



The Lewisville Estates Lifestyle

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

February 2016

Pampering Your Nails

Pamper your nails every third Friday of the month with Cindy of Lake Village.



Resident of the Month!

Our L.E.A.P (Life Enrichment Activities Program) would like to Recognize Mrs. Jane McHugh. Jane is full of energy, is always helping other residents and also likes to play different games. Thank you, Mrs. Jane, for your amazing personality and awesome smile. We are so glad to have you here at Lewisville Estates



Dear Family, Friends and Residents

We are spreading the love here at Lewisville Estates as February is a special month filled with celebrating with families, friends and that special someone. Come and join us during our big event, Mardi Gras, on Tuesday, Feb. 9, for a fun time and a great dessert in our Dining Room at 6 p.m. Also this month, we will be having events that include a special Mardi Gras Social Hour, a Super Bowl Sunday Celebration, Valentine's Day Social Hour and Painting With a Twist Social. Our outings this month include a lunch at Cracker Barrel, trip to Winstar Casino, and lunch at Chili's. Please don't forget to check your calendar for all the exciting things happening this month!

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

Happy Valentine's Day!

Jessica Hazelton
EXECUTIVE DIRECTOR

ASSISTED LIVING

AL#010063

FEBRUARY 2016

Locations

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

Transportation Schedule

Monday
10 a.m.
Albertsons

Tuesday
10 a.m.
Walmart

Wednesday
10 a.m.
Post Office/Bank

Thursday
2 p.m.
Walmart

Thursday
10 a.m.
Miscellaneous Errands

Friday
TBA
Field Trips/Outing

Friday
2 p.m.
Express Errands

Birthdays

- Robert Morris, 11th
- Geva Shaw, 20th (Employee)
- Janet Nolan, 27th
- Blanche Bolton, 28th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Shopping at Albertsons, O 9:45 Exercise Extreme!, AR 10:15 Rowdy Ring Toss, AR 1:30 Today in History, L 2:30 Community Pep Rally, L 3:00 Lucky Bingo Time, AR 4:00 A Day in the Life, L	GROUNDHOG DAY 9:30 Catholic Communion & Service, DR 9:30 Shopping at Walmart, O 10:00 Art Expression, AR 1:30 Gold Chair Exercise, AR 3:00 Learn to Play Poker, AR 4:00 Tic Tac Toss, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Nutella Tasting & Game, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Shopping at Walmart, O 1:30 Walking Warriors, AR 2:15 Men's Coffee Group, B 3:30 Card Games, AR 4:00 If You Were Me, You Would ..., L	Wear Red Day 9:00 Exercise Extreme With Cindy of Lake Village, AR 10:30 Out to Cracker Barrel 2:00 Mardi Gras Social Hour, L 3:30 Dominoes, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Saturday Bingo, AR 3:00 Fun Flicks, L
Superbowl Sunday 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/ Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR	9:30 Shopping at Albertsons, O 9:45 Exercise Extreme!, AR 10:15 Fire of Darts, B 1:30 Today in History, L 3:00 Lucky Bingo Time, AR 4:00 A Day in the Life, L	MARDI GRAS 9:30 Catholic Communion & Service, DR 9:30 Shopping at Walmart, O 10:00 Art Expression, AR 1:30 Gold Chair Exercise, AR 3:00 Learn to Play Poker, AR 6:00 Mardi Gras (Big Event), DR	ASH WEDNESDAY Popcorn Week 9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 2:00 Bible Study w/ Rob Harrison, L 3:00 Town Hall Meeting, L 3:30 Sassy Senior Bingo, AR 4:00 Popcorn and Game Social, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Shopping at Walmart, O 1:30 Walking Warriors, AR 2:15 Men's Coffee Group, B 3:30 Card Games, AR 4:00 If You Were Me, You Would ..., L	Wear White Shirt Day 9:00 Exercise Extreme With Cindy of Lake Village, AR 10:00 Farkel Fridays, AR 2:00 You Are My Valentine Social Hour, L 3:30 Dominoes, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 2:00 Saturday Bingo, AR 3:00 Fun Flicks, L
VALENTINE'S DAY 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR	PRESIDENTS DAY 9:30 Shopping at Albertsons, O 9:45 Exercise Extreme!, AR 10:15 Rowdy Ring Toss, AR 1:30 Today in History, L 3:00 Lucky Bingo Time, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 9:30 Shopping at Walmart, O 10:00 Art Expression, AR 1:30 Gold Chair Exercise, AR 3:00 Learn to Play Poker, AR 4:00 Tic Tac Toss, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Shopping at Walmart, O 1:30 Walking Warriors, AR 2:15 Men's Coffee Group, B 3:30 Card Games, AR 4:00 If You Were Me, You Would ..., L	Women in Blue Jeans Day 9:00 Exercise Extreme With Cindy of Lake Village, AR 10:30 Out to Chili's, O 2:00 Casual and Fun Social Hour, L 3:30 Dominoes, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Saturday Bingo, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/ Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR	9:30 Shopping at Albertsons, O 9:45 Exercise Extreme!, AR 10:15 Fire of Darts, B 1:30 Today in History, L 3:00 Lucky Bingo Time, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 9:30 Shopping at Walmart, O 10:00 Art Expression, AR 1:30 Gold Chair Exercise, AR 3:00 Learn to Play Poker, AR 4:00 Balloon Volleyball, AR	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 4:00 Winning Is a Good Thing!, L	National Chili Day 8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Shopping at Walmart, O 1:30 Walking Warriors, AR 2:15 Men's Coffee Group, B 3:00 Chili Tasting and Facts, AR 3:30 Card Games, AR 4:00 If You Were Me, You Would ..., L	Cupcake Day 9:00 Exercise Extreme With Cindy of Lake Village, AR 10:00 Farkel Fridays, AR 2:00 Cupcake Birthday Bash, L 3:30 Dominoes, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 2:00 Saturday Bingo, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/ Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Puzzle Mania, AR	Leap Year Day 9:30 Shopping at Albertsons, O 9:45 Exercise Extreme!, AR 1:30 Today in History, L 3:00 Lucky Bingo Time, AR 4:00 A Day in the Life, L					

