

## Gnome Sweet Gnome

Many yards and flower beds are home to whimsical statues known as garden gnomes, which are believed to bring luck to all that grows around them.

A number of European cultures include legends about gnomes — small, humanlike creatures, usually men with white beards, who live in forests and gardens. Mischievous, yet wise and helpful, gnomes were said to come to life at night to help humans with their plants as well as protect property and nature.



Ornamental versions of these beings were used in gardens as early as the 1600s, but they were carved totems rather than statues. One such artist in Germany, Philipp Griebel, made gnomes from terra cotta, and is credited with giving gnomes their now-iconic red cone-shaped hat.

## Straw Styles

Whether worn for protection or fashion, straw hats have served as head-toppers for centuries. Weave your way through Straw Hat Month in April with a bit of history about this warm-weather accessory that's stood the test of time.

As early as the 1400s, farmers in Asia wore conical straw hats to shield themselves from the sun and rain. Illustrated manuscripts from the same period show European men wearing short-brimmed hats woven from straw. By the 19th century, both men and women donned various straw styles, including boaters, fedoras, cowboy hats and bonnets. Wide-brimmed varieties became fashionable when Hollywood actresses and runway models began sporting them.

One of the most famous straw designs is the Panama hat, made popular by President Theodore Roosevelt. When he visited the Panama Canal construction site in 1906, he was photographed wearing a light-colored straw hat with a dark band. Though it was made in Ecuador, it picked up the name Panama hat because it was sold in the region. Sales skyrocketed for the handwoven hats, and they became Ecuador's biggest export.



## 50 Years of Earth Day (Continued)

the country's population at the time, took part in rallies, raising awareness about environmental issues and appealing to protect the health of the planet.

Earth Day's success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues, the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance.

Today, about 1 billion people in nearly 200 countries celebrate Earth Day.



**The Lewisville Estates Lifestyle**

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APRIL 2020

## 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 of Easter to 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 Yous 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 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, Denim and Diamonds, on April 7. 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!

Erin Montgomery  
Executive Director



## 50 Years of Earth Day

The modern-day environmental movement kicked off 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a "national teach-in on the environment" that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of

(Continued on back.)



ASSISTED LIVING  
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**APRIL 2020**

**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**

- Lillian Boyko, 1st
- Barbara Goodwin, 8th
- Nastasya Shannon, 21st (Employee)
- Henry Tomecek, 29th

