



It's Mardi Gras Time!

You don't have to go to New Orleans for a good time. We're bringing the fun and frolic of Mardi Gras to you, right here at Lewisville Estates!

The traditions of Mardi Gras vary from city to city. In the United States, the most well-known Mardi Gras celebration is held in New Orleans, LA. Carnival in New Orleans begins on the Twelfth Night (Epiphany) and concludes on Fat Tuesday. Throughout Carnival there are parades, balls, social gatherings, and celebrations throughout the city. People of all ages come together to watch parades and dress in costume to celebrate.

Lewisville Estates will hold our own Mardi Gras celebration on Thursday, February 19th, complete with live music, masks, beads, and our own parade. Our parade floats will be made up of YOU, our residents! Come on down to the Bistro on Wednesday, February 18th, where you will find plenty of festive decorative items available for you to use to decorate your walker, cane, scooter, and even YOURSELF to create your own parade 'float!' Once the party kicks off, jump in on the fun as you join the parade as it winds through the lobby, while everyone shows off their Mardi Gras spirit! There will be food, fun, and fantastic LIVE New Orleans jazz with Dave Washburn!

We can't wait to see everyone all decked out in your Mardi Gras best! Laissez le bons temps rouler!



FEBRUARY 2026



Chinese New Year - The Year of the Horse!

Ready to party? Join us as we celebrate the Lunar New Year (aka Chinese New Year) on Tuesday, February 17th, 2026 is the Year of the Horse. If you were born in 1930, 1942, 1954, 1966, 1978, 2002, 2014, or 2026...this is YOUR year!

We will celebrate The Year of the Horse with some fun trivia, Chinese horoscopes, enjoy-the-Lion dances, and, of course, a game or two. And we couldn't possibly celebrate Chinese New Year without some tasty Chinese fare! Don't forget to mark your calendar!

INDEPENDENT LIVING

FEBRUARY 2026

Locations

- Parking Lot PL
- Bistro B
- Community Room CR
- Dining Room DR
- Fitness Room FR
- Garden G
- Library LL
- Lobby L
- Outing O
- Route 66 R66
- Theater TH
- Sign Up Required SU

Happy Birthday!

- Feb 2 - Wayne Kule
- Feb 2 - Candace Rollins
- Feb 3 - Steve Connor
- Feb 8 - Nancy Carroll
- Feb 12 - Vernon Lambert
- Feb 12 - Tom Hobden
- Feb 14 - Arlene French
- Feb 15 - Sandra Thompson
- Feb 16 - Lynn Bahn
- Feb 18 - Deb Baker
- Feb 20 - Ashley Cabellero
- Feb 22 - Dolores Caal
- Feb 24 - Marian Myers
- Feb 28 - Prajeeta Thapa

A Punny Month

Q: Does February like March?
A: No, but April May!

