

## Supporting Those With Parkinson's

An estimated 7 to 10 million people worldwide have Parkinson's disease, a progressive nervous system disorder that affects movement. During Parkinson's Disease Awareness Month in April, show your support with these ideas:

**Seasonal symbol:** In 1980, a horticulturist with Parkinson's developed a red and white tulip and named it after Dr. James Parkinson, who first recognized the disease. Since then, the tulip has become a symbol of support and research. During the month, use this motif in any way you can—make a pin to wear, hang a wreath or banner, or send a bouquet to someone you know with Parkinson's.

**Creative cause:** Several years ago, hundreds of people created panels for the Parkinson's Quilt Project, organized by the Parkinson's Disease Foundation. Follow that thread and gather with others to make your own community quilt.

**Meaningful meal:** The University of Virginia hosted the first Pancakes for Parkinson's event in 2004. The fundraiser has been recreated across the world and is a signature event of Team Fox, part of the Michael J. Fox Foundation for Parkinson's Research. Join forces to host your own pancake breakfast and donate the proceeds to a Parkinson's foundation.

## Breaking Barriers, Making History

When baseball team members across the country put on No. 42 on April 15, they're honoring one of the biggest moments in sports history, when Jackie Robinson became the first Black player in the major leagues.

In baseball's early days, a few Black players played alongside whites, but in the late 1800s, major league team owners agreed to make the sport segregated. A handful of mixed-race and Latino athletes were accepted in the MLB, but African American players could only play in the Negro Leagues.

By the 1940s, several teams wanted to get rid of baseball's color barrier. Branch Rickey, the president and general manager of the Brooklyn Dodgers, chose Robinson to play for the team. Robinson appealed to Rickey not only for his athletic ability, but also for his poise and strength of character.

On April 15, 1947, Robinson suited up in his No. 42 uniform and took the field as a first baseman for the Dodgers. In his first season, he was named the National League's Rookie of the Year. Later accomplishments include an MVP title, six All-Star games, multiple league pennants and a World Series win with the Dodgers.

In 1997, the MLB retired No. 42 across all teams, a first in any professional sport. However, every year on Jackie Robinson Day, the league's players, managers, coaches and umpires wear the number as a tribute to the legendary athlete.



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APRIL 2022

## Dear Residents, Family and Friends!

As the beautiful flowers of spring begin to bloom around us, we are reminded of all the new beginnings that spring represents. We encourage everyone to take a fresh outlook on the world and the new opportunities that present themselves to us every day. Take some time to let your loved ones know you appreciate them. Take advantage of the beautiful weather by getting active and doing things you love. Please remember to take care of yourself and live each day to the fullest.



In March, we celebrated Employee Appreciation and received so much love from residents and family members. We would like to thank each and every one of you for all the kind words and well-wishes towards our wonderful staff!

In April, we will be having a plethora of new and exciting events. We will be celebrating community spirit month with both staff and residents and would love for families and friends to join in on the festivities! We are also very excited about our Spring Fling main event and Easter celebrations with an egg hunt! Make sure to check out the calendar regularly so you don't miss out on all our fun activities.

We hope this warmer weather brings a "spring" to your step! Lewisville Estates is excited for what this new season brings and hopes you are too.

Thank you,  
*Smitha Krishnan*  
Executive Director

## Employee of The Month!

Lewisville Estates would like to recognize Maria Medel as our Employee of the Month! Maria is beyond dedicated and diligent. She always has a smile that can brighten your day. We appreciate all you do, Maria; all the little things you do every day make a huge difference!



INDEPENDENT LIVING

APRIL 2022

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
- Norma Porterfield, 4th
- Trudy Dillon, 10th
- Kathy Baker, 10th
- Clarice Shirley, 16th
- Carol Bush, 17th
- Nastasya Shannon, 21st (Employee)
- Doris Bennett, 25th (Employee)

Transportation  
Schedule

- Monday, 10 a.m.  
Grocery Stores
- Tuesday & Thursday, 10 a.m.  
Walmart
- Wednesday, 10 a.m.  
Post Office/Bank
- 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
						
