

## Sweet Harmonies

With their sentimental tunes and close harmonies, barbershop quartets embody a unique American sound that has mesmerized audiences for more than 150 years.

In the 1800s, barbershops served as social hubs for men, who sometimes harmonized familiar songs while at these and other gathering spots. A new style of music emerged, characterized by four men singing a cappella. While a lead tenor sang the melody, another tenor, a bass and a baritone crooned the harmonies. The availability of published sheet music during the era helped popularize barbershop music.

By the turn of the century, many vaudeville shows featured barbershop quartets. The foursomes often donned straw boaters and matching striped vests or jackets. Their unified look complemented their tight vocals, and the groups were a hit with audiences.

The popularity of the barbershop style of singing faded in the 1920s due to competition from radio. Preservation efforts beginning in the late '30s revived the genre, which continues to be performed nationally and abroad.

Barbershop music is also performed by female quartets — most notably groups that are part of the Sweet Adelines organization — as well as large choruses.



## Arts & Crafts

Come and join us every Monday for a fun and creative Arts and Crafts class.



## 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 10.

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, Applebee's and Braum'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 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







ASSISTED LIVING  
AL#010063

## APRIL 2018

### 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.  
Grocery Stores

Tuesday, 10 a.m.  
Walmart

Wednesday, 10 a.m.  
Post Office/Bank

Thursday, 2 p.m.  
Walmart

Friday, TBA  
Field Trips/Outing

### Birthdays

- Violet Beck, 2nd
- Barbara Goodwin, 8th
- Flo Nicholson, 15th
- Mary Claassen, 19th
- Dorothy Cagle, 20th
- Nastasya Shannon, 21st (Employee)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>EASTER</b> 1 <b>April Fools' Day</b> 7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>Community Spirit Month</b> 2 <b>9:30 Exercise With Legacy, AR</b> <b>10:00 Dollar Tree, O</b> <b>10:30 Therapy for the Mind, L</b> <b>1:00 Art Expression, AR</b> 3:00 Adult Coloring Club, AR 4:00 Resident Puzzle Day, LL	<b>9:30 Senior Fitness w/Teresa, AR</b> 3 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Blood Pressure Clinic w/Holy Savor Hospice, L</b> <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 1:00 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L	<b>9:30 Tone Those Bones, AR</b> 4 <b>9:30 Beauty Salon Is Open</b> <b>10:15 Word of the Day!, L</b> 1:00 Karaoke, L 2:00 Sassy Senior Bingo, AR <b>3:30 Country Store</b>	<b>9:30 Chair Yoga, L</b> 5 <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:40 What's in the News, L</b> 1:00 Storytelling Club <b>1:45 Shopping at Walmart, O</b> 3:00 Singalong, L	<b>Wear Baseball Jersey Day</b> 6 <b>9:30 Senior Fitness w/Teresa, AR</b> <b>10:30 Out to Applebee's, O</b> <b>1:00 Bible Study w/ Laura, L</b> <b>2:00 Root Beer &amp; Pretzel Social Hour, L</b> 3:00 Name Your Game!, L	9:30 Word of the Day! 7 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>1:00 Saturday Bingo w/Mary, AR</b> <b>2:00 Root Beer Floats, L</b> 3:00 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8 <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 9 <b>10:00 Shopping at Big Lots, O</b> <b>10:30 Therapy for the Mind, L</b> <b>1:00 Art Expression, AR</b> 3:00 Wonder Word Search, AR 4:00 Resident Puzzle Day, LL	<b>9:30 Senior Fitness w/Teresa, AR</b> 10 <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> <b>10:00 