

## Simple Ways To Show Yourself Some Love

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

**Get a houseplant:** Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

**Do a little dance:** Find an opportunity to play a favorite tune and get your groove on—maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

**Unplug:** Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

**Engage in a hobby:** Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on a craft can help you find balance between work and play.

**Help others:** Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.



## Rosy Words

The flower of love, the rose is admired for its beauty and pleasing fragrance, and has grown to be part of our everyday language. Take your pick of these familiar phrases:

**Stop and smell the roses:** This popular proverb is a descriptive way of telling someone to relax, slow down and enjoy life. The expression gained ground in the 1960s after pro golfer Walter Hagen was quoted as saying, "Don't hurry. Don't worry. And be sure to smell the flowers along the way."

**Everything's coming up roses:** Lyricist Stephen Sondheim made these words famous when he wrote a song with that title for the 1959 Broadway musical "Gypsy," and its star, Ethel Merman, made it a show-stopping number. Sondheim was likely inspired by the similar saying "come up smelling like a rose," already in use, to convey that things are going well.

**A rose by any other name (would smell as sweet):** From William Shakespeare's play "Romeo and Juliet," this expression is said with or without the second part of the line. It means that what something is called doesn't change what it is.

**Rose-colored glasses:** An optimistic person is often described as wearing rose-colored glasses, implying that they only see the beauty and goodness in situations and overlook the negative. The concept dates back to at least the 1840s.



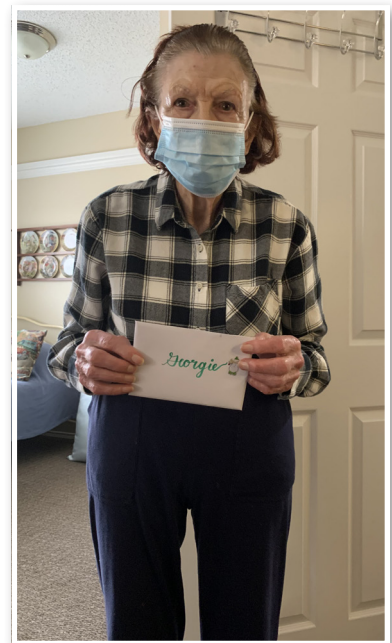
## Dear Residents, Families and Friends

We are spreading the love here at Lewisville Estates, as February is a special month filled with celebration and love. This month, we will be having events that include a Super Bowl Sunday Celebration, fun Social Hour Carts and a special Valentine's Day Social. Please don't forget to check your calendar for all the exciting things happening this month! Covid-19 cases are still very present in Denton county. We ask that you only leave the community for necessary medical appointments. Please remember you should be wearing a mask if you are outside of your apartment and when you answer your door. Also, please remember to wash your hands often and thoroughly. Please let the front office know if you start to experience any symptoms or if you don't feel well.

I hope this month brings you warm memories and lots of love as we try to stay warm during this cold weather month.

Happy Valentine's Day!

*Erin Montgomery*  
Business Office Director



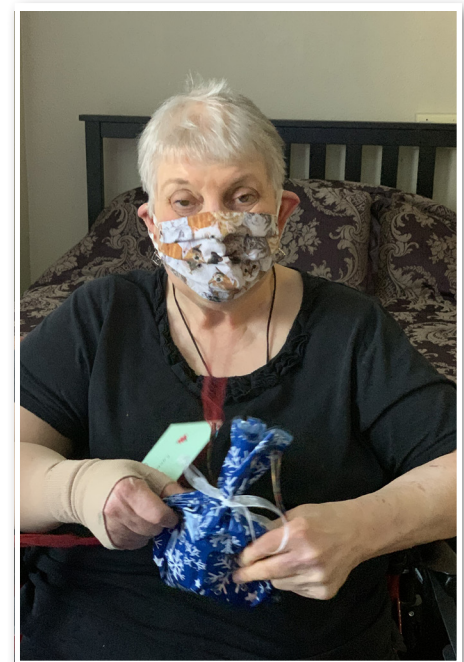
## Groundhog Stars

Every year, in the early hours of Feb. 2, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a rival across the way in eastern Pennsylvania: Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection.

Down South, folks in Raleigh, N.C., check in with Sir Walter Wally outside the city's science museum. And there's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.



## FEBRUARY 2021

### Locations

Activity Room, AR  
AL Courtyard, ALC  
AL Parking Lot, ALPL  
Bistro, B  
Dining Room, DR  
Library, LL  
Lobby, L  
Outing, O  
Spa, Spa

### Birthdays

Patty Skinner, 2nd (Employee)  
Vonnie Bennett, 12th  
Mary Garcia, 13th  
Geiba Shaw, 20th (Employee)