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 <b>Community Church, CR</b></p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>10:00 <b>Dollar General, O</b></p> <p>10:00 <b>Arts &amp; Crafts, CR</b></p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>12:45 <b>Ambassadors Meeting, B</b></p> <p>1:00 Bridge, B</p> <p>3:30 <b>Uno, Ice Cream &amp; Friends!, B</b></p>	<p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>10:00 Catholic Communion, B</p> <p>10:00 Coloring Club, CR</p> <p>2:30 <b>Texas Hold'Em, CR</b></p> <p>3:30 <b>Scrabble, B</b></p>	<p>10:00 <b>Post Office/Bank, O</b></p> <p>10:00 <b>Tai Chi, CR</b></p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>2:00 <b>Crochet Class, B</b></p> <p>2:30 Spades (Card Game), B</p> <p>3:00 <b>Dominoes Club w/ Ice Cream, CR</b></p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>10:00 Coloring Club, B</p> <p>2:00 <b>Billion Dollar Bingo, CR</b></p> <p>2:30 <b>Misc Errands, O</b></p> <p>3:00 <b>Uno, Ice Cream &amp; Friends, B</b></p>	<p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>12:00 Coffee &amp; Conversations, L</p> <p>1:00 Adult Coloring Club, B</p> <p>3:30 <b>Friday Fun Happy Hour, L</b></p>	<p>10:30 Coffee Club, L</p> <p>11:00 <b>Trivia in the Lobby, L</b></p> <p>2:30 Movies and Popcorn, TH</p>
<p>PALM SUNDAY</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 <b>Community Church, CR</b></p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>10:00 <b>Tom Thumb, O</b></p> <p>10:30 Country Store</p> <p>10:30 Coloring Club, B</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, B</p> <p>2:00 <b>Pokeno, CR</b></p> <p>3:30 <b>"Banana Split" Social by the Garden, G</b></p>	<p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>10:00 <b>Make Up &amp; Nails by: Jada &amp; Lucinda, F</b></p> <p>1:30 Hand &amp; Foot, B</p> <p>2:30 <b>Town Hall Meeting, CR</b></p> <p>3:30 Uno &amp; Friends, B</p> <p>4:30 <b>Men's Night Out, O</b></p>	<p>10:00 Puzzle Mania w/Friends, R66</p> <p>10:00 <b>Post Office/Bank, O</b></p> <p>10:00 <b>Tai Chi, CR</b></p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Spades (Card Game), B</p> <p>3:00 Dominoes Club w/Snacks, CR</p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>12:00 Puzzle Mania w/ Friends, R66</p> <p>2:00 <b>Billion Dollar Bingo, CR</b></p> <p>2:30 <b>Misc Errands, O</b></p>	<p>GOOD FRIDAY PASSOVER BEGINS AT SUNSET</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:00 Adult Coloring Club, B</p> <p>10:30 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>11:30 <b>Mama's Daughter Diner, O</b></p> <p>12:00 Puzzle Mania w/ Friends, R66</p> <p>3:30 <b>Happy Hour, L</b></p>	<p>10:30 Coffee Club, L</p> <p>11:00 <b>Trivia in the Lobby, L</b></p> <p>2:30 Movies and Popcorn, TH</p>
<p>EASTER</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 <b>Community Church, CR</b></p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>10:00 <b>Dollar Tree, O</b></p> <p>10:00 <b>"Sip &amp; Paint", CR</b></p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, B</p> <p>2:00 Pokeno, CR</p> <p>3:30 <b>Hand &amp; Foot, B</b></p> <p>4:00 Uno &amp; Ice Cream, B</p>	<p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>10:00 Catholic Communion, B</p> <p>12:00 Puzzle Mania w/ Friends, R66</p> <p>2:00 20 Questions, CR</p> <p>3:00 <b>"Try it You'll Strike It", CR</b></p> <p>4:00 Bucket Toss w/ Something Inside, CR</p> <p>4:30 <b>On The Border (Dinner Outing), O</b></p>	<p>10:00 <b>Post Office/Bank, O</b></p> <p>10:00 <b>Tai Chi, CR</b></p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:30 Wahoo Board Game!, CR</p> <p>2:30 Spades (Card Game), B</p> <p>3:00 <b>Dominoes Club w/ Ice Cream, CR</b></p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>2:30 <b>Misc Errands, O</b></p> <p>6:00 <b>"Easter Egg Hunt" Main Event!, CR</b></p>	<p>EARTH DAY</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>12:00 Puzzle Time w/ Friends, R66</p> <p>3:30 <b>Happy Hour, L</b></p>	<p>10:30 Coffee Club, L</p> <p>11:00 <b>Trivia in the Lobby, L</b></p> <p>2:30 Movies and Popcorn, TH</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 <b>Community Church, CR</b></p> <p>3:00 Resident Choice Game, B</p>	<p>10:00 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>10:00 <b>Kroger, O</b></p> <p>10:30 Country Store</p> <p>10:30 Coloring Club</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, B</p> <p>2:00 <b>Pokeno, CR</b></p> <p>3:30 Bean Bag Toss, CR</p>	<p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>10:00 <b>Make Up &amp; Nails by: Jada &amp; Lucinda, F</b></p> <p>12:30 Wahoo Board Game!, CR</p> <p>1:30 Hand &amp; Foot, B</p> <p>2:00 <b>Movie &amp; Grub!, TH</b></p>	<p>10:00 <b>Post Office/Bank, O</b></p> <p>10:00 <b>Tai Chi, CR</b></p> <p>10:30 Country Store</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 <b>Would You Rather? Game, B</b></p> <p>2:00 <b>Food Forum, DR</b></p> <p>3:00 Dominoes Club w/Snacks, CR</p> <p>7:30 <b>Movie Night, CR</b></p>	<p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 <b>Walmart Shopping, O</b></p> <p>12:30 HedBanz, B</p> <p>2:00 Wahoo Board Game!, CR</p> <p>2:30 <b>Misc Errands, O</b></p> <p>3:00 <b>Lima Bean Auction!, CR</b></p>	<p>9:00 Men's Coffee Group, B</p> <p>10:00 Bible Study, CR</p> <p>10:30 <b>Fab, Fit &amp; Fun w/Jada, CR</b></p> <p>3:30 <b>Friday Fun Happy Hour, L</b></p>	<p>10:30 Coffee Club, L</p> <p>11:00 <b>Trivia in the Lobby, L</b></p> <p>2:30 Movies and Popcorn, TH</p>