Men Bible Study w/John</b> <b>10:30 Catholic Communion</b> 1:00 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L <b>6:00 Roaring '20s (Main Event), L</b>	<b>9:30 Tone Those Bones, AR</b> 11 <b>10:00 Post Office/Bank, O</b> <b>10:15 Word of the Day!, L</b> <b>1:00 Chicken Foot (Dominoes), AR</b> 1:00 Karaoke, L 2:00 Sassy Senior Bingo, AR <b>3:00 Town Hall Meeting, L</b> <b>3:30 Country Store</b>	<b>9:30 Chair Yoga, L</b> 12 <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:40 What's in the News, L</b> 1:00 Storytelling Club <b>1:45 Shopping at Walmart, O</b> 3:00 Singalong, L	<b>Wear Scrabble Shirt Day</b> 13 <b>9:30 Senior Fitness w/Teresa, AR</b> <b>10:00 Trivia Club, L</b> <b>1:00 Bible Study w/ Laura, L</b> <b>2:00 Scrabble Your Way to Social Hour</b> 3:00 Name Your Game!, L	9:30 Word of the Day! 14 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>1:00 Saturday Bingo w/Mary, AR</b> 3:00 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 15 <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 16 <b>10:00 Dollar Store</b> <b>10:30 Therapy for the Mind, L</b> <b>1:00 Art Expression, AR</b> 3:00 Adult Coloring Club, AR 4:00 Resident Puzzle Day, LL	<b>TAX DAY</b> 17 <b>9:30 Senior Fitness w/Teresa, AR</b> <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> <b>10:30 Catholic Communion</b> 1:00 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L	<b>9:30 Tone Those Bones, AR</b> 18 <b>10:00 Post Office/Bank, O</b> <b>10:15 Word of the Day!, L</b> 1:00 Karaoke, L 2:00 Sassy Senior Bingo, AR <b>3:30 Country Store</b>	<b>9:30 Chair Yoga, L</b> 19 <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:40 What's in the News, L</b> 1:00 Storytelling Club <b>1:45 Shopping at Walmart, O</b> 3:00 Singalong, L	<b>Twin Day</b> 20 <b>Volunteer Celebration Social Hour, L</b> <b>9:30 Senior Fitness w/Teresa, AR</b> <b>10:30 Out to Braum's, O</b> <b>1:00 Bible Study w/ Laura, L</b> 3:00 Name Your Game!, L	9:30 Word of the Day! 21 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/ Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>11:30 Husband Appreciation Luncheon, DR</b> <b>1:00 Saturday Bingo w/Mary, AR</b> 3:00 Resident Choice of Game, L
<b>EARTH DAY</b> 22 7:30 The Truth in Love (TV Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 23 <b>10:00 Winco, O</b> <b>10:30 Therapy for the Mind, L</b> <b>1:00 Art Expression, AR</b> 3:00 Wonder Word Search, AR 4:00 Resident Puzzle Day, LL	<b>9:30 Senior Fitness w/Teresa, AR</b> 24 <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> <b>10:00 Men Bible Study w/John</b> <b>10:30 Catholic Communion</b> 1:00 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L	<b>9:30 Tone Those Bones, AR</b> 25 <b>10:00 Post Office/Bank, O</b> <b>10:15 Word of the Day!, L</b> 1:00 Karaoke, L 2:00 Sassy Senior Bingo, AR <b>3:30 Country Store</b>	<b>9:30 Chair Yoga, L</b> 26 <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:40 What's in the News, L</b> 1:00 Storytelling Club <b>1:45 Shopping at Walmart, O</b> 3:00 Singalong, L	<b>Wear Your Favorite Super Hero Shirt Day</b> 27 <b>9:30 Senior Fitness w/Teresa, AR</b> <b>10:00 Trivia Club, L</b> <b>1:00 Bible Study w/ Laura, L</b> <b>2:00 Birthday Bash, L</b> 3:00 Name Your Game!, L	9:30 Word of the Day! 28 <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise w/Teresa, L</b> <b>10:30 Wonderword Search, AR</b> <b>1:00 Saturday Bingo w/Mary, AR</b> 3:00 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 29 <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise With Legacy, AR</b> 30 <b>10:30 Therapy for the Mind, L</b> <b>1:00 Art Expression, AR</b> 4:00 Resident Puzzle Day, LL					