



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

Wit & Wisdom

"Green is the prime color of the world, and that from which its loveliness arises."

—Pedro Calderon de la Barca

"Nature's first green is gold."

—Robert Frost

"Green is the fresh emblem of well-founded hopes. In blue the spirit can wander, but in green it can rest."

—Mary Webb

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."

—Doug Larson

"Scrub and polish, sweep and clean, fling your windows wide!

See, the trees are clad in green! Coax the spring inside!"

—Louise Bennett Weaver and Helen Cowles LeCron

"Green calm below, blue quietness above."

—John Greenleaf Whittier

"I just need green. I need to wake up and see grass and squirrels."

—Andre Leon Talley

"Never stay up on the barren heights of cleverness, but come down into the green valleys of silliness."

—Ludwig Wittgenstein

"Keep a green tree in your heart and perhaps the singing bird will come."

—Chinese proverb

"For still there are so many things that I have never seen: In every wood in every spring there is a different green."

—J.R.R. Tolkien



MARCH 2025

Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

Stay hydrated. Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet. Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

Monitor blood pressure. High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

Exercise. Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

Review medications. When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

Control blood sugar. Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.



MARCH 2025

Assisted Living Locations..

- Activity Room AR
- AL Courtyard ALC
- AL Parking Lot ALPL
- Bistro B
- Independent Living IL
- Library LL
- Lobby L
- Outing O
- Spa Spa
- Garden G

Transportation Schedule..

- Monday, 10am
- Grocery Stores 9:45
- Tuesday, 10am
- Walmart 10am
- Wednesday, 10am
- Post Office/Bank
- Thursday, 10am
- Walmart 10am
- Friday, TBA
- Field Trips/Outings

Brainteaser

Q: I go forward; I go back. I'm in some mattresses when you hit the sack! I'm also a break and a form of training. I'm a fever, water and a type of cleaning. What am I?
A: Spring!

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Fact Files The Iditarod 1:00 Piggybacks fill in crossword 2:00 Bingo With Laurie 4:00 kickball
2 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Choir Stream 11:00 Cross Word 1:30 scrabble 2:00 Puzzles 2:30 Sunday Matinee	3 10:00 Coffee and Chronicle (AR) 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Palm Pilot Search 1:30 scrabble 2:30 Kitchen Cupboard Finds 3:00 Spring Fling Quiz	4 Mardi Gras Day 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Fact files/Mardi Gras and Fat Tuesday 1:30 Mardi Gras Beads coloring 2:00 Bingo W/Southlake Hospice 2:00 Mardi Gras Party IL 3:00 Uno 3:30 Yahtzee	5 Ash Wednesday 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Fact Files Ash Wednesday 1:00 uno 1:30 Bible study 2:30 Crochet with Laurie 3:00 Hearts and Ashes Search	6 National Oreo Day 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Fact File Oreos 1:00 Qwirkle 2:00 Nail and spa Let's have fun 3:00 Oreo Flavors Quiz	7 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Lunch Soul Man BBQ 1:00 Scrabble 1:30 Cereal Seekers Search 2:00 Magician IL 2:30 Friday Matinee	8 10:00 Coffee and Chronicle 10:30 Exercise 11:00 International Women's Day Search 1:00 Roll Lady Roll Dice Game 2:00 Bingo 4:00 kickball
9 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Palm Pilot Search 1:30 scrabble 2:00 Puzzles 2:30 Sunday Matinee	10 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Palm Pilot Search 1:30 scrabble 2:30 Would you Rather	11 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Good as Gold Quiz 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:30 Yahtzee	12 National Girl Scout Day 10:00 Coffee and Chronicle 10:30 Exercise 1:30 Bible study 2:00 Resident Council 2:30 Crochet with Laurie 3:00 Girl Scout Dice Game	13 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Fact File Oreos 2:00 Nail and spa Let's have fun	14 National Potato Chip Day 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Potato Chip Search 11:00 Fact File National Potato Chip Day 1:00 Word In A Word 2:00 Potato Chip Toss 2:30 Friday Matinee	15 IDES of March 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Round Up The ides of March 1:00 Stitch and Roll dice Game 2:00 Bingo 4:00 kickball
16 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Palm Pilot Search 1:30 scrabble 2:00 Puzzles 2:30 Sunday Matinee	17 St. Patrick's Day 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Palm Pilot Search 1:30 scrabble 2:00 St. Patrick's Party w/games IL 3:30 Leprechaun Toss	18 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:30 Yahtzee	19 10:00 Coffee and Chronicle 10:30 Exercise 1:30 Bible study 2:30 Crochet with Laurie 3:30 Funny Folks Search	20 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Fact File Oreos 2:00 Nail and spa Let's have fun	21 10:00 Coffee and Chronicle 10:30 Exercise 11:00 True/False Trivia Game 1:30 Tongue Twisters 2:00 Parachute 2:30 Friday Matinee	22 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Game how Trivia 1:00 Road SIGNS SEARCH 2:00 Bingo 4:00 kickball
23 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Palm Pilot Search 1:30 scrabble 2:30 Kitchen Cupboard Finds 2:30 Sunday Matinee	24 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Palm Pilot Search 1:30 scrabble 2:30 Kitchen Cupboard Finds	25 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:30 Yahtzee	26 10:00 Coffee and Chronicle 10:30 Exercise 1:30 Bible study 2:30 Crochet with Laurie 3:00 volleyball	27 National Oreo Day 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Fact File Oreos 2:00 Nail and spa Let's have fun	28 10:00 Coffee and Chronicle 10:30 Exercise 1:00 Barnum And Bailey Search 2:30 Friday Matinee	29 10:00 Coffee and Chronicle 10:30 Exercise 11:00 March Categories 2:00 Bingo 4:00 kickball
30 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Palm Pilot Search 1:30 scrabble 2:30 Kitchen Cupboard Finds 2:30 Sunday Matinee	31 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Paging Dr Trivia 1:30 scrabble 2:30 Crayon Craze Dice Game					

are you
wearing
green?



Celebrate Irish Poets

Wearing green and rocking shamrocks for St. Patrick's Day on March 17 is all the rage, but have you ever thought about celebrating by browsing through some Irish poetry? World Poetry Day is also observed this month, on the 21st. Celebrate both of these fun holidays by learning more about a few famous Irish poets.

W.B. Yeats. One of the greatest poets of the 20th century, Yeats published over 30 poetry collections and won the Nobel Prize for literature in 1923. He followed a traditional style that focused on rhythm and cadence. As a lover of his country, he mostly wrote poems with Irish settings and subjects.

Seamus Heaney. Poems with deeply meaningful and beautiful verses were a specialty of Heaney's. Though he didn't want to be a political spokesman, his work reflected contemporary Irish issues. His rhymes were unpredictable yet his words were clear and textured, earning him the Nobel Prize in literature in 1995 and two American Ireland Fund Literary Awards—given to Irish writers who reflect the literary traditions of their heritage.

Eavan Boland. Both a poet and a professor at Stanford University, Boland was one of the primary female voices in Irish literature for decades, writing of women's experiences in both everyday life as well as throughout her country's history. Her accomplishments include a Lannan Foundation Literary Award in Poetry and an American Ireland Fund Literary Award, both received in 1994.