Birthday Wishes!

People born in February Are creative, thoughtful and kind. You deserve the very best So relax and unwind!

2/1 Patty Skinner

2/18 Tony Knight

2/9 Ann Cumberledge

2/28 Blanche Bolton

2/12 Margaret Guy





2/7 Lunch at IHop Time: 10:30am Place: Outing



2/12 Men's Breakfast Time: 7am

Place: Outing

2/19 Town Hall Meeting

Time: 3pm Place: Lobby

2/20 Moonlight Serenade Dance

Time: 6:30pm

Place: IL Community Room



2/21 Lunch at Buffet Palace Time: 10:30am Place: Outing

February

February is the second and shortest month of the year. The first ancient Roman calendar had only 10 months. January and February were added in 700 B.C., making February the last month of the Roman year. The month takes its name from the Latin word februare, which means "to purify." The Romans purified themselves in February to prepare for festivals at the start of the new year. When the Romans moved the beginning of the year from March to January, February became the second month of the year.

Hello Lewisville Estates Residents!

This month moves us all one step closer to Spring; hopefully with warmer days ahead. For the month of February, the staff of Legacy Healthcare will become more intimately involved with the activities in some way, each week. It is our initiative and our duty as your "on-site" healthcare experts, to promote healthier lifestyles, educate you about health risks and hopefully decrease your anxieties of the future ahead. Some of you have already needed a little help restoring your balance, or improving your ability to get around with less aches and pains; but for those of you who may just moved in or not had the opportunity to meet us, we are located on the third floor, Suite 336. Please feel free to stop by and say hello, whenever you find yourself nearby.

> This month we will be providing complimentary wellness Blood Pressure Checks on the first and third Monday at 10:30 in the Independent Living, and leading the

benefits of active movement in the 9:30 Friday Exercise Class, at the Assisted Living. If you missed us last month, we are providing monthly health talks and this month is Heart Health month. So, you can expect to learn some great information on the second most important muscle of our bodies. We are always available for you, if you ever have any questions or concerns.

Yours Truly,

Michael Steinhelfer, PTA Multisite Manager Rehab Director LE-848/ Suite #336 Legacy Healthcare Services, INC.

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The Lewisville Estates Family

Welcomes Stephnie Canady, Our New Activities Director **Assistant For Assisted Living**

Stephnie comes to us from Temple, Texas. She has a very close knit family (one brother) that appreciates the time they have together. They enjoy going to the lake and other family fun activities. Stephnie's hobby is CRAFTS! (That's great! You all are going to have great fun!) Exciting news! Stephnie is getting married on June 14, 2014 to a wonderful man named Justin Coufal. Both Justin and Stephnie graduated from University of North Texas. He studied Criminal Justice and Stephnie studied Kinesiology. They have two cats named Lola and Snuggles. Stephnie hopes to travel the world someday. We are excited to welcome Stephnie to

our beautiful community and look forward to the ACTIVE lifestyle she will continue to provide for our residents!

Welcome Stephnie! (She loves cookies and brownies too!)

February Firsts

Many firsts happened in the month of February. Here are just a few:

