

Rosy Words (Continued)

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.

Activity Updates

As our activity calendar continues to fill up, here are a few housekeeping items to address:

- Temperatures and attendance will be taken at the beginning of each activity
- Weekly calendars will be sent out on Saturday evening for the following week
- Monthly calendars are subject to change, so always check the weekly calendar for the most up-to-date information
- Activities should reflect the residents currently living at Lewisville Estates, so if there is something you would like to do, please let Meghan know
- A service project group will be forming to find ways to give back to those in our community; look for more details coming soon
- The goal of all activities is to have fun!

Hope to see you there!

Meghan Cholette
Activity Director

Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine's Day. Here are some holiday favorites:

Chocolate samplers — They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

Conversation hearts — "Be mine." "True love." "Marry me." It's the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

Hershey's Kisses — These familiar foil-wrapped drops of chocolate have the perfect name for Valentine's Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M's — Recognized by the "m" on each one, M&M's have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

Cupid corn — Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

Red Hots hearts — A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.



Dear Residents, Families and Friends,

Love is in the air at Lewisville Estates! February brings many emotions and feelings. As we move through the month, we would like to express those feelings of love to our staff for all they have done this last year. Many have gone above and beyond their job, and we want to recognize them! Look out for ways to show your love and gratitude for our wonderful team!

Many of our residents will be receiving the second dose of the Covid-19 vaccine this month. This is exciting news, and it brings us one step closer to getting back to some type of normal. I want to commend our residents on their constant ability to be patient and flexible during the last few months. It was not the holiday season we had envisioned, but we made the best of it.

As we move forward into February, there are a few reminders for residents and families. Although many residents have received their vaccines, masks are still required throughout the building and at all activities. Please social distance when around other residents. Family members who have completed essential caregiver paperwork and training are not allowed in common areas of the building. They may visit their resident in their room only and must check in at the kiosk at the front door to complete the Covid-19 and temperature screening. Our goal has always been to keep residents safe and healthy!

Erin Montgomery
Executive Director



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.

(Continued on back.)





FEBRUARY 2021

Locations

- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

Transportation Schedule

- Monday, 10 a.m.
Grocery Stores
- Tuesday & Thursday, 10 a.m.
Walmart
- Wednesday, 10 a.m.
Post Office/Bank
- Thursday, 2:30 p.m.
Misc. Errands
- Friday, 9:30 a.m.
Express Errands
- Friday, TBA
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Pokeno for Prizes, CR 3:30 Resident Advisory Meeting, CR	9:30 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:30 Crafters Corner, CR 4:00 Ambassadors Meeting, CR	10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 2:00 Dominoes Club, B	9:30 Strength Class w/Legacy, CR 10:00 Blood Pressure Check w/Legacy, CR 2:00 Billion Dollar Bingo, CR 3:15 Bunco Club, B	9:00 Men's Coffee Group, B 10:00 Bible Study, CR 2:00 Card Games, B 3:00 Happy Hour, L	9:30 Walking Warriors 10:30 Coffee Club, L 2:30 Movies and Popcorn, TH
7	8	9	10	11	12	13
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 3:00 Resident Choice Game, B	10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Pokeno for Prizes, CR	9:30 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:00 Town Hall Meeting, CR	10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 2:00 Dominoes Club, B	9:30 Strength Class w/Legacy, CR 10:00 Blood Pressure Check w/Legacy, CR 2:00 Billion Dollar Bingo, CR 3:15 Bunco Club, B	9:00 Men's Coffee Group, B 10:00 Bible Study, CR 2:00 Card Games, B 3:00 Be Mine Happy Hour, L	9:30 Walking Warriors 10:30 Coffee Club, L 2:30 Movies and Popcorn, TH
VALENTINE'S DAY 14	PRESIDENTS DAY 15	16	ASH WEDNESDAY 17	18	19	20
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 3:00 Resident Choice Game, B	10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Pokeno for Prizes, CR	9:30 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:30 Crafters Corner, CR	10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 2:00 Dominoes Club, B	9:30 Strength Class w/Legacy, CR 10:00 Blood Pressure Check w/Legacy, CR 2:00 Billion Dollar Bingo, CR 3:15 Bunco Club, B	9:00 Men's Coffee Group, B 10:00 Bible Study, CR 2:00 Card Games, B 3:00 Birthday Bash, CR	9:30 Walking Warriors 10:30 Coffee Club, L 2:30 Movies and Popcorn, TH
21	22	23	24	25	26	27
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 3:00 Resident Choice Game, B	10:00 Fitness Fun w/ Meghan, CR 10:30 Country Store 11:00 Morning Devotional, CR 2:00 Pokeno for Prizes, CR	9:30 Balance Class w/ Legacy, CR 11:00 Morning Devotional, CR 2:30 Beach Ball Team Toss, CR	10:00 Chair Yoga & Stretch, CR 11:00 Morning Devotional, CR 1:00 Country Store 2:00 Dominoes Club, B	9:30 Strength Class w/Legacy, CR 10:00 Blood Pressure Check w/Legacy, CR 2:00 Billion Dollar Bingo, CR 3:15 Bunco Club, B	9:00 Men's Coffee Group, B 10:00 Bible Study, CR 2:00 Card Games, B 3:00 Happy Hour, L	9:30 Walking Warriors 10:30 Coffee Club, L 2:30 Movies and Popcorn, TH
28					<p>Birthdays</p> <p>Miguel Banales, 4th (Employee) Vivian Dunn, 5th Evelyn Schuler, 6th</p> <p>Elizabeth "Betty" Davis, 12th Vernon Lambert, 12th Elfie Wetzstein, 16th Marilyn Murphy, 17th Dolores Casal, 22nd</p>	
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