### 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  
**Friday, TBA**  
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Decorating w/Candy Day</b> 10:00 <b>Exercise w/Legacy, AR</b> 10:30 "The Prize Is Right" and Snack Social, L 1:00 <b>Bible Study w/ the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Adult Coloring Club, AR	<b>Groundhog Day</b> 10:00 <b>Chair Zumba, L</b> 10:45 Fancy Nails, AR 2:00 <b>Group a Bingo, L</b> 3:00 <b>Group B Bingo, L</b> 4:00 Puzzle Mania, AR	<b>Chair Yoga, AR</b> 10:00 10:30 Puzzle Mania, AR 2:30 <b>Snack Cart Social</b> 3:30 Making Greeting Cards, AR	<b>National Sweater Day</b> 9:30 Grocery Orders 10:00 <b>Chair Zumba, L</b> 10:45 Fancy Nails, AR 2:30 <b>Valentine's Crafts, L</b> 4:00 Giant Crossword Puzzle, L	<b>Wear Red Day</b> <b>World Nutella Day</b> 10:00 <b>Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 <b>Let's Go Red for Women Social Hour Cart</b> 4:00 Name Your Game!, AR	9:30 Walking Warriors 10:30 Word of the Day 2:00 <b>Saturday Movie and Popcorn</b>
<b>Popcorn Day</b> <b>Super Bowl LV</b> 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 <b>New Covenant Baptist Church, L</b> 3:00 <b>Cinema Sundays, L</b> 3:00 <b>Super Bowl Sunday Social Hour</b>	<b>Exercise w/Legacy, AR</b> 10:00 10:30 "The Prize Is Right" and Snack Social, L 1:00 <b>Bible Study w/ the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	<b>Blood Pressure Clinic w/the Yellow Rose Hospice, L</b> 9:45 10:00 <b>Chair Zumba, L</b> 10:45 Roll the Dice, L 2:00 <b>Group a Bingo, L</b> 3:00 <b>Group B Bingo, L</b> 4:00 Trivia, L	<b>Chair Yoga, AR</b> 10:00 10:30 Chicken Foot, AR 2:30 <b>Snack Cart Social</b> 4:00 Heart Toss, L	9:30 Grocery Orders 10:00 <b>Chair Zumba, L</b> 1:45 <b>General Store, L</b> 2:30 <b>Crafting w/ Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>Chinese New Year</b> <b>Wear Valentine's Colors</b> 10:00 <b>Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 <b>Love Is in the Air Social Hour</b> 4:00 Name Your Game!, AR	10:00 Exercise Class 10:30 Word of the Day 2:00 <b>Saturday Movie and Popcorn</b> 2:00 <b>Saturday Fun Activity, L</b>
VALENTINE'S DAY 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 <b>New Covenant Baptist Church, L</b> 3:00 <b>Cinema Sundays, L</b>	PRESIDENTS DAY 10:00 <b>Exercise w/Legacy, AR</b> 10:30 "The Prize Is Right" and Snack Social, L 1:00 <b>Bible Study w/ the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Adult Coloring Club, AR	<b>Mardi Gras</b> 10:00 <b>Chair Zumba, L</b> 10:45 Fancy Nails, AR 2:00 <b>Group a Bingo, L</b> 3:00 <b>Group B Bingo, L</b> 4:00 Puzzle Mania, AR	ASH WEDNESDAY 10:00 <b>Chair Yoga, AR</b> 10:30 Puzzle Mania, AR 2:30 <b>Snack Cart Social</b> 3:30 Busy Hand Club, L	9:30 Grocery Orders 10:00 <b>Chair Zumba, L</b> 10:45 Fancy Nails, AR 2:30 <b>Crafting w/ Patty, AR</b> 4:00 Giant Crossword Puzzle, L	<b>Best Friend Day</b> <b>National Caregiver Day</b> 10:00 <b>Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 <b>We Love Our Caregivers Social Hour, L</b> 4:00 Name Your Game!, AR	10:00 Exercise Class 10:30 Word of the Day 2:00 <b>Saturday Movie and Popcorn</b> 2:00 <b>Saturday Fun Activity, L</b>
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 <b>New Covenant Baptist Church, L</b> 3:00 <b>Cinema Sundays, L</b>	<b>Exercise w/Legacy, AR</b> 10:00 10:30 "The Prize Is Right" and Snack Social, L 1:00 <b>Bible Study w/ the Yellow Rose Hospice, L</b> 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	<b>Chair Zumba, L</b> 10:00 10:45 Roll the Dice, L 2:00 <b>Group a Bingo, L</b> 3:00 <b>Group B Bingo, L</b> 4:00 Trivia, L	<b>Pink Shirt Day</b> 10:00 <b>Chair Yoga, AR</b> 10:30 Chicken Foot, AR 2:30 <b>Snack Cart Social</b> 4:00 Balloon Volleyball, L	9:30 Grocery Orders 10:00 <b>Chair Zumba, L</b> 1:45 <b>General Store, L</b> 2:30 <b>Crafting w/ Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>Chair Exercise, L</b> 10:00 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 <b>Birthday Bash</b> 4:00 Name Your Game!, AR	10:00 Exercise Class 10:30 Word of the Day 2:00 <b>Saturday Movie and Popcorn</b> 2:00 <b>Saturday Fun Activity, L</b>
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