**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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>PALM SUNDAY</b> 5	<b>9:30 Exercise w/ Legacy, AR</b> 6	<b>9:30 Senior Fitness, AR</b> 7	<b>National Walking Day</b> 1 <b>April Fools' Day</b>	<b>9:30 Chair Exercise, L</b> 2	<b>Community Spirit Month</b> 3	<b>Vitamin C Day</b> 4
7:30 In Search of the Lord's Way (Kdfid Channel 7), L	10:00 "The Prize Is Right" and Snack Social, L	9:30 Beauty Salon Is Open	9:30 Tone Those Bones, AR	10:00 Christian Service w/Rev. Mark, L	<b>Wear Baseball Jersey</b>	9:30 Beauty Salon Is Open
<b>8:30 New Covenant Baptist Church, L</b>	10:30 Word of the Day, L	10:00 Shopping at Walmart, O	10:00 Post Office/Bank, O	10:00 Shopping at Walmart, O	9:30 Senior Fitness, AR	9:30 Chair Exercise, L
<b>2:00 Church Service w/ Rob Harrison, L</b>	<b>1:00 Bible Study w/ the Yellow Rose Hospice, L</b>	10:00 Therapy Dog	10:30 Chicken Foot, AR	10:15 1:1 Session w/Sarah	12:45 Bible Study w/Laura	10:30 Word of the Day
<b>3:00 Cinema Sundays, L</b>	<b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b>	10:30 Catholic Communion	1:30 Card Club, AR	<b>1:30 Memories and Music, L</b>	1:30 Wonder Word Search, AR	1:00 Fancy Nails
	4:00 Adult Coloring Club, AR	10:45 Guess Who?	<b>2:00 Snack Attack Bingo, L</b>	<b>2:30 Art Expression, AR</b>	<b>2:00 Community Spirit Social Hour, L</b>	<b>2:00 Saturday Bingo, AR</b>
		1:30 Movie & Snack, L	<b>3:15 Town Hall Meeting, L</b>	4:00 Giant Crossword Puzzle, L	4:00 Name Your Game!, AR	<b>3:30 Vitamin C Facts, L</b>
		<b>2:30 Puzzle Mania, AR</b>				
		<b>3:30 Trivia, L</b>				
		<b>6:00 Denim &amp; Diamonds (Main Event), L</b>				
<b>EASTER</b> 12	<b>9:30 Exercise w/ Legacy, AR</b> 13	<b>9:30 Senior Fitness, AR</b> 14	<b>PASSOVER BEGINS AT SUNSET</b> 8	<b>9:30 Chair Exercise, L</b> 9	<b>GOOD FRIDAY</b> 10	<b>9:30 Beauty Salon Is Open</b> 11
7:30 In Search of the Lord's Way (Kdfid Channel 7), L	10:00 "The Prize Is Right" and Snack Social, L	9:30 Beauty Salon Is Open	<b>9:30 Tone Those Bones, AR</b>	10:00 Christian Service w/Rev. Mark, L	<b>Wear Mix Match</b>	9:30 Chair Exercise, L
<b>8:30 New Covenant Baptist Church, L</b>	10:30 Word of the Day, L	9:45 Blood Pressure Clinic w/ the Yellow Rose Hospice, L	10:00 Post Office/Bank, O	10:00 Shopping at Walmart, O	9:30 Senior Fitness, AR	10:30 Word of the Day
<b>2:00 Church Service w/ Rob Harrison, L</b>	<b>1:00 Bible Study w/the Yellow Rose Hospice, L</b>	10:00 Shopping at Walmart, O	10:30 Puzzle Mania, AR	10:00 Shopping at Walmart, O	12:45 Bible Study w/Laura	1:00 Fancy Nails
<b>3:00 Cinema Sundays, L</b>	<b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b>	10:00 Therapy Dog	1:30 Card Club, AR	10:15 1:1 Session w/Sarah	1:30 Wonder Word Search, AR	<b>2:00 Saturday Bingo, AR</b>
	4:00 Wonder Word Search, AR	10:30 Catholic Communion	<b>2:00 Snack Attack Bingo, L</b>	4:00 Giant Crossword Puzzle, L	4:00 Name Your Game!, AR	3:30 Giant Crossword Puzzle, L
		10:45 Roll the Dice, L	<b>3:30 Mc Donald's Trivia and Fries Social, L</b>			
		1:30 Popcorn/Movie, L				
		<b>2:00 Fancy Nails &amp; Hand Massage, AR</b>				
		<b>3:00 Dixieland Jazz Quartet, L</b>				
		<b>3:30 Trivia, L</b>				
<b>EARTH DAY</b> 19	<b>9:30 Exercise w/ Legacy, AR</b> 20	<b>9:30 Senior Fitness, AR</b> 21	<b>Mc Donald's Day</b> 15	<b>9:30 Chair Exercise, L</b> 16	<b>Jazz Appreciation Month</b> 17	<b>9:30 Beauty Salon Is Open</b> 18
7:30 In Search of the Lord's Way (Kdfid Channel 7), L	10:00 "The Prize Is Right" and Snack Social, L	9:30 Beauty Salon Is Open	9:30 Tone Those Bones, AR	10:00 Christian Service w/Rev. Mark, L	<b>Twin Day</b>	9:30 Chair Exercise, L
