

## Gnome Sweet Gnome

Many yards and flower beds are home to whimsical statues known as garden gnomes, which are believed to bring luck to all that grows around them.

A number of European cultures include legends about gnomes — small, humanlike creatures, usually men with white beards, who live in forests and gardens. Mischievous, yet wise and helpful, gnomes were said to come to life at night to help humans with their plants as well as protect property and nature.



Ornamental versions of these beings were used in gardens as early as the 1600s. One such artist in Germany, Philipp Griebel, made gnomes from terra cotta, and is credited with giving gnomes their now-iconic red cone-shaped hat. His statuettes became popular throughout Europe.

## 50 Years of Earth Day (Continued)

population at the time, took part in rallies, raising awareness about environmental issues and appealing to protect the health of the planet.

Earth Day's success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues, the Environmental Protection Agency, which began work in December 1970.

Today, about 1 billion people in nearly 200 countries celebrate Earth Day.



## Straw Styles

Whether worn for protection or fashion, straw hats have served as head-toppers for centuries. Weave your way through Straw Hat Month in April with a bit of history about this warm-weather accessory that's stood the test of time.

As early as the 1400s, farmers in Asia wore conical straw hats to shield themselves from the sun and rain. Illustrated manuscripts from the same period show European men wearing short-brimmed hats woven from straw. By the 19th century, both men and women donned various straw styles, including boaters, fedoras, cowboy hats and bonnets. Wide-brimmed varieties became fashionable when Hollywood actresses and runway models began sporting them.

One of the most famous straw designs is the Panama hat, made popular by President Theodore Roosevelt. When he visited the Panama Canal construction site in 1906, he was photographed wearing a light-colored straw hat with a dark band. Though it was made in Ecuador, it picked up the name Panama hat because it was sold in the region. Sales skyrocketed for the handwoven hats, and they became Ecuador's biggest export.



**The Lewisville Estates Lifestyle**

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APRIL 2020

## Dear Residents, Families and Friends

Each spring around the world, people celebrate the Spring Equinox, Passover or Easter. These holidays have crossover symbolisms. Everything about spring symbolizes freshness and new beginnings. We wish for our residents to have a fresh outlook on life and all the opportunities it holds, to become active and vibrant with the new beginnings of spring and to live each day to the fullest. No matter if the symbol of Easter to use is a chocolate bunny or the cross on your wall, please remember this is a time of new beginnings in life.

In March, we celebrated Employee Appreciation and received so many Thank Yous from residents! The Employees would like to say thank you to each and every one of you for all the kind words that were said!

April will be filled with new events; check out the calendar for more details. We will be celebrating Community Spirit Month with both staff and residents, and we would love for you and your families to join in the festivities. Lewisville Estates will be hosting our Main Event, Denim and Diamonds, on April 16. We welcome all new residents to join in on the fun and hope to see you all participating in new activities this month.

We hope that this warmer weather brings a “spring” to your step!

Erin Montgomery, Executive Director

## 50 Years of Earth Day

The modern-day environmental movement kicked off 50 years ago on the first Earth Day, April 22, 1970. The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a “national teach-in on the environment” that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country's

(Continued on back.)



INDEPENDENT LIVING

APRIL 2020

### 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

- Paul LeGalley, 2nd
- Helen Gilbert, 2nd
- Norma Porterfield, 4th
- Dorothy Burns, 9th
- Trudy Dillon, 10th
- Carol Bush, 17th
- Mildred Lee, 17th
- Robert Richardson, 18th
- Nastasya Shannon, 21st (Employee)
- Doris Bennett, 25th (Employee)
- Linda Slattery, 26th

### 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
						
<b>National Walking Day</b> <b>April Fools' Day</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Afternoon Walk, L 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	<b>National Peanut Butter and Jelly Day</b> 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 3:30 Peanut Butter and Jelly Trivia, B 6:00 Mexican Train, LL	<b>Community Spirit Month</b> <b>Wear Baseball Jersey</b> 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Community Spirit Happy Hour, L 6:00 Hand & Foot Card Game, B	<b>Vitamin C Day</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:00 Vitamin C Facts, CR 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B	<b>Community Spirit Month</b> <b>Wear Baseball Jersey</b> 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Community Spirit Happy Hour, L 6:00 Hand & Foot Card Game, B	<b>Vitamin C Day</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:00 Vitamin C Facts, CR 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B	<b>Vitamin C Day</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:00 Vitamin C Facts, CR 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
<b>PALM SUNDAY</b> 8:30 In Search of the Lord's Way (KDFID Channel 7), 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	<b>Exercise w/Jacque of A.R.T., CR</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Egg Toss, B 6:00 Hand & Foot Card Game, B	<b>National Handmade Day</b> <b>National Beer Day</b> 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	<b>PASSOVER BEGINS AT SUNSET</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Easter Egg Hunt Social w/Legacy, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	<b>Balance Class w/Legacy, CR</b> 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:00 Funny Bunny Social w/Jacque, B 6:00 Mexican Train, LL	<b>GOOD FRIDAY</b> <b>Mix Match Day</b> 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Easter Celebration Happy Hour, L 6:00 Hand & Foot Card Game, B	<b>National Pet Day</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
<b>EASTER</b> 8:30 In Search of the Lord's Way (KDFID Channel 7), 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	<b>Exercise w/Jacque of A.R.T., CR</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Rowdy Ring Toss, B 6:00 Hand & Foot Card Game, B	<b>National Gardening Day</b> 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 3:15 Not My First Rodeo Social w/Sunshine, B 4:00 Dixieland Jazz Quartet, L 6:00 Hand & Foot Card Game, B	<b>Mc Donald's Day</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Book Club: New and Popular Nonfiction, LL 3:30 Mc Donald's Trivia and Fries Social, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	<b>Balance Class w/Legacy, CR</b> 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 6:00 Mexican Train, LL 6:15 Denim & Diamonds (Main Event), DR	<b>Jazz Appreciation Month</b> <b>Twin Day</b> 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Jazz Your Way to Happy Hour, L 6:00 Hand & Foot Card Game, B	<b>Walking Warriors</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
<b>In Search of the Lord's Way (KDFID Channel 7), R66</b> 8:30 In Search of the Lord's Way (KDFID Channel 7), 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	<b>Exercise w/Jacque of A.R.T., CR</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Ring Toss of Fire, B 6:00 Hand & Foot Card Game, B	<b>Chair Zumba Class w/Patty, CR</b> 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	<b>EARTH DAY</b> <b>National Jelly Bean Day</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Nutrition Health Talk: Fruit and Vegetables, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	<b>Balance Class w/Legacy, CR</b> 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 6:00 Mexican Train, LL	<b>Wear Super Hero Shirt</b> 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Birthday Bash, L 6:00 Hand & Foot Card Game, B	<b>Walking Warriors</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
<b>In Search of the Lord's Way (KDFID Channel 7), R66</b> 8:30 In Search of the Lord's Way (KDFID Channel 7), 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	<b>Exercise w/Jacque of A.R.T., CR</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Bean Bag Toss, B 6:00 Hand & Foot Card Game, B	<b>Chair Zumba Class w/Patty, CR</b> 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	<b>Exercise w/Jacque of A.R.T., CR</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Social Hour w/Jason, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	<b>Hairstyle Appreciation Day</b> 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 2:30 Misc. Errands, O 3:00 Activity Meeting and Snack w/Patty, B 6:00 Mexican Train, LL		