

## Pet Appreciation Month!

Come and join us Friday, April 17, 2 p.m. for our Pet Social at the dog park. We will have some special treats for our furry friends.



## Shopping at Chico's

The ladies had a great time shopping and getting ready for our Spring Fling Fashion Show.



## Mardi Gras Party!

We had an awesome time during our Mardi Gras Party and we can't wait until our next big event. Also a big thank you to our sponsors Jacque with Rehab Trust and Jackie with Accolade.



## Health and Wellness: Feeling Good as You Age

Want to know how you can maximize your well-being and reduce your risk for depression?

One quarter of people 65 years of age and older suffers from depression. However, depression is not a normal or necessary part of aging. In fact, there are things you can do to lower your risk.

What are some risk factors for depression?

- Health problems or certain medical conditions
- Loneliness and isolation
- Reduced sense of purpose
- Fear
- Recent bereavement
- Certain medications

Eighty percent of people who report symptoms of depression fully recover when they receive the proper treatment. Physical exercise and participation in meaningful hobbies and social activities can greatly reduce one's risk for depression. If you are interested in finding out more about how you can maximize your emotional well-being and reduce your risk for depression, stop by the Legacy Healthcare Services Therapy Department.



**The Lewisville Estates Lifestyle**

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

April 2015

## Dear Friends,

Happy Spring! As we welcome warmer weather, we will see additional mulch and flowers be added to our community. We look forward to the Garden Club swinging into action as we are exposed to the outdoor patio. If you are interested in joining the Garden Club or others clubs on campus, see Patty (Activities Director) for more details.

April will be filled with new and enriching events — check out the calendar for more details. We will be celebrating Community Spirit month with both staff and residents and we would love for you and your families to join in the festivities. Lewisville Estates will be hosting a Royal Party on April 16 — Dressed in your ballroom gown or black tie. We will be voting for King and Queen at this event! If you are interested in participating in the second Annual Senior Prom on Friday, April 17. There is limited seating, so reserve your spot ASAP. Some of our outings this month will include: Winstar Casino, Lewisville Library, Top Golf, Movie Studio Grille, and Pizza Hut. Reservations can be made at the Concierge desk or by calling (972) 434-1727.

We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors or family members who are thinking about senior living, please send them our way. Remember you will receive a \$500 check after they are here 90 days! Look in your address book — there has to be someone who would make a good Lewisville Estates family member! Thanks for spreading the word! Check us out on our website and don't forget to tell your friends to visit us on the web. Our website is <http://www.lewisvilleestates.com> Also, check us out on Facebook. We are frequently updating our page with fun events happening here.

Regards,  
Jessica Hazelton  
Executive Director

## Resident of the Month

Our L.E.A.P. (Life Enrichment Activities Program) would like to recognize Mrs. Pam McCoy.

Pam is always participating in our different exercises classes that we have here at Lewisville Estates and also in our different events. Pam is also part of our movie committee for which she has a big task of selecting some of our movies and making the movie signs for the week. Thank you, Pam, for your great personality, leadership and for all that you do here at Lewisville Estates.



## INDEPENDENT LIVING

### APRIL 2015

#### 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	Thursday 10 a.m. Miscellaneous Errands
Tuesday 10 a.m. Walmart	Thursday 2 p.m. Walmart
Tuesday 10 a.m. Shopping at Walmart	Friday 2 p.m. Express Errands
Wednesday 10 a.m. Post Office/Bank	Friday TBA Field Trips/Outing