2004 Facebook first launches.

1968 Mr. Roger's Neighborhood debuts.

1965 First Polaroid "Land" camera introduced.

1962 John Glenn is first person to orbit Earth.

1959 First Barbie doll for sale in stores.

1937 Nylon material patented by DuPont.

1935 Monopoly board game hits the shelves.

1930 Former planet Pluto discovered.

1923 King Tut's burial chamber opened.

1920 The Royal Canadian Mounted Police formed.

1910 Boy Scouts founded.

1892 Bottle cap patented.

1878 Phonograph patented by Thomas Edison.

1849 Gold seekers arrive in San Francisco.

1790 First meeting of the U.S. Supreme Court.











February 2014

LOCATIONS KEY

Activity Room - AR

AL Parking Lot - ALPL

Country Store - CS

Dining Room - DR

LD Dining Room - ILDR

Library - LL

Lobby - ILL

Outing - 0

Spa - Spa

Theater - TH

Lobby - L

Activities Subject to Change

Dining Room - DR IL Dining Room - ILDR Theater - TH **SUNDAY TUESDAY THURSDAY MONDAY** WEDNESDAY **FRIDAY SATURDAY** 9:30 Laugh for the Health of It, L 10am Brain Games, AR 2pm Sing-a-Long, L 3pm Sassy Senior Bingo, AR Groundhog Day! 10am Walmart, 0 9:30am Sit & Be Fit, AR 9:30am Tone those Bones w/ Trisha, AR: 9:30am Beauty Salon, BS Winter Olympics Begin 9:30 Laugh for the Health of It, L 10am Let's Get Crafty!, AR 10am Shopping at Albertsons, 0 SuperBowl XLVIII 10am Rev. Christal Fisher. L 10am Watcha Got Cooking?, AR Wear Red Day! 10am Brain Games, AR 1:30pm Afternoon Exercise with 10am Ring Toss, L 1:30pm Sittercise, AR 11am Make-A-Word, AR 9:30am Stretch & Grow w/ Legacy, L 2pm Sing-a-Long, L 10:30am Wonder Word Challenge, AR : Jacque, AR 8:45am Baptist Church, L 2pm Po-Ke-No, AR 1:30pm Bingo Bango, AR 10am Dominoes, AR 3pm Sassy Senior Bingo, AR 12pm Country Store Shopping, CS 2pm Toss- A-Tic Tac-Toe, L 9:30am Crazy Card Games, AR 2pm Walmart, 0 10:30am Lunch at IHop, O 3:30pm Jungle Racing, AR 1:30pm Sassy Senior Bingo, AR 3pm Wheel of Fortune, AR 1pm Games People Play, AR 3pm Bible Study, L 1:30pm Pass the Torch, L 3:30pm Board Games, AR 3pm Resident Room Visits 3pm Bingo Bonanza, AR 3:30pm Gutter Gang Bowling, L 2pm Olympic Ice Cream Social, L 5:30pm Matinee Movie and Popcorn, L 5:25pm Super Bowl Game Kickoff, L 3pm Olympic Rings of Fire, L Lincoln's Birthday 10 14 12 9:30am Olympic Outburst, AR 8:45am Baptist Church, L 9:30am Olympicsize, AR Happy Valentine's Day! 9:30 Laugh for the Health of It, L 10am Walmart, 0 7am Men's Breakfast, 0 9:30am Beauty Salon, BS 9:30am Crazy Card Games, AR 10am Shopping at Albertsons, 0 10am Brain Games, AR 10am Let's Get Crafty!,AR 9:30am Tone those Bones w/ Trisha, AR 10am Rev. Christal Fisher, L 10am Olympic Snowball Ring Toss, AR: 1:30pm Afternoon Exercise with 1pm Games People Play, AR 9:30am Stretch & Grow w/ Legacy, AR 2pm Sing-a-Long, L :10am Watcha Got Cooking?, AR 1:30pm Olympic Sittercise, AR 10am Cupid Facials by Mary Kay, AR 3pm Bingo Bonanza, AR 12pm Country Store Shopping, CS Jacque, AR 3pm Sassy Senior Bingo, AR 11am Olympic Javelin, AR 2pm Walmart, 0 1:30pm Olympic Bobsled Races, AR 2pm Olympic Wheel of Fortune, AR 1pm Heavenly Hands and Nails, AR 1:30pm Olympic Wonder Word 2pm The Price is Right. AR 3pm Olympic Bingo, AR 3pm Olympic Curling, L 2pm Valentine's Day Party Challenge, AR 3pm Bible Study, L 3pm Resident Room Visits 3pm Sweetheart Bingo, AR 3pm Town Hall Meeting, L 3:30pm Olympic Ring Toss, L 5:30pm Matinee Movie and Popcorn, I 3pm Olympic Bingo, AR Blood Drive 11-3pm ILCR Love Your Pet Day 16 President's Day 9:30am Po-Ke-No, AR 9:30am Stretch & Grow w/ Legacy, AR Winter Olympics End 9:30am Tone those Bones w/ Trisha, A 9:30 Laugh for the Health of It, L 10am Walmart, 0 9:30am Beauty Salon, BS 10am Dominoes, AR 10am Watcha Got Cooking?, AR 10am Brain Games, AR 9:30am Sit & Be Fit, AR 10am Let's Get Crafty, AR 10am Rev. Christal Fisher, L 10:30am Lunch at Buffet Palace, O 8:45am Baptist Church, L 11am Toss-A-Tic-Tac-Toe, L 2pm Sing-a-Long, AR 10am Wonder Word Challenge, AR 1:30pm Afternoon Exercise with 11am Outburst, L 1:30pm Ring of Fire Darts, L 9:30am Crazy Card Games, AR 1:30pm Bingo Bango, AR 3pm Sassy Senior Bingo, AR 10am Shopping at Albertsons, O Jacque, AR 1:30pm Sittercise, AR 2pm Senior Social featuring a special 1pm Games People Play, AR 2:30pm Wheel of Fortune, AR 12pm Country Store Shopping, CS 2pm The Price is Right, AR 2pm Walmart, 0 drink. L 3pm Bingo Bonanza, AR 3:30pm Make-A-Word, AR 1:30pm Olympic Award Ceremony, L 3pm Slap Volleyball, L 3pm Bible Study, L 3pm Sassy Senior Bingo, AR 2:30pm Po-Ke-No, AR 3pm Resident Room Visits 6:30pm Moonlight Serenade Dance, 3:30pm Legacy Health Talk, AR 5:30pm Matinee Movie and Popcorn, L **ILCR 23** 24 25 National Cupcake Day National Chili Day 10am Walmart, 0 8:45am Baptist Church, L 9:30am Tone those Bones w/ Trisha, AR 9:30am Stretch & Grow w/ Legacy, AR 9:30am Crazy Card Games, AR 10am Watcha Got Cooking, AR 10am Heavenly Hands and Nails, AR 10am Let's Get Crafty!, AR 9:30am Sit & Be Fit, AR 9:30am Outburst, L 1pm Games People Play, AR 10:30am Board Games, AR 1pm The Price is Right, AR 11am Make-A-Word, AR 9:30am Beauty Salon, BS 10am Shopping at Albertsons, O 3pm Bingo Bonanza, AR 1:30pm Afternoon Exercise with 1:30pm Bingo Bango, AR : 1:30 Toss-A-Tic-Tac-Toe, L 10am Wonder Word Challenge, AR 10am Rev. Christal Fisher, L 3:00pm Slap Volleyball, L Jacque, AR 2pm Birthday Bash, L 10:30am Board Games, AR 1:30pm Sittercise, AR 3pm Jungle Racing, L 3:30pm Ring Toss, L 3pm Candy Bar Bingo, AR 2pm Walmart, 0 12pm Country Store Shopping, CS 3pm Resident Room Visits 1:30pm Sassy Senior Bingo, AR 3pm Bible Study, L 5:30pm Matinee Movie and Popcorn, L 3pm Ring Toss, L 3:30pm Wheel of Fortune, AR