

# Happy Birthday!

## Residents

- 2- Lillian Dunn
- 3- Freda La Nell Kight
- 4- Kate Cooper
- 5- Karen Waters
- 10- Trudy Dillon
- 15- Wanda Allen
- 20- Judy Garland Schultz
- 22- Marion Pinks Kenney
- 28- Peal Parker
- 28- Elaine Richards

## Employee

- 2- Veronica Wilson
- 14- Mandi Horn
- 20- Nastasya Shannon
- 21- Shajuana Brooks
- 25- Noelito Villanueva
- 25- Doris Bennett



May your Special day be filled with memories and flowers, Friendship and Happiness!

# Current Events

- 4/5 2nd Time around Senior Prom  
Time: 5:30pm  
Place: Outing
- 4/8 Town Hall Meeting  
Time: 3:30pm  
Place: Community Room
- 4/9 Men's Breakfast  
Time: 7:30am  
Place: Outing
- 4/11 Fort Worth Zoo  
Time: 8:30am  
Place: Outing



4/17 Barber Shop Quartet  
Time: 6:30pm  
Place: AL Courtyard

4/18 Pajama & Easter Hunt  
Time: All Day  
Place: IL & AL



4/25 Lunch Out: La Madeleine  
Time: 10:30am  
Place: Outing

# Legacy Health Chat (Continued)

« Continued from front page.

A great new addition could be to learn a little Spanish, maybe how to sign, or even how to Country Line Dance or Zumba. Take a look around the calendar this month and pick something new that you know the least about, and just try it. Don't just think about it, get moving!

Last month our big winner in the gift card raffle was Janice Coffey. For this month, our health talk will cover Stress Awareness. We all experience a little bit of stress in our daily lives, but we often don't think about the short-term and long-term effects stress plays on our health. So come join in on the discussion April 14th at 3:30 in The Bistro at the IL, or April 21st at 3:30 in the Community Room at the AL. For all those who attend, you get to fill out a quick questionnaire for another chance to win a Walmart gift card!

Last month we started our biweekly Balance Clinic. We are focusing on helping everyone become a little more active with a little less fear of falling. If you

have bad ankles, bad knees or just know you've been relying on that walker just a little more than usual, please stop by. We will be meeting on April 10th and April 17th at 10:30 in the Community Room.

Legacy Healthcare is also providing complimentary Blood Pressure checks, every other Monday in the Community Room immediately following Exercise with Jacque. Just stop by April 14th and the 28th at 10:30 in the Community Room, on the 3rd floor. Better yet, join in the Exercise Class with Jacque and see what all the fun is about.

Finally, for all you lucky residents in the AL, you will continue to see us every Friday morning at 9:30 in the Activity Room for our 30-minute, head-to-toe exercise class, Stretch & Grow.

Michael and the Legacy Healthcare Team  
Suite 336  
972-420-8543



# April Fools' Day



April Fools' Day, sometimes called All Fools' Day, is one of the most light-hearted days of the year. Let's look back at a famous Hoax that played out on international TV:

Sweden's most famous April Fool's Day hoax occurred on April 1, 1962. At the time, SVT (Sveriges Television) was the only television channel in Sweden, and it broadcast in black and white.

## Instant Color TV, 1962

The broadcast cut to Stensson sitting in front of a television set in the studio. He began to explain how the process worked. Researchers, he said, had recently discovered that a fine-meshed screen placed in front of a black-and-white television screen would cause the light to bend in such a way that it would appear as if the image was in color.

Stensson told viewers to get Nylon stockings. Those were the perfect fabric to use as a fine-meshed screen. So all viewers had to do, Stensson said, was to cut open a pair of stockings and tape them over the screen of their television set. The image on the television should suddenly appear to be in color.

Stensson cautioned that the viewer would have to be seated at the correct distance from the screen in order to get the full effect. Also, it might be necessary to "move your head very carefully" back and forth, in order to align the color spectrum.

Thousands of viewers later admitted they had fallen for the hoax.

*Jackie Bobbitt*

Executive Director



# Legacy Health Chat

Hello Again Lewisville Estates Residents! As Mark Twain once said, "The first of April is the day we remember what we are the other 364 days of the year." If you haven't yet noticed, Patty and Stephnie are doing a tremendous job of filling every day with fun and involving activities to keep our minds, bodies and souls nourished. Often times, it's a great idea to start the spring season with a little new.

