



The Lewisville Estates Lifestyle

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

March 2016

Dear Residents, Family 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, "Luck of the Irish Party" on March 8, at 6 p.m. We have Social Hour and entertainment in the Lobby on Fridays. Outings for March will include Olive Garden and Dairy Queen. 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

Full-Court Fun

Net some laughs with these basketball riddles!

Q: Why do basketball players love cookies?

A: Because they can dunk them.

Q: What's the difference between a dog and a basketball player?

A: One drools, and the other dribbles.

Q: Why are frogs so good at basketball?

A: Because they always make jump shots.

Q: Why was Cinderella thrown off the basketball team?

A: She ran away from the ball.

Q: Why can't you play basketball with pigs?

A: They hog the ball.



ASSISTED LIVING

AL#010063

MARCH 2016

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Transportation Schedule

Monday
10 a.m.
Albertsons

Tuesday
10 a.m.
Walmart

Wednesday
10 a.m.
Post Office/Bank

Thursday
2 p.m.
Walmart

Thursday
10 a.m.
Miscellaneous Errands

Friday
TBA
Field Trips/Outing

Friday
2 p.m.
Express Errands

Birthdays

- Carole Wilson, 1st
- Frances Wright, 15th
- Sylvia Harrington, 17th
- Ruth Ruffins, 18th
- Virginia Fields, 26th
- Joe Deal, 26th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>9:30 Shopping at Walmart, O 9:30 Catholic Communion & Service, DR 9:45 Gold Chair Exercise, AR 10:00 Art Expression, AR 2:30 Bible Study w/Laura, L 3:00 Learn to Play Poker, AR 3:30 Left, Right, Center, AR 5:45 Movie Night, L</p>	<p>Dr. Seuss Day 9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:30 Story Time With Jane, L 2:00 Bible Study w/ Rob Harrison, L 3:00 Sassy Senior Bingo, AR 4:15 Tic Tac Toss, B</p>	<p>8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 Walking Warriors, AR 1:30 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 3:30 Card Games, AR 4:00 <i>If You Were Me, You Would ..., L</i></p>	<p>Ear Care Day Employee Appreciation Day 9:00 Exercise Extreme With Cindy of Lake Village, AR 10:00 Dress Up Nails With Christi of Hospice Select, AR 10:30 Out to Olive Garden, O 2:00 Employee Appreciation Social Hour, L 3:30 Dominoes, AR 4:00 <i>Weekly Wrap Up, L</i></p>	<p>9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff, AR</i> 2:00 Saturday Bingo, AR 3:00 <i>Fun Flicks, L</i></p>
<p>8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Puzzle Mania, AR</p>	<p>9:30 Shopping at Albertsons, O 9:45 Exercise Extreme w/Legacy, AR 10:15 Rowdy Ring Toss, AR 1:30 <i>Today in History, L</i> 3:00 Lucky Bingo Time, AR 4:00 <i>A Day in the Life, L</i></p>	<p>9:30 Shopping at Walmart, O 9:30 Catholic Communion & Service, DR 9:45 Gold Chair Exercise, AR 10:00 Art Expression, AR 2:30 Bible Study w/Laura, L 3:00 Learn to Play Poker, AR 3:30 Left, Right, Center, AR 5:45 Movie Night, L 6:00 The Luck of the Irish Party, DR</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Town Hall Meeting, L 3:00 Sassy Senior Bingo, AR 4:15 Bean Bag Toss, AR</p>	<p>8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 Walking Warriors, AR 1:30 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 3:30 Card Games, AR 4:00 <i>If You Were Me, You Would ..., L</i></p>	<p>World Sleep Day Wear PJs Day 9:00 Exercise Extreme With Cindy of Lake Village, AR 10:00 <i>Farkel Fridays, AR</i> 2:00 PJs Day Social Hour, L 3:30 Dominoes, AR 4:00 <i>Weekly Wrap Up, L</i></p>	<p>Girl Scout Day 9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 2:00 Saturday Bingo, AR 3:00 <i>Fun Flicks, L</i></p>
<p>DAYLIGHT SAVINGS TIME BEGINS (1 Hour Ahead) 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Puzzle Mania, AR</p>	<p>Potato Chip Day 9:30 Shopping at Albertsons, O 9:45 Exercise Extreme w/Legacy, AR 10:15 Fire of Darts, B 1:30 <i>Today in History, L</i> 3:00 Lucky Bingo Time, AR 4:00 <i>A Day in the Life, L</i> 4:00 Potato Chip Tasting Social, AR</p>	<p>9:30 Shopping at Walmart, O 9:30 Catholic Communion & Service, DR 9:45 Gold Chair Exercise, AR 10:00 Art Expression, AR 2:30 Bible Study w/Laura, L 3:00 Learn to Play Poker, AR 3:30 Left, Right, Center, AR 5:45 Movie Night, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Sassy Senior Bingo, AR 4:00 St. Patrick's Scavenger Hunt for Gold, B 4:15 Tic Tac Toss, B</p>	<p>ST. PATRICK'S DAY 8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 Walking Warriors, AR 1:30 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 3:30 Card Games, AR 4:00 <i>If You Were Me, You Would ..., L</i></p>	<p>9:00 Exercise Extreme With Cindy of Lake Village, AR 10:00 Fancy Nails w/Cindy of Lake Village, AR 10:30 Out to Dairy Queen, O 2:00 Birthday Bash, L 3:30 Dominoes, AR 4:00 <i>Weekly Wrap Up, L</i></p>	<p>9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 1:30 <i>Games w/Staff, AR</i> 2:00 Saturday Bingo, AR 3:00 <i>Fun Flicks, L</i></p>
<p>SPRING BEGINS PALM SUNDAY 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Puzzle Mania, AR</p>	<p>International Sports Car Racing Day 9:30 Shopping at Albertsons, O 9:45 Exercise Extreme w/Legacy, AR 10:15 Rowdy Ring Toss, AR 1:30 <i>Today in History, L</i> 3:00 Lucky Bingo Time, AR 4:00 <i>A Day in the Life, L</i> 4:00 Sports Car Racing Game, AR</p>	<p>9:30 Shopping at Walmart, O 9:30 Catholic Communion & Service, DR 9:45 Gold Chair Exercise, AR 10:00 Art Expression, AR 2:30 Bible Study w/Laura, L 3:00 Learn to Play Poker, AR 3:30 Left, Right, Center, AR 4:00 Balloon Volleyball, AR 5:45 Movie Night, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Sassy Senior Bingo, AR 4:15 Bean Bag Toss, AR</p>	<p>8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 Walking Warriors, AR 1:30 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 3:30 Card Games, AR 4:00 <i>If You Were Me, You Would ..., L</i></p>	<p>GOOD FRIDAY 9:00 Exercise Extreme With Cindy of Lake Village, AR 10:00 <i>Farkel Fridays, AR</i> 2:00 Easter Social Hour, L 3:30 Dominoes, AR 4:00 <i>Weekly Wrap Up, L</i></p>	<p>9:30 <i>Sit Down & Tone Up, L</i> 10:30 <i>Word Find Challenge</i> 2:00 Saturday Bingo, AR 3:00 <i>Fun Flicks, L</i></p>
<p>EASTER SUNDAY 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 <i>Games w/Friends, AR</i> 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Puzzle Mania, AR</p>	<p>9:30 Shopping at Albertsons, O 9:45 Exercise Extreme w/Legacy, AR 10:15 Fire of Darts, B 1:30 <i>Today in History, L</i> 3:00 Lucky Bingo Time, AR 4:00 <i>A Day in the Life, L</i></p>	<p>9:30 Shopping at Walmart, O 9:30 Catholic Communion & Service, DR 9:45 Gold Chair Exercise, AR 10:00 Art Expression, AR 2:30 Bible Study w/Laura, L 3:00 Learn to Play Poker, AR 3:30 Left, Right, Center, AR 5:45 Movie Night, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 2:00 <i>Bible Study w/ Rob Harrison, L</i> 3:00 Sassy Senior Bingo, AR</p>	<p>8:00 <i>Beauty Salon Is Open</i> 10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i> 1:30 Walking Warriors, AR 1:30 Shopping at Walmart, O 2:15 <i>Men's Coffee Group, B</i> 3:30 Card Games, AR 4:00 <i>If You Were Me, You Would ..., L</i></p>		

