



The Lewisville Estates Lifestyle

Independent Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com **March 2016**

Dear Residents, Families 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?



Arts and Crafts

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 17, at 6 p.m. We have Happy Hour and entertainment in the Lobby on Fridays. Outings for March will include Babe's Chicken 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.



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

MARCH 2016

Locations

- Activity Room, AR
- 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

Transportation Schedule

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|--|---|
| Monday 10 a.m. Albertsons | Thursday 10 a.m. Miscellaneous |
| Tuesday 10 a.m. Walmart | Friday TBA |
| Wednesday 10 a.m. Post Office/Bank | Field Trips/Outing Friday 2 p.m. Express Errands |
| Thursday 2 p.m. Walmart | |

Birthdays

- Joan "Joanne" Klein, 3rd
- Bill Manire, 4th
- Donald Cherveney, 4th
- Michael Maples, 6th (Employee)
- Marilou Richard, 7th
- Ida Ekern, 9th
- Ryan Nederman, 9th (Employee)
- Cheryl Holliday, 20th
- Bonnie Spradling, 21st
- Morgan Olney, 29th (Employee)
- Jordan Luna, 30th (Employee)

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|---|
|  | | 9:30 Chair Yoga Class, CR 1 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B | Dr. Seuss Day 2 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:15 Bible Study, B 4:00 Dr. Seuss Story Time w/Max & Judy, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 3 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B | Ear Care Day 4 Employee Appreciation Day 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 1:45 Ear & Hearing Clinic w/Dr. Stuart, B 2:00 Express Errands, O 3:30 Employee Appreciation Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 5 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B |
| 10:00 Bible Study Singalong, L 6 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 7 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B | 9:30 Chair Yoga Class, CR 8 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 10:30 Dress Up Nails w/Avon, R66 1:45 Line Dancing w/Geri, L 2:30 Town Hall Meeting, CR 3:30 Irish Celebration w/Sunshine, CR 6:00 Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 9 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 10 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 St. Patrick's Brain Breaks w/Jacque, B 6:00 Card Games, B | World Sleep Day Wear PJs 11 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Out to Babe's Chicken, O 1:00 Bridge, CR 2:00 Express Errands, O 3:30 PJs Happy Hour, L 6:00 Card Games, B | Girl Scout Day 12 9:30 Walking Warriors 10:30 Coffee & Conversation, L 10:30 Girls Scouts Cookies for Sale, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B |
| DAYLIGHT SAVINGS TIME BEGINS 13 (1 Hour Ahead) 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | Potato Chip Day 14 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 4:00 Potato Chip Tasting Game, B 6:00 Card Games, B | 9:30 Chair Yoga Class, CR 15 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 16 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:15 Bible Study, B 4:00 St. Patrick's Scavenger Hunt for Gold 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | ST. PATRICK'S DAY 17 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B 6:00 The Luck of the Irish Party, DR | 9:30 Walking Warriors 18 9:30 Chair Zumba Class, F 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B | 9:30 Walking Warriors 19 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B |
| SPRING BEGINS PALM SUNDAY 20 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | International Sports Car Racing Day 21 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Sports Car Racing, B 6:00 Card Games, B | 9:30 Chair Yoga Class, CR 22 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Arts Expression Spring Wreaths, AR 6:00 Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 23 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 24 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B | GOOD FRIDAY 25 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 11:00 Out to Dairy Queen, O 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Easter Happy Hour, L 6:00 Card Games, B | 9:30 Walking Warriors 26 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B |
| EASTER SUNDAY 27 10:00 Bible Study Singalong, L 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 28 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 6:00 Card Games, B | 9:30 Chair Yoga Class, CR 29 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B | 9:30 Exercise w/Jacque of A.R.T., CR 30 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH | 9:30 Balance Class w/Legacy, CR 31 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B |  | |

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

There are things you can do to decrease your risk of developing COPD or help your situation if you have COPD. 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 Norma Porterfield. Norma always likes to participate in our book club, Happy Hours and enjoys being part of our big events. Thank you, Mrs. Norma, for your sweet personality and nice smile. We are so happy to have you here at Lewisville Estates.



Great Things To Do With Cindy of Lake Village

Come and join us at our walking warriors every Friday at 9:30 a.m. and also at our fun Arts and Crafts with Cindy the last Tuesday of the month.



Walking Warriors



Arts and Crafts