel 7), R66 2:00 Bridge, F 3:00 Resident Choice Game, B	Coca Cola's Birthday 10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 12:00 Coca Cola Tasting, DR 2:00 Pokeno for Prizes, CR 3:30 Ambassadors Meeting, CR	9:00 Walking Club, L 10:00 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:30 Team Game, CR 4:00 Walmart Grocery Orders, B	10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 2:00 Legacy Balance Clinic, CR 7:00 Evening Movie, TH	Birthdays Joan Fink, 5th Ida Ekern, 9th Virginia Jackson, 14th Deanna Guidici, 16th Jan Behrens, 16th Debra Langley, 17th (Employee) Hal Callahan, 19th Konner Presley, 23rd (Employee) Rose Hedlund, 26th Jordan Luna, 30th (Employee)		