



The Lewisville Estates Lifestyle

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

APRIL 2018

Classic Ballpark Foods

Baseball fans can choose from a menu of unique snack options at MLB stadiums across the country, but these classic ballpark foods remain favorites:

Hot dogs — Whether they are eaten plain, topped with mustard and relish, or piled with chili and cheese, hot dogs go hand in hand with baseball. Fans eat about 19 million of them each season!

Peanuts — In 1895, a peanut company paid for advertising space on baseball scorecards with peanuts, which were then sold at ballparks. Roasted in-shell peanuts have been a staple at games ever since.

Cracker Jack — In the late 1800s, two brothers jazzed up plain popcorn by adding peanuts and a molasses coating. The sweet-and-salty treat became a hit at stadiums after it was immortalized in the 1908 song "Take Me Out to the Ball Game."

Pretzels — Soft, chewy pretzels, sprinkled with salt and often dipped in mustard or cheese sauce, have American roots in Philadelphia, where vendors sold them on street corners and then at baseball games.

Popcorn — Buttery, salty popcorn is a classic snack for kids and adults alike, making it one of the most popular ballpark offerings.



Arts and Crafts

Come and Join us every Tuesday for Arts and Crafts class where you are guaranteed a good laugh and a great time with your friends.



Healthy Reasons to Laugh

Kidding around has some serious benefits — and not just for your funny bone! Here's how laughter can improve your life:

Provides a workout — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits — Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.



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 for Easter you 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 You's" 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 and enriching 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, the Roaring '20s, on April 19. If you are interested in participating in the annual Senior Prom on Friday, April 20, there is limited seating, so make sure to reserve your spot ASAP. Some of the outings this month will include: Winstar Casino, the Yellow Rose Steak House and Tierney's. 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! Lewisville Estates is excited for what this new season brings and hopes you are too!

Regards,
Erin Montgomery
BUSINESS OFFICE DIRECTOR



INDEPENDENT LIVING

APRIL 2018

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, 2 p.m.
Walmart
- Friday, TBA
Field Trips/Outing
- Friday, 2 p.m.
Express Errands

“The best thing one can do when it’s raining is to let it rain.”

— Henry Wadsworth Longfellow

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EASTER 1 April Fools’ Day 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	Community Spirit Month 2 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 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 3:45 What’s the Buzz?, B 4:00 Egg Toss, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 3 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	8:00 Out to Winstar Casino, O 4 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 5 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:45 Shopping at Walmart, O 3:00 Senior Safety & Fraud Safety w/Officer Hopper, B 6:00 Card Games, B	Wear Baseball Jersey Day 6 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 Beer & Pretzel Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 7 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:00 Hand Massage & Spring Party w/Sandra, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 8 8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 9 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 3:30 Legacy Health Chat, B 6:00 Card Games, B	National Library Day 10 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:15 Not My First Rodeo Social w/Sunshine, B 6:00 Card Games, B	World Parkinson’s Disease Day 11 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 11:00 Gift Galore (Vendor), L 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 4:00 Popcorn Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 12 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:45 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:30 What Is New With Jacque & Advanced Rehab Trust, B 6:00 Card Games, B	Scrabble Day 13 Wear Scrabble Shirt Day 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Wonderword Challenge 11:00 Out to Yellow Rose Steak & Chop House, O 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 Scrabble Your Way to Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 14 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 15 8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 16 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	TAX DAY 17 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Scrapbooking Club, CR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 18 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 19 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:45 Shopping at Walmart, O 3:00 Legacy Social Hour, B 6:00 Card Games, B 6:15 Roaring ’20s (Main Event), CR	Twin Day 20 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 Volunteer Celebration Happy Hour, L 6:00 Card Games, B 6:00 Second Time Around Senior Prom (Hee Haw), O	9:30 Walking Warriors 21 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
EARTH DAY 22 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 23 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 6:00 Card Games, B	9:30 Chair Zumba Class w/Patty, CR 24 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 25 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Bible Study, TH 3:30 Book Club, LL 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 26 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 1:45 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:30 Social Time With Patty, R66 6:00 Card Games, B	Wear Your Favorite Super Hero Shirt Day 27 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Tierney’s, O 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B	9:30 Walking Warriors 28 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 29 8:30 In Search of the Lord’s Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 30 10:00 Coffee & Snacks Monday Social, L 10:00 Tom Thumb, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Ring Toss of Fire, B 6:00 Card Games, B			<h3>Birthdays</h3>		Helen Gilbert, 2nd Freda La Nell Kight, 3rd Norma Porterfield, 4th Trudy Dillon, 10th Mildred Lee, 17th Carol Bush, 17th Robert Richardson, 18th
						Judy Schultz, 20th Nastasya Shannon, 21st (Employee) Doris Bennett, 25th (Employee) Linda Slattery, 26th Henry Tomecek, 29th