« Continue reading on back!



# Happy Easter

Easter is a Christian festival and holiday celebrating the resurrection of Jesus Christ on the third day after his crucifixion at Calvary as described in the New Testament. Easter is the culmination of the Passion of Christ preceded by Lent, a forty-day period of fasting, prayer, and penance.



# April 2014

## LOCATIONS KEY

Activity Room, AR  
AL Parking Lot, ALPL  
Bistro, B  
Community Room, CR

Dining Room, IL  
Fitness Room, FR  
Flagpole, FP  
Garden, G

Library, LL  
Lobby, L  
AL Lobby, ALL  
Outing, O

Activities Subject to Change  
Route 66, R66  
Theater, TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30am Yoga Class, CR <b>1</b> 10am Walmart, O 10am Catholic Communion, B 10am Rosary Service, B 10:30 Wonderword Challenge, B 1:30pm Spanish Class, AR 2pm Line Dancing Class w/ Carole, CR 3:30pm B.I.N.G.O. w/ Christy, CR 4pm Rowdy Ring Toss, L 6pm Card Games, B <b>April Fool's Day</b> <b>Medication Safety Week</b>	9:30am Exercise with Jacque, CR <b>2</b> <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 10:30am Dominoes, R66 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Toss Across Bean Bags, L 6pm Card Games, B <b>National Day of Hope</b> <b>National Peanut Butter &amp; Jelly Day</b>	9:30am Walking Warriors <b>3</b> <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL 10:30am Dress up Nails, AR <b>2pm Walmart, O</b> 2:30 Art Expression, AR 4pm Tic Tac Toss, L 6pm Card Games, B 7pm Bring a Friend Movie Night, TH	9:30am Zumba Exercise, FR <b>4</b> 10am Coffee & Snack Social, L 10:30am Sign Language Class w/ Christy, AR 1pm Bridge, CR 2pm Plinko Planko, L <b>2pm Express Errands, O</b> 3pm Prep for Prom w/ Mary Kay, AR 3:30pm P & J Happy Hour, L <b>5:30pm 2<sup>nd</sup> Time Around Senior Prom, O</b> 6pm Card Games, B	9:30am Coffee and Conversation, L <b>5</b> 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 6pm Bunco, CR 7pm Crazy Card Games, B
10:30am Bible Study, B <b>6</b> 1:30pm Chicken Foot, LL 2pm Matinee Movie, TH 3pm Worship Songs, L 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise with Jacque, CR <b>7</b> <b>10am Albertson's, O</b> 10am Café Latte Monday Social, L 10:30am Blood Pressure Checks w/ Legacy, LR 336 IL 11am Celebrity Gossip w/ Erma, R66 1pm Bridge, CR 2pm Pokeno for Prizes, AR 4pm Ring of Fire Darts, L 6pm Card Games, B	9:30am Yoga Class, CR <b>8</b> <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 10:30 Wonderword Challenge, B 1:30pm Spanish Class, AR <b>2:30pm Town Hall Meeting, CR</b> 3:30pm Spanish Dance Class w/ Patty, CR 4pm Gutter Gang Bowling, L 6pm Card Games, B <b>Draw a Bird Day</b>	7:30am Men's Breakfast, O <b>9</b> 9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 10:30am Puzzle Mania, R66 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Rowdy Ring Toss, L 6pm Card Games, B	9:30am Walking Warriors <b>10</b> <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL 10:30am Balance Class w/ Legacy, B <b>11am-2pm Gift Galore, L</b> <b>2pm Walmart, O</b> 2:30 Art Expression, AR 4pm Hole in One, L 6pm Card Games, B 7pm Bring a Friend Movie Night, TH	9:30am Zumba Exercise, FR <b>11</b> 10am Coffee & Snack Social, L <b>8:30am Fort Worth Zoo, O</b> 1pm Bridge, CR 2pm Rowdy Ringtoss, L <b>2pm Express Errands, O</b> 3:30pm Hole in One Happy Hour, L 6pm Card Games, B <b>National Pet Day</b>	9:30am Coffee and Conversation, L <b>12</b> 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 6pm Bunco, CR 7pm Crazy Card Games, B <b>Grilled Cheese Sandwich Day</b>
