

The Lewisville Estates Lifestyle

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

Like Us!

Assisted Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com

FEBRUARY 2026

Happy Groundhog Day!

Every Feb. 2, we look to one of nature's critters to answer an important question: How long until spring arrives?

The tradition behind the holiday we know as Groundhog Day is actually several hundred years old. In Europe, people would gather for a festival marking the halfway point of winter. If it was a cloudy day, they predicted that spring would arrive soon. But if the sun was out, they believed many more weeks of cold weather were still to come.

Eventually, folks in Germany added their own spin to the legend, saying that burrowing animals like badgers and hedgehogs could predict the weather. If these critters emerged from underground during the midwinter festival and saw their shadow, then they would be spooked back into their homes, signaling that it was a long wait to spring.

When German immigrants settled in North America, they brought this seasonal celebration with them, changing the tradition to include a groundhog, which was more common in their new country.

Whether the groundhog sees his shadow or not, Groundhog Day is a fun holiday to celebrate! Here are some fun facts about groundhogs to share with your family and friends.

- Groundhogs are also called woodchucks and whistle-pigs.
- They're members of the squirrel family, which also includes chipmunks and prairie dogs.
- They live throughout the U.S. and Canada.
- Their burrows can be up to 50 feet long, and about 5 feet deep.
- Groundhogs hibernate from October to March, but of course they sneak a peek outside on Groundhog Day!



Celebrate Your Spunk

You go, girl! February is Spunky Old Broads Month.

FEBRUARY 2026

Assisted Living Locations.

Activity Room AR
AL Courtyard ALC
AL Parking Lot ALPL

Monthly Birthdays

Staff
12- Tom Hobden
20- Ashley Cabellero
Residents
02- Sue Buchanan
02- Candace Rollins

Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s.

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us."
—Helen Keller

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	2 10:00 Daily Chronicle 10:30 Exercise W/ Angle /From Legacy 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 3:00 Daily Sip & Smile Hydration Cart	3 Paper Money Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Rummikub 2:00 Paper Money Bingo With Laurie 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Monopoly	4 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Entertainment Trivia W/Friends 2:00 Tranquill Nail Spa & Chat W/Shawn 3:00 Daily Sip & Smile Hydration Cart 3:00 Darts W/ Friends	5 Sweater Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Devotional W/Kyle 2:00 Painting w/ Laurie 3:00 Daily Sip & Smile Hydration Cart 3:00 Tea W/Friends	6 Wear Red Day 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:00 Main Street Cafe Outing 11:30 Lunch 1:00 uno 2:00 Mind The Gap 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Tic tac toe	7 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Candy Bar Bingo 2:00 Midday Movie Then She Found Me 3:00 Daily Sip & Smile Hydration Cart
8 Super Bowl 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	9 Hershey's Chocolate Day 10:00 Daily Chronicle 10:30 Exercise W/ Angle /From Legacy 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 3:00 Daily Sip & Smile Hydration Cart	10 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 word in a word 2:00 humor silly sound off game 3:00 Daily Sip & Smile Hydration Cart 3:00 Heart Health Bingo W/Legacy	11 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Resident Council 2:00 Bean Bag Toss W/ friends 3:00 Daily Sip & Smile Hydration Cart 3:00 Snowman Game	12 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Devotional W/Kyle 2:30 Dominic Piano Player 3:00 Daily Sip & Smile Hydration Cart 3:00 Winter Olympic Trivia	13 Wear Red Valentine's Friday 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Bingo With Laurie 2:00 Yahtzee 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Valentine's Party	14 Valentine's Day 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Cupid Bingo 2:00 Midday Movie Valentine's Day 3:00 Daily Sip & Smile Hydration Cart
15 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	16 Presidents Day 10:00 Daily Chronicle 10:30 Exercise W/ Angle /From Legacy 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 3:00 Daily Sip & Smile Hydration Cart	17 Mardi Gras Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Bingo 2:00 Chinese New Year Fun 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart	18 Ash Wednesday / Lent Starts 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Name Five Game 2:00 Tranquill Nail Spa & Chat W/Shawn 3:00 Daily Sip & Smile Hydration Cart 3:00 Rose Petal Heart Craft	19 7:30 Omelet Station W/Chef Ray 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Devotional W/Kyle 1:00 Music Therapy W/Luisa 2:00 Mardi Gras Party 3:00 Daily Sip & Smile Hydration Cart	20 Wear Your Red for Heart Awareness Month 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Western Day Photo Booth 2:00 Story Wise 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Where am I	21 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Candy Bar Bingo 2:00 Midday Movie New York I Love You 3:00 Daily Sip & Smile Hydration Cart
22 10:00 Inspirational Morning Movie 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 2:00 Puzzle Corner	23 10:00 Daily Chronicle 10:30 Exercise W/ Angle /From Legacy 10:30 Rosary w/ Renna 11:30 Lunch 1:00 Word Search w/ Kyle Amity Hospice 3:00 Daily Sip & Smile Hydration Cart	24 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Bingo 2:00 Nerf Gun Fun W/Laurie 3:00 Daily Sip & Smile Hydration Cart 3:00 Joe Ray Entertainment 3:00 Laurie's Fun Cart	25 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Air Hockey W/Friends 2:00 Rummikub 3:00 Daily Sip & Smile Hydration Cart 3:00 Famous People Trivia W/Friends	26 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Devotional W/Kyle 2:00 Monthly Birthday Bash 3:00 Daily Sip & Smile Hydration Cart 3:00 Yahtzee	27 Wear Red for Love 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Activity Dice Game 3:00 Daily Sip & Smile Hydration Cart 3:00 Laurie's Fun Cart 3:00 Wood Craft W/Laurie	28 10:00 Daily Chronicle 10:30 Exercise W/Laurie 11:30 Lunch 1:00 Candy Bar Bingo 2:00 Midday Movie The Sisterhood Of the Traveling Pants 3:00 Daily Sip & Smile Hydration Cart





WINTER IS HERE, LET'S STAY WARM



Lenten Wishes

We're wishing all our residents who observe Lent a peaceful season of reflection.

Say It With Flowers

Flowers are a popular gift, and there's more to picking out an arrangement than you might think. Almost every flower has a hidden meaning attached to its petals. In the 1800s, flowers were often used to send messages, and many people kept floral guidebooks in their homes. What perfumed words could you send with your bouquets?

Roses. These timeless beauties can have many meanings depending on their color. Classic red symbolizes romantic love; sunny yellow shows friendship or jealousy; pink hues can signify gratitude or sympathy; and white stands for innocence or secrecy.

Gerbera daisies. Large and friendly, these blossoms represent cheerfulness due to their bright colors. Innocence and beauty are also associated with this floral gift.

Tulips. Elegant and classic, this springtime favorite represents comfort and happiness. Like roses, tulips can have different meanings connected to various colors: purple for royalty, red for love, white for forgiveness and yellow for cheer.

Sunflowers. Legend says that Spanish explorers thought they had found gold when they first saw fields of sunflowers, and the blooms are still valued today as symbols of warmth, adoration and longevity.

Peonies. During Victorian times, this flower was sometimes given to show anger! But in modern day, peonies are connected to a happy life and marriage. Flowers are a part of life that makes you smile.