



## Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high — almost as tall as the Statue of Liberty — and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.

## The Words of MLK

In honor of Martin Luther King Jr. Day on Jan. 18, here are some of his most enduring speeches.

**Montgomery bus boycott speech** — One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

**"I Have a Dream"** — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

**Nobel Peace Prize speech** — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

**"How Long, Not Long"** — On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

**"I've Been to the Mountaintop"** — King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



## Dear Residents, Families and Friends,

We made it through 2020 in one piece, and the staff at Lewisville Estates thanks you for all the support and love during a difficult year. We know many of you spent holidays, birthdays and special events away from your families in an effort to stay health and safe. Our hope is 2021 will look much different, as the vaccine is approved.

Although we don't know exactly what the new year holds, we know we have weathered the storm of 2020 and can tackle anything that comes our way. With the continued love and support from our residents and families, our community will continue to thrive in difficult times.

Our staff wishes every single resident a safe and Happy New Year! May the year be filled with new friends, special events and a fresh start.

Love,  
The Lewisville Estates Staff



## Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

**Wake up to music:** Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

**Stay offline:** If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

**Make your bed:** This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.





JANUARY 2021

Locations

- 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.  
Grocery Stores

Tuesday, 10 a.m.  
Walmart

Wednesday, 10 a.m.  
Post Office/Bank




Thursday, 10 a.m.  
Walmart

Thursday, 2:30 p.m.  
Misc. Errands

Friday, 9:30 a.m.  
Express Errands

Friday, TBA  
Field Trips/Outing

Activities Subject to Change

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|--|---|---|---|
|    |   |    |  |   | <div>NEW YEAR'S DAY</div> <div>1</div> <div>9:00 Men's Coffee Group, B</div> <div>10:00 Bible Study, CR</div> <div>2:00 Card Games, B</div> <div>3:30 Happy Hour, L</div> | <div>2</div> <div>9:30 Walking Warriors</div> <div>10:30 Coffee Club, L</div> <div>2:30 Movies and Popcorn, TH</div>  |
| <div>3</div> <div>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</div> <div>12:00 Cowboys vs. Giants, R66</div> <div>3:00 Resident Choice Game, B</div> | <div>4</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>10:30 Country Store</div> <div>11:00 Morning Devotional, CR</div> <div>2:00 Pokeno for Prizes, CR</div>  | <div>5</div> <div>9:30 Balance Class w/Legacy, CR</div> <div>11:00 Morning Devotional, CR</div> <div>2:30 Crafters Corner, CR</div> <div>4:00 Ambassadors Meeting, CR</div>        | <div>6</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>11:00 Morning Devotional, CR</div> <div>1:00 Country Store</div> <div>2:00 Dominoes Club, B</div>  | <div>7</div> <div>9:30 Strength Class w/Legacy, CR</div> <div>10:00 Blood Pressure Check w/Legacy, CR</div> <div>2:00 Billion Dollar Bingo, CR</div> <div>3:00 Bunco Club, B</div>  | <div>8</div> <div>9:00 Men's Coffee Group, B</div> <div>10:00 Bible Study, CR</div> <div>2:00 Card Games, B</div> <div>3:00 Happy Hour, L</div>                           | <div>9</div> <div>9:30 Walking Warriors</div> <div>10:30 Coffee Club, L</div> <div>2:30 Movies and Popcorn, TH</div>  |