10:30am Bible Study, B <b>13</b> 1:30pm Chicken Foot, LL 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L <b>Palm Sunday</b>	9:30am Exercise with Jacque, CR <b>14</b> 9:30am Walking Warriors <b>10am Albertson's, O</b> 10am Café Latte Monday Social, L 10:30am Blood Pressure Checks, CR 1pm Bridge, CR 2pm Pokeno for Prizes, AR 3:30pm Bean Bag Toss, L 6pm Card Games, B <b>Passover</b>	9:30am Yoga Class, CR <b>15</b> <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 10:30 Wonderword Challenge, B 1:30pm Spanish Class, AR 2pm Line Dancing Class w/ Carole, CR 4pm Bulls-Eye Washers, L 6pm Card Games, B <b>National Library Day</b>	9:30am Exercise with Jacque, CR <b>16</b> <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Dominoes, B 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Ring of Fire Darts, L 6pm Card Games, B	9:30am Walking Warriors <b>17</b> <b>10am Miscellaneous Errands, O</b> <b>10am Out to Hobby Lobby, O</b> <b>2pm Walmart, O</b> 2pm Rubber Horseshoes, L <b>6:30pm Barber Shop Quartet, AL Courtyard</b>	Pajama Day Easter Egg Hunt 9:30am Zumba Exercise, FR 10am Coffee & Snack Social, L 10:30am Sign Language Class w/ Christy, AR 1pm Bridge, CR <b>2pm Express Errands, O</b> <b>3:30pm Happy Hour: PJs and Easter Hunt Fun, L</b> 6pm Card Games, B	9:30am Coffee and Conversation, L <b>19</b> 1pm Residents Choice Games, AR 1:30pm Trivia Pursuit, LL 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 6pm Bunco, CR 7pm Crazy Card Games, B
10:30am Bible Study, B <b>20</b> 1:30pm Chicken Foot, LL 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L <b>Easter Sunday</b>	9:30am Exercise with Jacque, CR <b>21</b> <b>10am Albertson's, O</b> 10am Café Latte Monday Social, L 10:30am Blood Pressure Checks w/ Legacy, LR 336 IL 11am Celebrity Gossip w/ Erma, R66 1pm Bridge, CR 2pm Pokeno for Prizes, AR 3:30pm Legacy Health Chat, B 6pm Card Games, B <b>Housekeeper Appreciation Week</b>	9:30am Yoga Class, CR <b>22</b> <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 10:30 Wonderword Challenge, B 1:30pm Spanish Class, AR 2pm Spanish Dance Class w/ Patty, CR 4pm Power Tower, L 6pm Card Games, B <b>Earth Day</b>	9:30am Exercise with Jacque, CR <b>23</b> <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Senior Volleyball, CR 6pm Card Games, B	9:30am Walking Warriors <b>24</b> <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL 10:30am Balance Class w/ Legacy, B <b>2pm Walmart, O</b> 2pm Bucket Bonanza, L 6pm Card Games, B 6:30 Welcome Home Party, CR 7pm Bring a Friend Movie Night, TH	9:30am Zumba Exercise, FR <b>25</b> 10am Coffee & Snack Social, L <b>10:30 Lunch Out: La Madeleine, O</b> 1pm Bridge, CR <b>2pm Express Errands, O</b> 3:30pm Birthday Bash with Tonya Adams, L 6pm Card Games, B <b>Hairstylists Appreciation Day</b>	9:30am Coffee and Conversation, L <b>26</b> 1:30pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 6pm Bunco, CR 7pm Crazy Card Games, B <b>National Pretzel Day</b>
10:30am Bible Study, B <b>27</b> 1:30pm Chicken Foot, LL 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet & Greet, L 7pm Resident Comedy Hour, L	9:30am Exercise with Jacque, CR <b>28</b> <b>10am Albertson's, O</b> 10am Café Latte Monday Social, L 10:30am Blood Pressure Checks, CR 1pm Bridge, CR 2pm Pokeno for Prizes, AR 3pm Derby Hats w/ Jacque, AR 6pm Card Games, B	9:30am Yoga Class, CR <b>29</b> <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 10:30 Wonderword Challenge, B 1:30pm Spanish Class, AR 2pm Line Dancing Class w/ Carole, CR 6pm Card Games, B <b>6:30pm Family Game Night</b>	9:30am Exercise with Jacque, CR <b>30</b> <b>10am Post Office/Bank, O</b> 10am Coffee & Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Bean Bag Toss, L 6pm Card Games, B			