#### Birthdays

- Violet Beck, 2nd
- Helen Gilbert, 2nd
- Freda La Nell Kight, 3rd
- Trudy Dillon, 10th
- Charlene Richardson, 10th (Employee)
- Deanna Magley, 19th
- Judy Schultz, 20th
- Nastasya Shannon, 21st (Employee)
- Doris Bennett, 25th (Employee)
- Noel Villanueva, 25th (Employee)
- Pearl Parker, 28th
- Elaine Richards, 28th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>EASTER</b> 5	<b>Sibling Day</b> 6	<b>National Pizza Day</b> 7	<b>April Fools' Day</b> 1	<b>Balance Class w/Legacy, CR</b> 2	<b>GOOD FRIDAY/PASSOVER BEGINS AT SUNSET</b> 3	9:30 Walking Warriors 4
10:00 Bible Study Singalong, L	9:30 Exercise w/ Jacque of A.R.T., CR	9:30 <b>Chair Yoga Class, CR</b>	9:30 Exercise w/ Jacque of A.R.T., CR	10:00 <b>Misc. Errands, O</b>	9:30 Chair Zumba Class, F	10:30 Coffee & Conversation, L
10:30 Bible Study, B	10:00 Coffee & Snacks Monday Social, L	10:00 <b>Shopping at Walmart, O</b>	10:00 Post Office/Bank, O	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:00 Trivia Pursuit, LL
1:15 Chicken Foot, LL	10:00 <b>Albertsons, O</b>	10:00 Catholic Communion, B	10:00 Coffee & Snacks Wednesday Social, L	10:30 <b>Bible Study w/ Pastor Frances, B</b>	10:30 Wonderword Challenge	1:30 Card Games, B
3:00 Resident Choice Game	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	2:00 Shopping at Walmart, O	1:00 Bridge, CR	<b>2:00 Choir Group, L</b>
4:00 Resident Meet & Greet, L	2:00 Pokeno for Prizes, AR	10:30 <b>Facials w/Mary Kay, AR</b>	2:00 <i>Sassy Senior \$1 Bingo, CR</i>	<b>2:00 Easter Egg Scavenger Hunt</b>	<b>2:00 Express Errands, O</b>	<b>2:45 Fun Flicks and Popcorn, TH</b>
6:30 Resident Card Games, B	<b>3:30 Sibling Story "Share N Tell" &amp; Candy Bar Social</b>	11:00 <b>Gift Galore (Vendor), L</b>	3:00 Wii Games w/Max, F	4:00 Tic Tac Toss, B	<b>2:15 Ear &amp; Hearing Clinic w/Dr. Stuart, B</b>	3:00 Billiards (Pool)
	6:00 Card Games, B	1:45 Spanish Class w/Patty, AR	3:00 <b>Wii Golf Tournament w/Max, F</b>	6:00 Card Games, B	<b>3:30 Jazz Dance Happy Hour, L</b>	7:00 Crazy Card Game, B
		1:45 Line Dancing w/Geri, L	3:15 <b>Senior Benefits Talk w/Jayrome, B</b>		6:00 Card Games, B	
		2:30 Art Expression, AR	6:00 Card Games, B			
		6:00 Card Games, B	6:45 Bring a Friend Movie Night, TH			
				<b>Master Golf Week Begins</b> 9	<b>8:30 Winstar Casino, O</b> 10	9:30 Walking Warriors 11
<b>Golf Masters Finals</b> 12	<b>Grilled Cheese Day</b> 13	<b>National Library Day</b> 14	9:30 Exercise w/Jacque of A.R.T., CR	9:30 <b>Balance Class w/Legacy, CR</b>	9:30 Walking Warriors	10:30 Coffee & Conversation, L
10:00 Bible Study Singalong, L	9:30 Exercise w/ Jacque of A.R.T., CR	9:30 <b>Chair Yoga Class, CR</b>	10:00 Post Office/Bank, O	10:00 <b>Misc. Errands, O</b>	10:00 Coffee & Snacks Friday Social, L	1:00 Trivia Pursuit, LL
10:30 Bible Study, B	10:00 Coffee & Snacks Monday Social, L	10:00 <b>Shopping at Walmart, O</b>	10:00 Coffee & Snacks Wednesday Social, L	10:00 Blood Pressure Check w/Legacy, CR	10:30 Wonderword Challenge	1:30 Card Games, B
1:15 Chicken Foot, LL	10:00 <b>Albertsons, O</b>	10:00 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 <b>Bible Study w/ Pastor Frances, B</b>	1:00 Bridge, CR	<b>2:45 Fun Flicks and Popcorn, TH</b>
<b>2:30 Golf Masters Social, R66</b>	10:30 Blood Pressure Checks w/A.R.T., CR	1:45 Line Dancing w/Geri, L	2:00 <i>Sassy Senior \$1 Bingo, CR</i>	2:00 Shopping at Walmart, O	<b>3:30 Beer &amp; Pretzel H-H &amp; Meet &amp; Greet New Residents, L</b>	3:00 Billiards (Pool)
3:00 Resident Choice Game	2:00 Pokeno for Prizes, AR	2:30 <b>Town Hall Meeting, CR</b>	3:00 Wii Games w/Max, F	6:00 Card Games, B	6:00 Card Games, B	7:00 Crazy Card Game, B
