

## Go Green With These Sayings

With St. Patrick's Day and the arrival of spring, green is front and center this month. The color also appears in many popular expressions.

**Green with envy:** This term describes a person who is jealous of someone or something. The Greek poet Sappho wrote of a jilted lover who was "green" in the seventh century B.C., and William Shakespeare popularized the phrase when he referred to jealousy as the "green sickness" and the "green-eyed monster."

**Green thumb:** Somebody who has a talent for growing healthy plants is said to have a green thumb. There are several theories about the origin of the phrase. In one tale, England's King Edward I gave a prize to the worker who had the "greenest thumb" from shelling the most peas. Another theory is that algae-encrusted pots and green plants stain gardeners' hands, especially the thumbs.

**Green around the gills:** After a ride on a roller coaster or boat, a person might look green around the gills, meaning ill or nauseated. The origin of this saying is unknown, but it's thought to have appeared in the mid-1800s.

**Green:** Someone who is inexperienced in a job or activity is often described as "green," symbolic of unripe fruit or new plant stems.

**Get the green light:** Just like a green signal on a traffic light gives vehicles permission to go, a person getting the green light from someone means he or she has permission to move forward with a project or idea.



## Arts & Crafts!

Come and Join us every Tuesday for a fun arts & crafts class.



**The Lewisville Estates Lifestyle**

Independent Living  
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March 2017

## 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?

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 "Denim & Diamonds Round Up" on March 16, at 6 p.m. We have our Employee Appreciation Happy Hour on March 3rd and St. Patrick's Day Happy Hour in the Lobby on Friday, March 17. Outings for March will include Regal Buffett and Mama's Daughters Diner. 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



## Resident of the Month

Our L.E.A.P. (Life Enrichment Program) would like to recognize Laree Taylor. Laree likes to participate in different activities like pokeno, Bingo, outings, Happy Hours, socials and our main events. Thank you, Laree, for your fun personality. We are so happy to have you here at Lewisville Estates.





INDEPENDENT LIVING

MARCH 2017

**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**

- Monday 10 a.m. Albertsons
- Tuesday 10 a.m. Walmart
- Thursday 2 p.m. Walmart
- Friday TBA
- Field Trips/Outing

