

## Simple Ways to Spread Kindness

"No act of kindness, no matter how small, is ever wasted," wrote the ancient Greek storyteller Aesop. Random Acts of Kindness Week, the second full week in February, was created to encourage thoughtful gestures toward others. Here are a few ideas to spread joy:

- Do you enjoy writing letters? Pen thank-you notes for local police and fire departments or those serving in the military. Make cards for patients at a children's or veterans hospital as a cheerful surprise. Or jot a note to a friend, recalling a favorite moment you shared with them.
- Do you like getting compliments? Everyone does, so make a point to say something positive to people you encounter. Wish passersby a good morning or tell someone you like their outfit. Praise a server, nurse or aide for the work they do. A smile and a few kind words can brighten a person's day.
- Do you like connecting with younger generations? Get involved with a daycare, school or youth organization and read to the youngsters, share stories about your life or teach them a game or skill.
- Do animals hold a special place in your heart? Buy or make treats for a friend or family member's pet, or collect and donate food, blankets and toys to an animal shelter.



## Happy Hour!

Come and join us for a fun Happy Hour every Friday at 3:30 p.m.



## Health and Wellness: 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

Eighty 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, stop by the Legacy Healthcare Services Therapy Department in Room 336, or call Kim at (972) 420-8543.



## Dear Residents, Families and Friends:

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 Ball, on Thursday, Feb. 16, for some great jazz music in our Dining Room at 6 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, special Valentine's Day Happy Hour and Painting With a Twist Social. Our outings this month include a trip to Winstar Casino, lunch at Cracker Barrel, and lunch at Braum'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



## Resident of the Month

Our L.E.A.P. (Life Enrichment Activities Program) would like to recognize Ana Pipes. Ana likes to participate in different activities like bingo, arts and crafts, singalongs, socials and big events. Thank you, Ana, for your participation and patience. We are glad that you are part of our family here at Lewisville Estates.



INDEPENDENT LIVING

FEBRUARY 2017

### Locations

- Activity Room, AR
- 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.  
Albertsons
- Tuesday  
10 a.m.  
Walmart
- Thursday  
2 p.m.  
Walmart
- Friday  
TBA  
Field Trips/Outing

“Tradition wears a snowy beard; romance is always young.”

—John Greenleaf Whittier

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Birthdays</b></p> <p>Patty Skinner, 2nd (Employee) Miguel Banales, 4th (Employee) Mayda Piercey, 5th Geri Rucker, 8th Elvaleene Benge, 8th Evaleene Dunn, 9th Robert Schauseil, 9th</p>	<p><b>Birthdays</b></p> <p>Courtney Eddington, 10th (Employee) Bob Cochran, 10th Elizabeth “Betty” Davis, 12th Naina Thaiba, 13th (Employee) Johnnie Nall, 19th Ima Jean Stephens, 22nd Florencia Limboc, 23rd (Employee)</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 10:00 Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p><b>1</b> 9:30 Exercise w/Jacque of A.R.T., CR <b>2</b> <b>GROUNDHOG DAY</b> <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/ Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> 6:00 Card Games, B</p>	<p><b>3</b> <b>Wear Your Favorite Jersey Day</b> <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</b> 10:00 Coffee &amp; Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>1:45 Ear &amp; Hearing Clinic, B</b> <b>2:00 Express Errands, O</b> <b>3:30 Super Bowl Happy Hour, L</b> 6:00 Card Games, B</p>	<p><b>4</b> 9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>	
<p><b>5</b> <b>Super Bowl Sunday</b> 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game <b>5:00 Super Bowl Sunday Social, R66</b> 6:30 Resident Card Games, B</p>	<p><b>6</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee &amp; Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B</p>	<p><b>7</b> <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B</p>	<p><b>8</b> <b>8:00 Out to Winstar Casino, O</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>3:30 Balance Clinic w/Legacy, CR</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p><b>9</b> <b>Pizza Day</b> <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/ Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> <b>3:30 Pizza Social w/Jacque, B</b> 6:00 Card Games, B</p>	<p><b>10</b> <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</b> 10:00 Coffee &amp; Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> <b>11:00 Out to Cracker Barrel, O</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 You Are My Valentine Happy Hour, L</b> 6:00 Card Games, B</p>	<p><b>11</b> 9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p><b>12</b> 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p><b>13</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee &amp; Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR <b>3:30 Legacy Health Chat, B</b> 6:00 Card Games, B</p>	<p><b>14</b> VALENTINE'S DAY <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>2:30 Town Hall Meeting, CR</b> <b>3:15 Valentine's Social w/Sunshine, CR</b> 6:00 Card Games, B</p>	<p><b>15</b> 9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 10:00 Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Ring Toss of Fire, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p><b>16</b> <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/ Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> 6:00 Card Games, B <b>6:00 Mardi Gras Ball (Big Event), DR</b></p>	<p><b>17</b> <b>9:30 Walking Warriors w/Kelley of Lake Village, B</b> 10:00 Coffee &amp; Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Blood Pressure Clinic w/Encompass</b> <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Wine Testing Happy Hour, L</b> 6:00 Card Games, B</p>	<p><b>18</b> 9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p><b>19</b> 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p><b>20</b> PRESIDENTS DAY 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee &amp; Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B</p>	<p><b>21</b> <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B</p>	<p><b>22</b> National Margarita Day 9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 10:00 Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>3:30 Senior Independence Event w/Legacy, CR</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p><b>23</b> National Chili Day <b>9:30 Balance Class w/Legacy, CR</b> <b>10:00 Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/ Pastor Frances, CR</b> <b>12:30 Singalong, O</b> <b>2:00 Shopping at Walmart, O</b> <b>3:30 Chili Social w/ Encompass, B</b> 6:00 Card Games, B</p>	<p><b>24</b> <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</b> 10:00 Coffee &amp; Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Live Well Strength w/Legacy, CR</b> <b>11:00 Out to Braum's, O</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> 6:00 Card Games, B</p>	<p><b>25</b> 9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p><b>26</b> 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game <b>5:30 Academy Award Ceremony, R66</b> 6:30 Resident Card Games, B</p>	<p><b>27</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee &amp; Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR 6:00 Card Games, B</p>	<p><b>28</b> MARDI GRAS <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>10:30 Free Cataract Screening, AR</b> 2:30 Art Expression, AR 6:00 Card Games, B</p>				