<b>8:30 New Covenant Baptist Church, L</b>	10:30 Word of the Day, L	10:00 Shopping at Walmart, O	10:00 Post Office/Bank, O	10:00 Shopping at Walmart, O	9:30 Senior Fitness, AR	10:30 Word of the Day
<b>2:00 Church Service w/ Rob Harrison, L</b>	<b>1:00 Bible Study w/ the Yellow Rose Hospice, L</b>	10:00 Therapy Dog	10:30 Puzzle Mania, AR	10:00 Shopping at Walmart, O	12:45 Bible Study w/Laura	1:00 Fancy Nails
<b>3:00 Cinema Sundays, L</b>	<b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b>	10:30 Catholic Communion	1:30 Card Club, AR	10:15 1:1 Session w/Sarah	1:30 Wonder Word Search, AR	<b>2:00 Saturday Bingo, AR</b>
	4:00 Adult Coloring Club, AR	10:45 Guess Who?	<b>2:00 Snack Attack Bingo, L</b>	4:00 Giant Crossword Puzzle, L	4:00 Name Your Game!, AR	3:30 Roll the Dice, L
		1:30 Movie & Snack, L	<b>3:30 Mc Donald's Trivia and Fries Social, L</b>			
		<b>2:30 Puzzle Mania, AR</b>				
		<b>3:30 Trivia, L</b>				
<b>EARTH DAY</b> 22	<b>9:30 Exercise w/ Legacy, AR</b> 26	<b>9:30 Senior Fitness, AR</b> 28	<b>EARTH DAY</b> 22	<b>9:30 Chair Exercise, L</b> 23	<b>Wear Super Hero Shirt</b> 24	<b>9:30 Beauty Salon Is Open</b> 25
7:30 In Search of the Lord's Way (Kdfid Channel 7), L	10:00 "The Prize Is Right" and Snack Social, L	9:30 Beauty Salon Is Open	<b>National Jelly Bean Day</b>	10:00 Christian Service w/Rev. Mark, L	9:30 Senior Fitness, AR	9:30 Chair Exercise, L
<b>8:30 New Covenant Baptist Church, L</b>	10:30 Word of the Day, L	10:00 Shopping at Walmart, O	9:30 Tone Those Bones, AR	10:00 Shopping at Walmart, O	10:15 Coffee and Checkers, L	10:30 Word of the Day
<b>2:00 Church Service w/ Rob Harrison, L</b>	<b>1:00 Bible Study w/ the Yellow Rose Hospice, L</b>	10:00 Therapy Dog	10:00 Post Office/Bank, O	10:00 Shopping at Walmart, O	12:45 Bible Study w/Laura	1:00 Fancy Nails
<b>3:00 Cinema Sundays, L</b>	<b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b>	10:30 Catholic Communion	1:30 Card Club, AR	10:15 1:1 Session w/Sarah	1:30 Wonder Word Search, AR	<b>2:00 Saturday Bingo, AR</b>
	4:00 Adult Coloring Club, AR	10:45 Guess Who?	<b>2:00 Snack Attack Bingo, L</b>	4:00 Giant Crossword Puzzle, L	<b>2:00 Birthday Bash, L</b>	3:30 Giant Crossword Puzzle, L
		1:30 Movie & Snack, L	<b>3:30 Jelly Bean Taste Test Game, L</b>		4:00 Name Your Game!, AR	
		<b>2:30 Puzzle Mania, AR</b>				
		<b>3:30 Trivia, L</b>				
<b>EARTH DAY</b> 29	<b>9:30 Exercise w/ Legacy, AR</b> 27	<b>9:30 Senior Fitness, AR</b> 28	<b>Mc Donald's Day</b> 15	<b>Hairstyle Appreciation Day</b> 30	<b>Wear Super Hero Shirt</b> 24	
7:30 In Search of the Lord's Way (Kdfid Channel 7), L	10:00 "The Prize Is Right" and Snack Social, L	9:30 Beauty Salon Is Open	9:30 Tone Those Bones, AR	9:30 Chair Exercise, L	9:30 Senior Fitness, AR	
<b>8:30 New Covenant Baptist Church, L</b>	10:30 Word of the Day, L	10:00 Shopping at Walmart, O	10:00 Post Office/Bank, O	10:00 Christian Service w/Rev. Mark, L	10:15 Coffee and Checkers, L	
<b>2:00 Church Service w/ Rob Harrison, L</b>	<b>1:00 Bible Study w/ the Yellow Rose Hospice, L</b>	10:00 Therapy Dog	10:30 Puzzle Mania, AR	10:00 Shopping at Walmart, O	12:45 Bible Study w/Laura	
<b>3:00 Cinema Sundays, L</b>	<b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b>	10:30 Catholic Communion	1:30 Card Club, AR	10:15 1:1 Session w/Sarah	1:30 Wonder Word Search, AR	
	4:00 Wonder Word Search, AR	10:45 Roll the Dice, L	<b>2:00 Snack Attack Bingo, L</b>	4:00 Giant Crossword Puzzle, L	<b>2:00 Birthday Bash, L</b>	
		1:30 Popcorn/Movie, L	<b>3:30 White Board Game of Choice</b>		4:00 Name Your Game!, AR	
		<b>2:00 Fancy Nails &amp; Hand Massage, AR</b>				
		<b>3:30 Trivia, L</b>				

