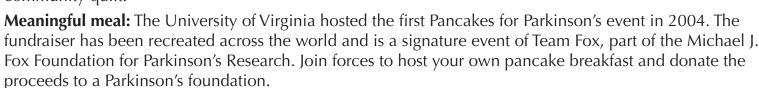
Supporting Those With Parkinson's

An estimated 7 to 10 million people worldwide have Parkinson's disease, a progressive nervous system disorder that affects movement. During Parkinson's Disease Awareness Month in April, show your support with these ideas:

Seasonal symbol: In 1980, a horticulturist with Parkinson's developed a red and white tulip and named it after Dr. James Parkinson, who first recognized the disease. Since then, the tulip has become a symbol of support and research. During the month, use this motif in any way you can—make a pin to wear, hang a wreath or banner, or send a bouquet to someone you know with Parkinson's.

Creative cause: Several years ago, hundreds of people created panels for the Parkinson's Quilt Project, organized by the Parkinson's Disease Foundation. Follow that thread and gather with others to make your own community quilt.



Breaking Barriers, Making History

When baseball team members across the country put on No. 42 on April 15, they're honoring one of the biggest moments in sports history, when Jackie Robinson became the first Black player in the major leagues.

In baseball's early days, a few Black players played alongside whites, but in the late 1800s, major league team owners agreed to make the sport segregated. A handful of mixed-race and Latino athletes were accepted in the MLB, but African American players could only play in the Negro Leagues.

By the 1940s, several teams wanted to get rid of baseball's color barrier. Branch Rickey, the president and general manager of the Brooklyn Dodgers, chose Robinson to play for the team. Robinson appealed to Rickey not only for his athletic ability, but also for his poise and strength of character.

On April 15, 1947, Robinson suited up in his No. 42 uniform and took the field as a first baseman for the Dodgers. In his first season, he was named the National League's Rookie of the Year. Later accomplishments include an MVP title, six All-Star games, multiple league pennants and a World Series win with the Dodgers.

In 1997, the MLB retired No. 42 across all teams, a first in any professional sport. However, every year on Jackie Robinson Day, the league's players, managers, coaches and umpires wear the number as a tribute to the legendary athlete.









Dear Residents, Family and Friends!

800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com

As the beautiful flowers of spring begin to bloom around us, we are reminded of all the new beginnings that spring represents. We encourage everyone to take a fresh outlook on the world and the new opportunities that present themselves to us every day. Take some time to let your loved ones know you appreciate them. Take advantage of the beautiful weather by getting active and doing things you love. Please remember to take care of yourself and live each day to the fullest.

Independent Living



In March, we celebrated Employee Appreciation and received so much love from residents and family members. We would like to thank each and every one of you for all the kind words and wellwishes towards our wonderful staff!

In April, we will be having a plethora of new and exciting events. We will be celebrating community spirit month with both staff and residents and would love for families and friends to join in on the festivities! We are also very excited about our Spring Fling main event and Easter celebrations with an egg hunt! Make sure to check out the calendar regularly so you don't miss out on all our fun activities.

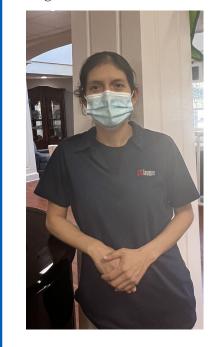
We hope this warmer weather brings a "spring" to your step! Lewisville Estates is excited for what this new season brings and hopes you are too.

> Thank you, Smitha Krishnan **Executive Director**



APRIL 2022

Lewisville Estates would like to recognize Maria Medel as our Employee of the Month! Maria is beyond dedicated and diligent. She always has a smile that can brighten your day. We appreciate all you do, Maria; all the little things you do every day make a huge difference!