4:00 Resident Meet & Greet, L	<b>3:30 Legacy Health Chat, B</b>	3:15 <b>Out to the Library, O</b>	3:15 <b>Parkinson's Disease Presentation w/Accolade, B</b>	<b>6:00 Royal Party, DR</b>		
6:30 Resident Card Games, B	6:00 Card Games, B	6:00 Card Games, B	4:00 Bull's-Eye Washers, B			
			6:00 Card Games, B			
			6:45 Bring a Friend Movie Night, TH			
				<b>Movie Theater Day</b> 23	<b>Wear Your Pj's Day</b> 17	9:30 Walking Warriors 18
10:00 Bible Study Singalong, L	9:30 Exercise w/ Jacque of A.R.T., CR	9:30 <b>Chair Yoga Class, CR</b> 21	<b>EARTH DAY</b> 22	9:30 <b>Balance Class w/Legacy, CR</b>	<b>National Pet Day</b>	10:30 Coffee & Conversation, L
10:30 Bible Study, B	10:00 Coffee & Snacks Monday Social, L	10:00 <b>Shopping at Walmart, O</b>	9:30 Exercise w/Jacque of A.R.T., CR	10:00 <b>Misc. Errands, O</b>	9:30 Chair Zumba Class, F	1:00 Trivia Pursuit, LL
1:15 Chicken Foot, LL	10:00 <b>Albertsons, O</b>	10:00 Catholic Communion, B	10:00 Post Office/Bank, O	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:30 Card Games, B
3:00 Resident Choice Game	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Rosary Service, B	10:00 Coffee & Snacks Wednesday Social, L	10:30 <b>Bible Study w/ Pastor Frances, B</b>	10:30 Wonderword Challenge	<b>2:45 Fun Flicks and Popcorn, TH</b>
4:00 Resident Meet & Greet, L	2:00 Pokeno for Prizes, AR	1:00 <b>Hand Massage w/Legacy</b>	10:30 Blood Pressure Checks w/A.R.T., CR	2:00 Shopping at Walmart, O	1:00 Bridge, CR	3:00 Billiards (Pool)
6:30 Resident Card Games, B	4:00 Rowdy Ring Toss, B	1:45 Spanish Class w/Patty, AR	2:00 <i>Sassy Senior \$1 Bingo, CR</i>	6:00 Card Games, B	<b>3:30 Pj's Time Happy Hour, L</b>	7:00 Crazy Card Game, B
	6:00 Card Games, B	1:45 Line Dancing w/Geri, L	3:00 Wii Games w/Max, F	<b>6:00 Royal Party, DR</b>	6:00 Card Games, B	
		2:30 Art Expression, AR	3:15 <b>Better Balance w/Jordan, B</b>			
		6:00 Card Games, B	6:00 Card Games, B			
			6:45 Bring a Friend Movie Night, TH			
				<b>Movie Theater Day</b> 23	9:30 Chair Zumba Class, F	9:30 Walking Warriors 25
10:00 Bible Study Singalong, L	9:30 Exercise w/Jacque of A.R.T., CR	9:30 <b>Chair Yoga Class, CR</b> 28	9:30 Exercise w/Jacque of A.R.T., CR	9:30 <b>Balance Class w/Legacy, CR</b>	10:00 Coffee & Snacks Friday Social, L	10:30 Coffee & Conversation, L
10:30 Bible Study, B	10:00 Coffee & Snacks Monday Social, L	10:00 <b>Shopping at Walmart, O</b>	10:00 Post Office/Bank, O	10:00 <b>Misc. Errands, O</b>	10:30 Wonderword Challenge	1:00 Trivia Pursuit, LL
1:15 Chicken Foot, LL	10:00 <b>Albertsons, O</b>	10:00 Catholic Communion, B	10:00 Coffee & Snacks Wednesday Social, L	10:00 Blood Pressure Check w/Legacy, CR	11:00 <b>Out to Pizza Hut, O</b>	1:30 Card Games, B
3:00 Resident Choice Game	10:30 Blood Pressure Checks w/A.R.T., CR	10:00 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 <b>Bible Study w/ Pastor Frances, B</b>	1:00 Bridge, CR	<b>2:45 Fun Flicks and Popcorn, TH</b>
4:00 Resident Meet & Greet, L	2:00 Pokeno for Prizes, AR	1:45 Line Dancing w/Geri, L	2:00 <i>Sassy Senior \$1 Bingo, CR</i>	2:00 Shopping at Walmart, O	<b>2:00 Express Errands, O</b>	3:00 Billiards (Pool)
6:30 Resident Card Games, B	4:00 Rowdy Ring Toss, B	2:30 Art Expression, AR	3:00 Wii Games w/Max, F	6:00 Card Games, B	3:30 Birthday Bash, L	7:00 Crazy Card Game, B
	6:00 Card Games, B	6:00 Card Games, B	3:15 <b>Shakespeare Poetry Share N Tell, B</b>		6:00 Card Games, B	
			6:00 Card Games, B			
			6:45 Bring a Friend Movie Night, TH			
				<b>Balance Class w/Legacy, CR</b> 30		
				10:00 <b>Misc. Errands, O</b>		
				10:00 Blood Pressure Check w/Legacy, CR		
				10:30 <b>Bible Study w/ Pastor Frances, B</b>		
				2:00 Shopping at Walmart, O		
				4:00 Bean Bag Toss		
				6:00 Card Games, B		