Hungry for a Healthy Heart

There are plenty of foods with heart health benefits. Find out why health experts advise filling up on these options:

Beans, lentils and chickpeas:

Packed with protein — but without the cholesterol that comes with animal sources — these legumes are a key component of a heart-healthy diet and can help control blood sugar. These high-fiber foods also prevent bad cholesterol from being absorbed by the body.

Yogurt: High in potassium, yogurt and other dairy products can help reduce high blood pressure. But the probiotics in yogurt could have an added benefit for your heart: By fighting “unfriendly” bacteria in the mouth, yogurt may protect against gum disease, which can raise your risk for heart disease.

Grapes and raisins: Thanks to the presence of resveratrol, which can prevent blood clotting as well as lower cholesterol and blood pressure, red grapes are a popular choice on heart-healthy menus. Both red and white grapes contain polyphenols that can prevent arteriosclerosis (hardening of the arteries), and raisins can fight inflammation and bacteria that cause gum disease.

Avocados: The healthy monounsaturated fats in this creamy fruit help reduce bad cholesterol, and anti-inflammatory properties reduce the risk of developing arteriosclerosis. An abundance of antioxidants and potassium make avocado a welcome addition to salads, sandwiches and dips.

Feeling Good as You Age

Want to know how you can maximize your well-being and reduce your risk for depression?

One quarter of people 65 years of age and older suffers from depression. However, depression is not a normal or necessary part of aging. In fact, there are things you can do to lower your risk.

What are some risk factors for depression?

- Health problems or certain medical conditions
- Loneliness and isolation
- Reduced sense of purpose
- Fear
- Recent bereavement
- Certain medications

80 percent of people who report symptoms of depression fully recover when they receive the proper treatment. Physical exercise and participation in meaningful hobbies and social activities can greatly reduce one’s risk for depression. If you are interested in finding out more about how you can maximize your emotional well-being, and reduce your risk for depression, please talk to us.

Tiffany

LEGACY HEALTHCARE SERVICES

Social Hour Time

Come and join us every Friday for a special time with friends and family during our social hour time!



Dot at Tierney’s Cafe!