INDEPENDENT LIVING

APRIL 2022

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

Birthdays

Paul LeGalley, 2nd
Norma Porterfield, 4th
Trudy Dillon, 10th
Kathy Baker, 10th
Clarice Shirley, 16th
Carol Bush, 17th
Nastasya Shannon, 21st (Employee)
Doris Bennett, 25th (Employee)

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

SUNDAY MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY SATURDAY** 9:00 Men's Coffee Group, B 1 10:00 Bible Study, CR 10:30 Fab, Fit & Fun 10:30 Coffee Club, L w/Jada, CR 11:00 Trivia in the 11:30 **Mama's Daughters** Diner, O Lobby, L Puzzle Time w/ 12:00 2:30 Movies and Friends, R66 Popcorn, TH Wahoo Board Game!, CR 3:30 Friday Fun Happy Hour, L 3 9:00 Walking Club, L 9:45 Blood Pressure 10:00 Fab, Fit & Fun 10:00 Post Office/ 9:00 Men's Coffee Clinic w/Legacy, CR w/Jada, CR 10:00 Balance Class w/ Bank, O Group, B 8:30 In Search of the 10:00 Dollar General, O 10:00 Strength Class w/ Legacy, CR 10:00 Tai Chi, CR 10:00 Bible Study, CR Lord's Way (KDFID 10:30 Coffee Club, L Legacy, CR 10:00 Arts & Crafts, CR 10:00 Walmart 10:30 Country Store 10:30 Fab, Fit & Fun Channel 7), R66 11:00 Trivia in the 10:00 Walmart Shopping, O 10:30 Country Store Shopping, O w/Jada, CR 11:00 Morning 10:00 Community 10:00 Coloring Club, B Lobby, L 11:00 Morning Devotional, CR 10:00 Catholic Devotional, CR 12:00 Coffee & 12:45 Ambassadors 2:00 Billion Dollar Church, CR 2:30 Movies and 2:00 Crochet Class, B Conversations, L Communion, B Meeting, B Bingo, CR 3:00 Resident Choice Popcorn, TH 10:00 Coloring Club, CR 2:30 Spades (Card Game), B 1:00 Adult Coloring Club, B 1:00 Bridge, B 2:30 Misc Errands, O Game, B 3:00 Dominoes Club w/ 3:30 Friday Fun 2:30 Texas Hold'Em, CR 3:30 Uno, Ice Cream 3:00 Uno, Ice Cream Ice Cream, CR Happy Hour, L & Friends!, B 3:30 Scrabble, B & Friends, B **PALM SUNDAY** 16 **GOOD FRIDAY** 15 11 12 13 14 10:00 Fab, Fit & Fun 9:00 Walking Club, L 10:00 Puzzle Mania 9:45 Blood Pressure Clinic PASSOVER BEGINS AT SUNSET w/Jada, CR 10:00 Balance Class w/ w/Friends, R66 w/Legacy, CR 9:00 Men's Coffee Group, B 8:30 In Search of the 10:00 Tom Thumb, O Legacy, CR 10:00 Post Office/Bank, O 10:00 Strength Class w/ 10:00 Bible Study, CR 10:30 Coffee Club, L 10:30 Country Store 10:00 Walmart Shopping, O Lord's Way (KDFID 10:00 Tai Chi, CR Legacy, CR 10:00 Adult Coloring Club, B 11:00 Trivia in the 10:00 Make Up & Nails by: 10:30 Coloring Club, B Channel 7), R66 10:30 Country Store 10:00 Walmart Shopping, O 10:30 Fab, Fit & Fun w/ 11:00 Morning Jada & Lucinda, F Lobby, L 10:00 Community 12:00 Puzzle Mania w/ Jada, CR 11:00 Morning 1:30 Hand & Foot, B Devotional, CR 2:30 Movies and 11:30 Mama's Daughter Church, CR