

Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.



Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health — Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span — Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system — Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Faster recovery — Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.

Afternoon Games

Come and join us for some fun games on Mondays and Wednesdays.



The Lewisville Estates Lifestyle

Independent Living
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LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

March 2018

Resident of the Month

Our Life Enrichment Program would like to recognize Lillian Schauseil. Lillian likes to participate in different activities like Bingo, Arts and Crafts, Socials, Happy Hours and our main events. We are so happy to have her here at Lewisville Estates.



Dear Residents, Families and Friends

Top o' the mornin' to ya! We are getting in the swing of a whole month of Irish fun! Every March 17, thousands of people march in Irish pride parades, eat green clover-shaped cookies and quaff frosty mugs of green beer in celebration of St. Patrick's Day, but do you really know who St. Patrick was and why he is celebrated?

Patrick was born in AD 387 just south of Hadrian's Wall in Britain, which was part of the Roman Empire (that's right, he wasn't Irish!). He was captured by Irish pagans in his early teens and taken to Ireland, where he was enslaved for six years. During that time, he grew to like the spirit of the Irish. When he escaped and returned to his family, he vowed to one day return to Ireland. Many stories are told in connection with St. Patrick. The three-leaf clover was said to be used by the saintly bishop to explain the Trinity to the pagans, which is why it is such a common St. Patrick's Day symbol.

We have many fun events planned this month that will include our "Outlaw Hoedown" on March 15 at 6 p.m. We have our Employee Appreciation Happy Hour on March 2 and St. Patrick's Day Happy Hour in the Lobby on Friday, March 16. Outings for March will include Applebee's and Cracker Barrel. Also, please join our daily exercise classes that take place in the community room (special thanks to Legacy Rehab and Advanced Rehab Trust).

May your troubles be less and your blessings be more, and nothing but happiness come through your door!

Cheers,

Jessica Hazelton, EXECUTIVE DIRECTOR



INDEPENDENT LIVING

MARCH 2018

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
10 a.m.
Walmart
- Wednesday
10 a.m.
Post Office/Bank
- Thursday
2 p.m.
Walmart
- Friday
TBA
Field Trips/Outing
- Friday
2 p.m.
Express Errands

"The finest compliment you can pay a man is that his word was as good as gold."

—Evel Knievel

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">Birthdays</p> <p>Joan "Joanne" Klein, 3rd Bill Manire, 4th Marilou Richard, 7th James Long Jr., 7th Ida Ekern, 9th</p>	<p>Debra Langley, 17th (Employee) Kaylee Phillips, 19th Erica Ellis, 28th (Employee) Jordan Luna, 30th (Employee)</p>			<p>9:30 Balance Class w/Legacy, CR ¹ 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Adult Coloring Club, F 6:00 Card Games, B</p>	<p>Employee Appreciation Day International Ear Care Day ² 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, CR 1:45 Hearing Clinic, B 2:00 Express Errands, O 6:00 Card Games, B</p>	<p>9:30 Walking Warriors ³ 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>7:30 The Truth in Love (TV Channel 7), R66 ⁴ 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR ⁵ 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Ring Toss of Fire, B 6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR ⁶ 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR ⁷ 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 4:00 Gold Coin Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>8:00 Podiatry Visit, F ⁸ 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:30 The Luck of the Iris Social w/Jacque, B 6:00 Card Games, B</p>	<p>9:30 Walking Warriors, B ⁹ 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Applebee's, O 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 Middle Name Pride Happy Hour, L 6:00 Card Games, B</p>	<p>9:30 Walking Warriors ¹⁰ 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:00 Arts & Crafts w/Sandra, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>DAYLIGHT SAVING TIME BEGINS ¹¹ 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR ¹² 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:30 Legacy Health Chat, B 6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR ¹³ 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:30 Iris Celebration w/Sunshine, CR 6:00 Card Games, B</p>	<p>National Pie Day ¹⁴ 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 4:00 Rowdy Ring Toss & Pie Social, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR ¹⁵ 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 6:00 Card Games, B 6:00 Outlaw Hoedown (Main Event)</p>	<p>Wear Green Day ¹⁶ 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 St. Patrick's Day Happy Hour, L 6:00 Card Games, B</p>	<p>ST. PATRICK'S DAY ¹⁷ 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>¹⁸ 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>National Nurses Day ¹⁹ 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Bean Bag Toss, B 6:00 Card Games, B</p>	<p>SPRING BEGINS ²⁰ 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B</p>	<p>Memory Day ²¹ 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 4:00 Memory Game, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>²² 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:30 Busy Hand Club, B 3:00 Wii Bowling Tournament, F 6:00 Card Games, B</p>	<p>²³ 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Cracker Barrel, O 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 Spring Fling Happy Hour, L 6:00 Card Games, B</p>	<p>²⁴ 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>PALM SUNDAY ²⁵ 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>²⁶ 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, CR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B</p>	<p>²⁷ 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, CR 6:00 Card Games, B</p>	<p>²⁸ 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:15 Bible Study, TH 3:30 Book Club, LL 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>²⁹ 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Adult Coloring Club, F 6:00 Card Games, B</p>	<p>GOOD FRIDAY ³⁰ PASSOVER BEGINS AT SUNSET 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B</p>	<p>³¹ 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>