



## Letter From Your Executive Director!

Love is my motivation. Without love to propel us, we would remain stagnant in our lives. We can reach our aspirations because of the care and support of our loved ones. Make sure to express your appreciation for your friends and family, and revel in the moments of joy that they bring us every day. Take the time to grab them an extra sweet treat or send them a message about how much you love them. In January, we started off the year on an amazing note. Our residents worked hard to start off their new year's resolutions right; and we had so much fun during all our wonderful events and activities!

This February will be even sweeter! Grab your Valentine and dance on down to our Sweethearts' Ball main event, where we will crown our 2023 Lewisville Estates Valentine's Day King and Queen! Keep an eye on our calendar so you don't miss out on any of our exciting outings we have planned this month, such as our Winstar Casino outing. Sign up in our transportation book to secure your spot quickly!



## FEBRUARY 2023

### Employee of the Month!

Ladies and Gentlemen, we would like to announce Venicia Swilley as the Employee of the Month for February! Venicia shows willingness to help others wherever the need is required and continues to demonstrate a positive attitude along with her professionalism. Your peers applaud you with this great honor and appreciate your dedication to being a strong team player. You make it all look oh so easy with a smile on your face. It's such a pleasure having you here and you make the residents very happy! Congratulations and Thanks for all you do, Venicia!





ASSISTED LIVING  
AL#010063

FEBRUARY  
2023

# Assisted Living Locations..

- Activity Room

AL Courtyard

AL Parking Lot

Bistro

Independent Living

Library

Lobby

Outing

Spa

Garden
- AR

ALC

ALPL

B

IL

LL

L

O

Spa

G

# Transportation Schedule..

- Monday,

Grocery Stores

Tuesday,

Walmart

Wednesday,

Post Office/Bank

Thursday,

Walmart

Friday,

Field Trips/Outings
- 10am

9:45

10am

10am

10am

10am

10am

TBA

# Residents, Thanks for Making Us Happy!

“True friends are  
like diamonds—bright,  
beautiful, valuable and  
always in style.”  
—Nicole Richie

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> <div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 12:00 Cribbage 1:30 Bible Study, AR 2:30 Apple Picking Contest 3:00 Puzzle Mania 4:00 Sudoku</div>	<div>2</div> <div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Coloring Contest Meeting 11:00 Knitting &amp; Crochet Class 12:00 Nails &amp; All by: Jada 1:00 Skip- Bo Click (B) 2:00 Valentine’s Crafts, AR 4:00 Crossword Puzzle, AR</div>	<div>3</div> <div>10:00 Chair Exercise 10:30 1:1 Session 11:00 Olive Garden Outing 1:30 Wonder Word Search, L 2:00 Dance the hour Away Social Hour 3:30 Name Your Game!</div>	<div>4</div> <div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR</div>
<div>5</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Safe Haven</div>	<div>6</div> <div>9:30 Men’s &amp; Women’s Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Sip &amp; Paint with Jada 3:30 Knitting &amp; Crochet Class</div>	<div>7</div> <div>10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:00 WinStar Casino &amp; Lunch! 10:30 Puzzle Mania, AR 12:00 Nails &amp; All by: Jada 2:00 Uno &amp; Friends 3:30 Mexican Train</div>	<div>8</div> <div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 1:30 Bible Study, AR 2:30 “Try it You’ll Strike It” (Bowling) 3:30 Skip- Bo Click (B) 4:30 Crosswords before dinner</div>	<div>9</div> <div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Activities Meeting 11:00 Puzzle Mania 1:00 Men’s Coffee Table 2:00 Arts and Crafts, AR 4:00 Crosswords before dinner</div>	<div>10</div> <div>10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 “Love is in The Air” Social Hour 3:30 Name Your Game!</div>	<div>11</div> <div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR</div>
<div>12</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: Last Vegas</div>	<div>13</div> <div>9:30 Men’s &amp; Women’s Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L 2:30 Epic Ring Toss</div>	<div>14</div> <div>Valentine’s Day 10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails &amp; All by: Jada 3:00 Valentine’s Dance! Crowning Valentine’s Day King &amp; Queen Included 4:00 Crosswords before dinner</div>	<div>15</div> <div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 11:00 Crosswords 12:00 Knitting &amp; Crochet Class 1:30 Bible Study, AR 2:30 Pokeno, prizes &amp; Snacks 3:30 Mexican Train</div>	<div>16</div> <div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 2:00 Arts and Crafts, AR 3:00 Skip- Bo Click (B) 6:00 Mexican Train</div>	<div>17</div> <div>10:00 Chair Exercise 10:30 1:1 Session 11:00 54th Street Restaurant Outing 1:30 Wonder Word Search, L 2:00 “All about the Beat” Social Hour 3:30 Name Your Game!</div>	<div>18</div> <div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR</div>
<div>19</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: August: Osage County</div>	<div>20</div> <div>Presidents Day 9:30 Men’s &amp; Women’s Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L</div>	<div>21</div> <div>10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails &amp; All by: Jada 2:00 Bingo, DR 3:30 Mardi Gras Party!</div>	<div>22</div> <div>10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Sudoku Challenge 1:30 Bible Study, AR 2:30 Lima Bean Auction 3:30 Puzzle Mania 6:00 Adult Coloring Club</div>	<div>23</div> <div>10:00 Chair Zumba 10:00 Walmart Shopping, O 10:30 Balloon Volleyball, L 1:00 Adult Coloring Club 2:00 Arts and Crafts, AR 4:00 Puzzle Mania, AR 6:30 Skip- Bo Click (B)</div>	<div>24</div> <div>10:00 Chair Exercise 10:30 1:1 Session 1:30 Wonder Word Search, L 2:00 “Turn The Music Up” Social 3:30 Name Your Game!</div>	<div>25</div> <div>10:00 Exercise Class w/Elise 10:30 Word of the Day, L 1:00 Puzzle Mania, AR 2:00 Bingo, DR</div>
<div>26</div> <div>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L 2:00 Chicken Foot, AR 3:00 (Cinema Sundays) Movie: The Devil Wears Prada</div>	<div>27</div> <div>9:30 Men’s &amp; Women’s Coffee Table DR 10:00 Exercise w/Legacy, L 11:00 Knitting and Crochet Club 12:00 Puzzle Mania, AR 1:30 Bible Study w/Yellow Rose, L</div>	<div>28</div> <div>10:00 “Walk This Weigh w/ Jada” Exercise 10:00 Walmart Shopping, O 10:30 Puzzle Mania, AR 12:00 Nails &amp; All by: Jada 2:00 Bingo, DR</div>				





## Take Notice

February is National Black History Month.



## Rose Colors Decoded

Red roses are popular on Valentine's Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

**Red.** The color of romance, red roses have a simple yet heartfelt message: "I love you."

Additional symbols of a red rose include respect, passion and beauty.

**White.** Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

**Yellow.** The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say "welcome back" or "remember me."

**Pink.** Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

**Lavender.** These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

**Orange.** Bold and beautiful, orange roses carry a message of excitement and passion, and can also be used to tell someone "I'm proud of you."