Devotional, CR Friends, R66 2:30 Town Hall 1:00 Bridge, B Diner, O Popcorn, TH 2:00 Billion Dollar 1:30 Spades (Card Game), B 3:00 Resident Choice Meeting, CR 2:00 Pokeno, CR 12:00 Puzzle Mania w/ Bingo, CR 3:00 Dominoes Club Game, B 3:30 Uno & Friends, B 3:30 "Banana Split" Social Friends, R66 2:30 Misc Errands, O w/Snacks, CR by the Garden, G 4:30 Men's Night Out, O 3:30 Happy Hour, L **EASTER** 17 21 **EARTH DAY** 22 23 10:00 Fab, Fit & Fun 18 19 20 10:00 Post Office/ 9:45 Blood Pressure 9:00 Walking Club, L w/Jada, CR Bank, O 10:00 Balance Class w/Legacy, CR 9:00 Men's Coffee Clinic w/Legacy, CR 8:30 In Search of the 10:00 Dollar Tree, O 10:00 Tai Chi, CR 10:00 Walmart Shopping, O Group, B 10:30 Coffee Club, L 10:00 Strength Class 10:00 "Sip & Paint", CR Lord's Way (KDFID 10:00 Catholic Communion, B 10:30 Country Store 10:00 Bible Study, CR 12:00 Puzzle Mania w/ w/Legacy, CR 11:00 Trivia in the 10:30 Country Store 11:00 Morning Channel 7), R66 Friends, R66 10:30 Fab, Fit & Fun 11:00 Morning Devotional, CR 10:00 Walmart Lobby, L 10:00 Community 2:00 20 Questions, CR Devotional, CR w/Jada, CR 1:30 Wahoo Board Shopping, O 2:30 Movies and 3:00 "Try it You'll Strike It", CR Church, CR 1:00 Bridge, B Game!, CR 12:00 Puzzle Time w/ 4:00 Bucket Toss w/ 2:30 Misc Errands, O Popcorn, TH 3:00 Resident Choice 2:00 Pokeno, CR Something Inside, CR 2:30 Spades (Card Game), B Friends, R66 6:00 "Easter Egg Hunt" Game, B 4:30 On The Border 3:00 Dominoes Club w/ 3:30 Hand & Foot, B 3:30 Happy Hour, L (Dinner Outing), O Main Event!, CR Ice Cream, CR 4:00 Uno & Ice Cream, B 27 29 30 24 10:00 Fab, Fit & 25 28 26 10:00 Post Office/ 9:00 Walking Club, L 9:45 Blood Pressure Clinic Fun w/Jada, CR Bank, O 8:30 In Search of the 10:00 Balance Class w/ 9:00 Men's Coffee w/Legacy, CR 10:00 Tai Chi, CR 10:00 Kroger, O Legacy, CR Lord's Way (KDFID 10:00 Strength Class w/ Group, B 10:30 Coffee Club, L 10:30 Country Store 10:30 Country Store 10:00 Walmart Shopping, O Legacy, CR Channel 7), R66 10:00 Bible Study, CR 11:00 Trivia in the 11:00 Morning Devotional, CR 10:30 Coloring Club 10:00 Walmart Shopping, O 10:00 Make Up & Nails by: 10:00 Community 1:00 Would You Rather? 10:30 Fab, Fit & Fun Lobby, L 11:00 Morning Jada & Lucinda, F 12:30 HedBanz, B Church, CR Game, B w/Jada, CR 2:30 Movies and 12:30 Wahoo Board 2:00 Wahoo Board Game!, CR Devotional, CR 2:00 Food Forum, DR 3:00 Resident Choice 2:30 Misc Errands, O 3:30 Friday Fun Popcorn, TH Game!, CR 1:00 Bridge, B 3:00 Dominoes Club 3:00 Lima Bean Game, B 1:30 Hand & Foot, B Happy Hour, L 2:00 Pokeno, CR w/Snacks, CR Auction!, CR 2:00 Movie & Grub!, TH 7:30 Movie Night, CR 3:30 Bean Bag Toss, CR

Field Trips/Outing