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

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Community Church (CR) 1:30 Bridge Club (B) 2:00 Sunday Inspiration: Thicker than Water (G)(TH) 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66)	2 9:30 Game: Ticket To Ride (B) 10:30 Devotional w/ Diane (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 3:00 Sequence (B) 4:00 Country Store Open 4PM-5PM	3 9:20 Walmart (O) 10:00 Catholic Communion (B) 10:00 Fitness: Tai Chi - Seated & Standing (CR) 11:00 AVON (L) 1:30 Hand and Foot (FR) 2:00 Spades / UNO (B) 3:00 Game: Ticket To Ride (B)	4 9:30 Blood Pressure Checks (CR) 10:00 Fitness: Strength Class w/ Legacy (CR) 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 1:30 Valentine Craft (CR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	5 9:20 Walmart (O) 12:30 New Resident Welcome Luncheon (DR) 2:00 Thursday Thinkers: Cranium Crunches (B) 3:30 Sips, Snacks, and Serenade: Music by Vocal Expressions (L) 6:30 Ticket To Ride (B)	6 Wear Red for Women’s Heart Health 10:00 Bible Study with Dr. Laymon (CR) 1:30 Book Club (LL) 3:00 Game: Ticket To Ride (B) 3:00 Popcorn in Lobby 4:00 Whodunit Mysteries! (LL)	7 10:00 Fitness: Saturday Stroll (L) 10:00 Morning Matinee: We Bought A Zoo (PG)(TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) 3:00 Bingo (B) 4:00 Uno (B)
8 10:00 Community Church (CR) 1:30 Bridge Club (B) 2:00 Sunday Inspiration: Gaither Gospel Homecoming - Amazing Grace (TH) 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66) 5:00 Super Bowl Watch Party! (R66)	9 NATIONAL PIZZA DAY 10:30 Devotional w/ Diane (CR) 1:30 Olympic Opening Ceremony & Olympic Event #1 (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 3:00 Sequence (B) 4:00 Country Store Open 4PM-5PM 5:00 Dining In: Pizza (SU + \$10)	10 9:20 Walmart (O) 10:00 Catholic Communion (B) 10:00 Fitness: Tai Chi - Seated & Standing (CR) 1:30 Hand and Foot (FR) 1:30 Olympic Event (CR) 2:00 Spades / UNO (B) 2:30 Town Hall Meeting (CR)	11 NATIONAL MAKE A FRIEND DAY 9:30 Blood Pressure Checks (CR) 10:00 Fitness: Strength Class w/ Legacy (CR) 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 1:30 Olympic Event (CR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	12 9:20 Walmart (O) 1:30 DIY: Painting w/ Bailey (CR-SU) 3:15 Sips, Snacks, and Serenade: Dominique on Piano (L) 4:00 Game: Taco, Cat, Goat, Cheese, Pizza (B)	13 10:00 Bible Study with Dr. Laymon (CR) 1:30 Olympic Event (CR) 2:00 Phase 10 / Skip Bo / UNO (B) 3:00 Popcorn in Lobby 3:00 Valentine’s Party! w/ Music by Andy Corridorri (L)	14 VALENTINE’S DAY 10:00 Fitness: Saturday Stroll (L) 10:00 Morning Matinee: Guys and Dolls (Not Rated)(TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) 3:00 Bingo (B) 4:00 Uno (B)
15 10:00 Community Church (CR) 1:30 Bridge Club (B) 2:00 Sunday Inspiration: Faith Like Potatoes (PG)(TH) 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66)	16 Presidents Day 10:30 Devotional w/ Diane (CR) 1:30 Olympic Event (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 3:00 Sequence (B) 4:00 Country Store Open 4PM-5PM 4:00 Whodunit Mysteries! (LL)	17 RANDOM ACTS OF KINDNESS DAY 9:20 Walmart (O) 10:00 Catholic Communion (B) 10:00 Fitness: Tai Chi - Seated & Standing (CR) 1:30 Hand and Foot (FR) 1:30 Olympic Event (CR) 2:00 Spades / UNO (B) 3:00 Chinese/Lunar New Year Party (CR)	18 9:30 Blood Pressure Checks (CR) 10:00 Fitness: Strength Class w/ Legacy (CR) 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 1:30 Olympic Event (CR) 2:30 Food Committee w/ Chef Ray (DR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	19 9:20 Walmart (O) 1:30 Heart Health Bingo w/Legacy (CR) 3:30 Mardi Gras Party w/ Music by Dave Washburn (L)	20 10:00 Bible Study with Dr. Laymon (CR) 10:00 Early Voting (SU) 1:30 Olympic Medal Award Ceremony (CR) 2:00 Early Voting (SU) 3:00 Popcorn in Lobby 3:00 Sips, Snacks, and Serenade: Music by SimonSez Trio (L)	21 10:00 Fitness: Saturday Stroll (L) 10:00 Morning Matinee: The Glenn Miller Story (G)(TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) 3:00 Bingo (B) 4:00 Uno (B)
22 10:00 Community Church (CR) 1:30 Bridge Club (B) 2:00 Sunday Inspiration: Ordinary Miracles (Not Rated)(TH) 3:00 Resident Choice Card/Table Games (B) 4:00 Puzzle Club (R66)	23 10:30 Devotional w/ Diane (CR) 2:00 Misc. Errands (O) 2:00 Spades (B) 3:00 Sequence (B) 4:00 Country Store Open 4PM-5PM	24 9:20 Walmart (O) 10:00 Catholic Communion (B) 10:00 Fitness: Tai Chi - Seated & Standing (CR) 1:30 Hand and Foot (FR) 2:00 Spades / UNO (B) 4:15 Sips, Snacks, and Serenade: Music by Joe Ray (L)	25 9:30 Blood Pressure Checks (CR) 10:00 Fitness: Strength Class w/ Legacy (CR) 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 1:30 Curiosity: A.I. - What is it and Why Should I Care? (CR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Country Store Open 4PM-5PM	26 9:20 Walmart (O) 1:30 Thursday Thinkers: Chain Reaction (B) 3:00 Fun Fitness: Indoor Chair Volleyball (CR)	27 9:00 Bus Outing: Winstar (O-SU) 10:00 Bible Study with Dr. Laymon (CR) 1:30 Ticket To Ride (B) 3:00 Popcorn in Lobby 4:00 Whodunit Mysteries! (LL)	28 10:00 Fitness: Saturday Stroll (L) 10:00 Morning Matinee: It Runs in the Family (PG-13)(TH) 10:00 Rummikub (FR) 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) 3:00 Bingo (B) 4:00 Uno (B)

Valentine Notes of Friendship and Appreciation!

February presents us with the perfect opportunity to celebrate love and friendship with Valentine's Day! Let your friends and neighbors know how much you appreciate their friendship by sending them a Valentine's note! We have a nice selection of cute valentine notes available for you to fill out and return to the Valentine's box located on the piano in the lobby. These notes will be hand delivered on Friday, February 13th. Please return your notes by noon, on Thursday, February 12th, so that we can prepare them for delivery. What a wonderful way to tell your friends and neighbors that they hold a very special place in your heart and how much you appreciate them every day!



It's a Potluck Super Bowl Party!

Join your neighbors in the Route 66 lounge on Sunday, February 8th, to watch Super Bowl LX. No Super Bowl watch party is complete without a potluck of snacks and drinks. Grab a friend and a snack to share, and come on down! Player introductions and the National Anthem will begin at 5pm, with kickoff at 5:30. So, put on your favorite team colors and c'mon over to the R66 lounge to enjoy the BIG GAME!

Supersized Spending

A 30-second TV commercial cost about \$40,000 during the first Super Bowl in 1967, compared to about \$8 million in recent years.



A Friendly Walk

Psychiatrist Gary Small says walking with a friend is a triple threat against Alzheimer's disease. It gives you a cardiovascular workout, stress-relieving social interaction and mentally stimulating conversation.

Be Mindful of Missed Calls

If you notice a missed call from an unknown phone number, resist the urge to satisfy your curiosity and call back. Scammers can spoof numbers that look similar to ones you regularly call, in the hopes you'll answer. When you return the call, it verifies that a person is assigned to your phone number, prompting the scammer to try again another time.

Make Passwords Hack-Proof

Create a hard-to-crack password by using a phrase, such as a random combination of four or more words. Or string together the first letters in the words from a line in your favorite song. Tech experts say short passwords are easier to hack.