Health and Wellness COPD



COPD stands for Chronic Obstructive Pulmonary Disease and is a chronic lung condition that affects 24 million Americans. COPD causes 13.4 million doctor's office visits and 634,000 hospitalizations each year. COPD is the fourth leading cause of death for persons 65-84 years of age.

Some risk factors for COPD include:

- History of long-term smoking
- Work related dust or chemical exposure
- Second-hand smoke exposure
- Recurrent lung infections
- Childhood respiratory infections
- Exposure to indoor air pollutants
- Heavy exposure to air pollution

The Legacy Healthcare Services Therapy Team can assist you in taking the necessary steps to maximize your health. We can assist you with:

- Understanding your COPD meds
- Talking to your MD about the flu and pneumonia vaccine
- Learning about exercise and good nutrition
- Conserving your energy and controlling your stress
- Controlling your breathing
- Using oxygen therapy if indicated by your doctor

Tiffany Littlepage, Occupational Therapist / Rehab Director

972-420-8543

Resident of the Month!

Our L.E.A.P. (Life Enrichment Activity Program) would like to recognize Mr. Joe Deal. Joe is always participating in different activities and going on most of our outings. Thank you, Joe, for your great personality and kind heart. We are so proud to have you here at Lewisville Estates.



Friday Social!

Come and join us every Friday at 2 p.m. for a fun social hour.



Birthday Bash Celebration



Fun Social Hour