**Birthdays**

- Joan "Joanne" Klein, 3rd
- Bill Manire, 4th
- Michael Maples, 6th (Employee)
- Marilou Richard, 7th
- Ida Ekern, 9th
- Debra Langley, 17th (Employee)
- Bonnie Spradling, 21st
- Sergio Buie, 22nd (Employee)
- Erica Ellis, 28th (Employee)
- Jordan Luna, 30th (Employee)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			<b>ASH WEDNESDAY 1</b> <b>First Day of Lent</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 <b>Post Office/Bank, O</b> 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 3:30 What's the Buzz?!, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>2</b> <b>Dr. Suess Day</b> 9:30 <b>Balance Class w/Legacy, CR</b> 10:00 <b>Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR 10:15 <b>Bible Study w/</b> <b>Pastor Frances, CR</b> 12:30 <b>Singalong, O</b> 2:00 <b>Shopping at Walmart, O</b> 3:30 <b>Dr. Suess Story Time</b> <b>With Judy, B</b> 6:00 Card Games, B	<b>3</b> <b>Employee Appreciation Day</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 <b>Live Well Strength</b> <b>w/Legacy, CR</b> 1:00 Bridge, CR 1:30 <b>Walking Warriors w/</b> <b>Kelley of Lake Village, B</b> 2:00 <b>Express Errands, O</b> 3:30 <b>Employee Appreciation</b> <b>Day Happy Hour, L</b> 6:00 Card Games, B	<b>4</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 <b>Fun Flicks and</b> <b>Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B	
	<b>5</b> 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>6</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 <b>Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>7</b> 9:30 <b>Chair Yoga</b> <b>Class, CR</b> 10:00 <b>Shopping at</b> <b>Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 <b>Walking Warriors</b> <b>w/Kelley of Lake</b> <b>Village, B</b> 2:30 Art Expression, AR 6:00 Card Games, B	<b>8</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 <b>Post Office/Bank, O</b> 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 3:30 <b>Social Hour With</b> <b>Rick Hobscheid, L</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9</b> 9:30 <b>Balance Class</b> <b>w/Legacy, CR</b> 10:00 <b>Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR 10:15 <b>Bible Study w/</b> <b>Pastor Frances, CR</b> 12:30 <b>Singalong, O</b> 2:00 <b>Shopping at Walmart, O</b> 3:30 <b>The Luck of the Irish</b> <b>Social With Jacque, B</b> 6:00 Card Games, B	<b>10</b> <b>Middle Name Pride Day</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 <b>Live Well Strength</b> <b>w/Legacy, CR</b> 11:00 <b>Out to Regal Buffet, O</b> 1:00 Bridge, CR 1:30 <b>Walking Warriors w/</b> <b>Kelley of Lake Village, B</b> 2:00 <b>Express Errands, O</b> 3:30 <b>Middle Name Pride</b> <b>Happy Hour, L</b> 6:00 Card Games, B	<b>11</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 <b>Fun Flicks and</b> <b>Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
	DAYLIGHT SAVING TIME BEGINS 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>13</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 <b>Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR 3:30 <b>Legacy Health Chat, B</b> 6:00 Card Games, B	<b>14</b> 9:30 <b>Chair Yoga Class, CR</b> 10:00 <b>Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 <b>Walking Warriors w/</b> <b>Kelley of Lake Village, B</b> 2:30 <b>Town Hall Meeting, CR</b> 2:30 Art Expression, AR 3:15 <b>Irish Celebration</b> <b>With Sunshine, CR</b> 6:00 Card Games, B	<b>15</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 <b>Post Office/Bank, O</b> 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 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>16</b> 9:30 <b>Balance Class w/</b> <b>Legacy, CR</b> 10:00 <b>Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR 10:15 <b>Bible Study w/</b> <b>Pastor Frances, CR</b> 12:30 <b>Singalong, O</b> 2:00 <b>Shopping at Walmart, O</b> 6:00 Card Games, B 6:00 <b>Denim &amp; Diamonds</b> <b>Round Up (Main</b> <b>Event), DR</b>	<b>17</b> <b>ST. PATRICK'S DAY</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 <b>Blood Pressure Clinic</b> <b>w/Encompass</b> 10:30 <b>Live Well Strength</b> <b>w/Legacy, CR</b> 1:00 Bridge, CR 1:30 <b>Walking Warriors w/</b> <b>Kelley of Lake Village, B</b> 2:00 <b>Express Errands, O</b> 3:30 <b>St. Patrick's Day</b> <b>Happy Hour, L</b> 6:00 Card Games, B	<b>18</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 <b>Fun Flicks and</b> <b>Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
	7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>20</b> SPRING BEGINS 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 <b>Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>21</b> 9:30 <b>Chair Yoga</b> <b>Class, CR</b> 10:00 <b>Shopping at</b> <b>Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 <b>Walking Warriors</b> <b>w/Kelley of Lake</b> <b>Village, B</b> 2:30 Art Expression, AR 6:00 Card Games, B	<b>22</b> <b>National Diabetes Alert Day</b> 9:30 Exercise w/Jacque of A.R.T., CR 10:00 <b>Post Office/Bank, O</b> 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 3:30 <b>Diabetes Health Talk, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>23</b> 9:30 <b>Balance Class</b> <b>w/Legacy, CR</b> 10:00 <b>Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR 10:15 <b>Bible Study w/</b> <b>Pastor Frances, CR</b> 12:30 <b>Singalong, O</b> 2:00 <b>Shopping at Walmart, O</b> 3:30 <b>Spring Fun With</b> <b>Encompass, B</b> 6:00 Card Games, B	<b>24</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 <b>Live Well Strength</b> <b>w/Legacy, CR</b> 11:00 <b>Out to Mama's</b> <b>Daughters Diner, O</b> 1:00 Bridge, CR 1:30 <b>Walking Warriors w/</b> <b>Kelley of Lake Village, B</b> 2:00 <b>Express Errands, O</b> 3:30 <b>Spring Fling Happy Hour, L</b> 6:00 Card Games, B	<b>25</b> 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 <b>Fun Flicks and</b> <b>Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
	7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>27</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 <b>Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge, CR 2:00 Pokeno for Prizes, AR 6:00 Card Games, B	<b>28</b> <b>Quirky Country Music</b> <b>Song Titles Day</b> 9:30 <b>Chair Yoga Class, CR</b> 10:00 <b>Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 <b>Walking Warriors w/</b> <b>Kelley of Lake Village, B</b> 2:30 Art Expression, AR 6:00 Card Games, B	<b>29</b> 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 <b>Post Office/Bank, O</b> 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 3:30 <b>Book Club, LL</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>30</b> 9:30 <b>Balance Class</b> <b>w/Legacy, CR</b> 10:00 <b>Misc. Errands, O</b> 10:00 Blood Pressure Check w/Legacy, CR 10:15 <b>Bible Study w/</b> <b>Pastor Frances, CR</b> 12:30 <b>Singalong, O</b> 2:00 <b>Shopping at Walmart, O</b> 3:00 <b>Pretty in Pink</b> <b>Celebration, CR</b> 6:00 Card Games, B	<b>31</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 <b>Live Well Strength</b> <b>w/Legacy, CR</b> 1:00 Bridge, CR 1:30 <b>Walking Warriors w/</b> <b>Kelley of Lake Village, B</b> 2:00 <b>Express Errands, O</b> 3:30 <b>Birthday Bash, L</b> 6:00 Card Games, B	