



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

Dear Residents, Families And Friends,

The brown buds thicken on the trees, Unbound, the free streams sing, As March leads forth across the leas The wild and windy spring. –Elizabeth Akers Allen

The ice and snow melt away and new growth appears to take its place. Hang up our winter coats and prepare for the new season to come. It is time to “March” forward into spring! March 20th brings about the spring equinox, marking the beginning of spring in the northern hemisphere. And if you feel as though you have been out of luck, do not fear! For March 17th is St. Patrick’s Day, a day of luck and merriment. Make sure to be on the lookout for “rainbows” of opportunity in your life, for you never know when you will come across your own pot of gold. Also, make sure to take the time to appreciate the important women in your life during International Women’s Day. *Here’s to strong women. May we know them. May we be them. May we raise them.* Last month in February, we had a lovely time celebrating Valentine’s Day! Our Sweetheart Ball main event was a blast with sweet treats and live music. We also crowned our king and queen of Valentine’s Day; may they reign supreme! I hope this month brings all of you great luck and new growth!

Smitha Krishnan
 Executive Director



MARCH 2023

Employee of the Month!

Ladies and Gentlemen, we would like to announce Lezlie Regalado as the Employee of the Month! Lezlie’s work ethic is very phenomenal! Her attitude rocks the place whenever she’s around and she’s always positive.

She works tirelessly each and every day to ensure all residents are well taken care of. Lezlie takes pride in everything she does, and it shows in her dedication to her work. Lezlie, thanks for your late nights and early mornings. We appreciate you more than you’ll ever know. Congratulations on being Employee of the Month and thanks for being a part of Lewisville Estates!



Locations

- Parking Lot PL
- Bistro B
- Community Room CR
- Dining Room DR
- Fitness Room FR
- Garden G
- Library LL
- Lobby L
- Outing O
- Route 66 R66
- Theater TH

Transportation Schedule:

- Monday, 10AM** (Grocery Stores)
- Tuesday & Thursday, 10AM** (Walmart)
- Wednesday, 10AM** (Post Office/Bank)
- Thursday, 2:30PM** (Misc. Errands)
- Friday, 9:30AM** (Express Errands)
- Friday, TBA**(Field Trips/Outings)

Happy Birthday to You All!

- March 11-Clark Arnold
- March 19-Harold Callahan
- March 26-Rose Hedlund

*"Magic is believing in yourself. If you can do that, you can make anything happen."
—Johann Wolfgang von Goethe*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUCK OF THE IRISH	WOMEN'S HISTORY MONTH		1 10:00 "Get Your Exercise On" 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 3:00 Dominos/42/Mexican Train	2 8:00 Take a Walk around L.E. 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Puzzle Mania 2:00 St. Patrick's Craft 2:30 Misc. Errands 3:30 Monopoly Board	3 10:00 Bible Study 10:30 "Get Your Exercise On" 11:00 Puzzle Table 1:30 Wahoo Board Game 2:00 Hand & Foot 2:00 Uno & Friends 3:30 March Is Here Happy Hour!	4 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Last Holiday
5 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	6 9:00 Men's Coffee Table 9:45 Big Lots 10:00 "Get Your Exercise On" 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Pokeno for Prizes 3:30 Hand & Foot 6:00 Uno & Friends	7 8:00 Take a Walk around L.E. 9:00 Adult Coloring Club 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 2:00 Hand & Foot 3:00 Ring Toss	8 International Women's Day! 10:00 "Get Your Exercise On" by the Patio 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Dallas Museum of Art 11:00 Morning Devotional 12:00 Puzzle Mania 3:00 Dominos/42/Mexican Train	9 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Babe's Chicken Outing! 11:00 Puzzle Mania 2:30 Misc. Errands 3:30 Try It, You'll Strike It (Bowling)	10 10:00 Bible Study 10:30 "Get Your Exercise On" 11:00 Puzzle Table 1:30 Wahoo Board Game 2:00 Hand & Foot 2:00 Uno & Friends 3:30 Food & Moves Happy Hour	11 International Fanny Pack Day! 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: The Switch
12 "Spring Forward" Daylight Saving Time 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	13 International Earmuffs Day 8:00 Take a Walk around L.E. 9:00 Men's Coffee Table 9:45 Dollar Tree 11:00 Morning Devotional 12:00 "Country Store Is Open" 1:00 Puzzle Table 2:00 Pokeno for Prizes 3:30 Hand & Foot	14 9:00 Men's Coffee Table 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Morning Uno 10:00 Walmart Shopping (O) 12:00 Puzzle Mania 2:00 Hand & Foot 2:30 Town Hall Meeting 6:30 Bingo Night!	15 10:00 "Get Your Exercise On" 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 3:00 Dominos/42/Mexican Train	16 National Panda Day 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Puzzle Mania 1:00 Adult Coloring Club 2:30 Misc. Errands 3:30 Luck of The Irish Main Event	17 Happy St. Patrick's Day (Green Out) 10:00 Bible Study 10:30 "Get Your Exercise On" 11:00 Puzzle Table 1:30 Wahoo Board Game 2:00 Hand & Foot 2:00 Uno & Friends 3:30 All Green Affair Happy Hour	18 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Gone with the Wind (Part 1)
19 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	20 9:30 Men's Coffee Table 9:45 Target 10:00 "Get Your Exercise On" 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Pokeno for Prizes 3:30 Hand & Foot 6:30 Card Evening	21 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet 12:00 Puzzle Mania 2:00 Hand & Foot 3:30 Uno & Friends 6:30 "Bring Your Friend to Movie Night"	22 10:00 "Get Your Exercise On" by the Patio 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 3:00 Dominos/42/Mexican Train	23 8:00 Take a Walk around L.E. 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Puzzle Mania 2:30 Misc. Errands 3:30 Wine, Snacks & Remember When!	24 10:00 Bible Study 10:30 "Get Your Exercise On" 11:00 Chili's Lunch Outing 11:00 Puzzle Table 1:30 Wahoo Board Game 2:00 Hand & Foot 2:00 Uno & Friends 3:30 All Together Happy Hour	25 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie: Gone with the Wind (Part 2)
26 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	27 8:00 Take a Walk around L.E. 9:00 Men's Coffee Table 9:45 Tom Thumb 10:00 "Get Your Exercise On" 11:00 Morning Devotional 12:00 "Country Store Is Open" 2:00 Pokeno for Prizes 3:30 Hand & Foot	28 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet 12:00 Puzzle Mania 2:00 Hand & Foot 3:30 Money Outburst	29 10:00 "Get Your Exercise On" 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 3:00 Dominos/42/Mexican Train	30 9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping (O) 11:00 Puzzle Mania 2:30 Misc. Errands 3:30 Headbanz Challenge 6:30 Game Night!	31 10:00 Bible Study 10:00 Winstar Casino & Lunch! 11:00 Puzzle Table 1:30 Wahoo Board Game 2:00 Hand & Foot 2:00 Uno & Friends 3:30 Wine & Cheese Happy Hour	



Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests. Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face. The violet was a favorite of ancient Greeks, who used the flower for food, medicine and decoration. Violets are said to symbolize love, loyalty, nobility and humility. The flower's sweet fragrance has been a staple scent in the perfume industry. In cuisine, edible violet petals are sometimes used to garnish cakes and other desserts, and as an ingredient in salads and savory dishes.