| <div>10</div> <div>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</div> <div>3:00 Resident Choice Game, B</div>   | <div>11</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>10:30 Country Store</div> <div>11:00 Morning Devotional, CR</div> <div>2:00 Pokeno for Prizes, CR</div>                                       | <div>12</div> <div>9:30 Balance Class w/Legacy, CR</div> <div>11:00 Morning Devotional, CR</div> <div>2:00 Town Hall Meeting, CR</div> <div>4:00 Sensational Singers, CR</div>     | <div>13</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>11:00 Morning Devotional, CR</div> <div>1:00 Country Store</div> <div>2:00 Dominoes Club, B</div> | <div>14</div> <div>9:30 Strength Class w/Legacy, CR</div> <div>10:00 Blood Pressure Check w/Legacy, CR</div> <div>2:00 Billion Dollar Bingo, CR</div> <div>3:00 Bunco Club, B</div>   | <div>15</div> <div>9:00 Men's Coffee Group, B</div> <div>10:00 Bible Study, CR</div> <div>2:00 Card Games, B</div> <div>3:00 Birthday Bash, CR</div>                      | <div>16</div> <div>9:30 Walking Warriors</div> <div>10:30 Coffee Club, L</div> <div>2:30 Movies and Popcorn, TH</div> |
| <div>17</div> <div>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</div> <div>3:00 Resident Choice Game, B</div>   | <div>MARTIN LUTHER KING JR. DAY</div> <div>18</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>10:30 Country Store</div> <div>11:00 Morning Devotional, CR</div> <div>2:00 Pokeno for Prizes, CR</div> | <div>19</div> <div>9:30 Balance Class w/Legacy, CR</div> <div>11:00 Morning Devotional, CR</div> <div>2:30 Crafters Corner, CR</div> <div>4:00 Sensational Singers, CR</div>       | <div>20</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>11:00 Morning Devotional, CR</div> <div>1:00 Country Store</div> <div>2:00 Dominoes Club, B</div> | <div>21</div> <div>9:30 Strength Class w/Legacy, CR</div> <div>10:00 Blood Pressure Check w/Legacy, CR</div> <div>2:00 Billion Dollar Bingo, CR</div> <div>3:00 Bunco Club, B</div>   | <div>22</div> <div>9:00 Men's Coffee Group, B</div> <div>10:00 Bible Study, CR</div> <div>2:00 Card Games, B</div> <div>3:00 Happy Hour, L</div>                          | <div>23</div> <div>9:30 Walking Warriors</div> <div>10:30 Coffee Club, L</div> <div>2:30 Movies and Popcorn, TH</div> |
| <div>24</div> <div>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</div> <div>3:00 Resident Choice Game, B</div>   | <div>25</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>10:30 Country Store</div> <div>11:00 Morning Devotional, CR</div> <div>2:00 Pokeno for Prizes, CR</div>                                       | <div>26</div> <div>9:30 Balance Class w/Legacy, CR</div> <div>11:00 Morning Devotional, CR</div> <div>2:30 No Bake Cooking Class, CR</div> <div>4:00 Sensational Singers, CR</div> | <div>27</div> <div>10:00 Chair Yoga &amp; Stretch, CR</div> <div>11:00 Morning Devotional, CR</div> <div>1:00 Country Store</div> <div>2:00 Dominoes Club, B</div> | <div>28</div> <div>9:30 Strength Class w/Legacy, CR</div> <div>10:00 Blood Pressure Check w/Legacy, CR</div> <div>2:00 Billion Dollar Bingo, CR</div> <div>3:00 Bunco Club, B</div>   | <div>29</div> <div>9:00 Men's Coffee Group, B</div> <div>10:00 Bible Study, CR</div> <div>2:00 Card Games, B</div>  | <div>30</div> <div>9:30 Walking Warriors</div> <div>10:30 Coffee Club, L</div> <div>2:30 Movies and Popcorn, TH</div> |
| <div>31</div> <div>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</div> <div>3:00 Resident Choice Game, B</div>   |  |  |  | <div>Birthdays</div> <div>Victoria Jackson, 1st (Employee)</div> <div>Janice Martin, 3rd</div> <div>Hortencia Reyes, 3rd (Employee)</div> <div>Billy Lane, 6th</div> <div>Helen Mercatante, 14th</div> <div>Joy Pilgrim, 15th</div> <div>Janis Howell, 16th</div> <div>Vernon Smith, 18th</div> <div>Jo Andres, 19th</div> <div>Socorro "Coco" Ruiz, 21st (Employee)</div> <div>Mary Lou Taylor, 23rd</div> |   |   |