



# DISCOVERY VILLAGE

## AT TWIN CREEKS

A Discovery Senior Living Community

480 Bray Central Dr. • Allen, TX 75013 • (972) 359-1770

### Texas Tulips

An affordable experience located in Pilot Point that started about 30 years ago. The Koeman's are no strangers to Tulip Farming as they come from a long line of family farmers. Profit is far from their biggest concerns as they love seeing all visitors enjoy their selves out on the field and taking pictures. When Tulips are not in season, they sell bulbs all year long, which are imported directly from Netherlands. Wednesday, March 18 departing at 10am, \$10 entrance fee that includes 3 tulips. Once finished we will head over to First Watch for lunch. Please wear comfortable clothes & shoes. You will be required to stoop & bend to pick your own Tulips.

### Shamrock & Roll

Get ready to Shamrock & Roll! Join us for a festive St. Patrick's Day celebration filled with lively music, food, and plenty of green beer. Wear your green, bring your Irish spirit, and enjoy a shamrockin' good time with friends and neighbors. Friday, March 13 at 3:30pm, dining room.

### Pot O' Gold Day Bingo Blast

Get ready for the BIGGEST, BRIGHTEST, and LUCKIEST bingo party of the year! We're talking massive prizes, epic energy, and the tastiest green drinks & snacks you've ever seen! Bring your family, invite your friends, and come dressed in your best green— you might just snag the Pot O' Gold! This is one event you DO NOT want to miss. We'll see you there for the ultimate bingo blast! Tuesday, March 17 at 2pm, dining room

## March 2026

### Walking Club

Calling all residents who love to walk! Looking for a change of scenery and a chance to explore new trails? Join our Walking Club as we head out to a different walking trail or park for some fresh air, light exercise, and great company. We'll travel together and enjoy a refreshing outdoor experience each time. The club meets monthly on the 2nd and 4th Tuesday of each month. Departing promptly at 9:30am and heading back at 10:30am, weather permitting. Lace up your walking shoes and come along!

### Womens History Month

Join us for a meaningful Women's History Month Open Discussion as we celebrate the incredible contributions women have made to history, culture, and society. We'll begin with an inspiring TED Talk, followed by an open conversation where you're invited to share your stories and reflect on why this month is important to you. Thursday, March 26 at 2pm, activity room.

### Book Club

Join resident J. Gross as we sit down and discuss "The Trains of Crystal City" by Jan Jarboe Russell and enjoy a light snack. The *established group* will meet on Wednesday, Mar. 18, & the *new group* on Thursday, Mar. 19, both groups will meet at **6:30pm in the activity room.** *If you are interested in joining, please see The Director of Celebrations.*

### Welcome Home

Meet our newest residents!  
Sandra Gaskill, John Sexton, Patti Manfredi



**DISCOVERY AT HOME, A HOME HEALTH AGENCY**

Offers skilled nursing care in your home which includes medication management, wound care, diabetic monitoring, physical therapy, speech & occupational therapy. Feel free to contact LeeAnn Lockhart at 469.808.9145, fax# 469.224.2760 to discuss your home health needs. Services are covered 100% by Medicare.

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**C.A.M.P.**

Discovery at Home also offers the C.A.M.P. program, which stands for Cognitive Assessment and Memory Programs for those with traditional Medicare. Contact LeeAnn Lockhart at 469.808.9145 for more info on C.A.M.P.

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**DISCOVERY AT HOME PERSONALIZED LIVING**

offers services which include several options to help with your daily living needs, such as medication, reminders, laundry, organization, help with bathing/showers, dressing, grooming, pet care, and more. Please feel free to inquire about any of your personal needs not listed. Call us today for competitive pricing. 817-774-1065 or call Nancy at 239-572-1572 to discuss your needs.

**Discovery at Home Health Talk**

Wednesday, Mar. 11, at 2pm in the dining room. Join Discovery for a Health talk. Topic: Goodbye Depression, Hello Spring

**Legacy Health Talk**

Tuesday, Mar. 24, at 12:30pm in the activity room, join Legacy for a health talk plus a chance at winning a gift card. Topic: *Fall Prevention*



**Fall Prevention**

Falls are a leading cause of injury among older adults, often resulting in fractures, hospitalizations, and a decline in independence. As people age, factors such as reduced muscle strength, impaired balance, vision problems, and chronic health conditions increase the risk of falling. Environmental hazards like poor lighting, loose rugs, and cluttered walkways further contribute to the danger. Medications that cause dizziness or drowsiness can also play a role. Recognizing these risks is the first step in developing effective prevention strategies that protect seniors and promote their well-being.

Preventing falls requires a multifaceted approach that includes both lifestyle adjustments and environmental modifications. Regular exercise—especially activities that improve strength, balance, and flexibility—can significantly reduce fall risk. Home safety improvements, such as installing grab bars in bathrooms, using non-slip mats, and ensuring adequate lighting, are crucial. Routine vision and hearing checks, medication reviews, and proper footwear also play a role.

Legacy Healthcare Services  
972-649-7979.



**Health & Fitness**



**Senior Fitness Video**

Mon, Wed, & Fri at 9am, in the Theater Room. *Resident Led.*

**Grow Young Fitness Class**

Tue, Thu, Sat at 9am, in the Theater Room. *Resident Led*

**Senior Line Dancing With Melba**

Mondays at 1pm in the Dining Room. *Resident Led.*  
*Practice time changes on potluck day.*

**Balance Class W/ Legacy**

Thursdays at 12:30pm in Dining Room. *Instructor Led.*

**Exercise Class W/ Deborah**

Cardio & Core on the 1st & 3rd Tuesday, Weights & Balance on the 2nd & 4th Tuesday from 1:30-2:30pm, activity room. Each class is split into 30min workouts. You can attend one or both sessions. *Instructor Led*

**Graff Foot & Ankle Wound Care**

Please call their office at 972-403-7733 to schedule your next visit on Mar. 12.

**Total Hearing Clinic**

Will be back Mar. 5 at 3:30pm to service your hearing aids. You can also contact them at 214.660.9888.

### The 90's Club

Calling all residents that are 90+ & wise! Join us for our first 90s club meeting. Get to know other people that have met this milestone as well. We will discuss the purpose of this group, & what to expect.

Thursday, March 19 at 1:15pm in the dining room.

### Coin Grading

Discover if your coins are more valuable than you think!

Thursday, March 12 at 11am, activity room.

### Veterans' Breakfast

Calling all Veterans & spouses: join us for breakfast on Friday, March. 20, at 9:30am in the activity room. Sign up.



### Spiritual Corner

#### Catholic Communion

Fridays at 11am in the activity room.

#### Under the Cross Prayer Group

Wednesdays at 10am in the activity room. For more information contact resident J. Foster.

#### Under the Cross

In-person program that includes music of praise & worship using traditional hymns. The 3rd Saturday of the month, in the Dining Room. Saturday, Mar. 21, at 5pm.

### Lunch Outings

Departing at 10:45am on Tuesdays. If you wish to drive, sign up on the wait list.

- 3/3- Spazos
- 3/10- Chick Salad Chick (ladies)
- 3/17- Hydeout Cafe (men)
- 3/24- Babes

### Dinner Night

The 2nd Monday, departing promptly at 3:45pm. If you wish to drive, sign up on the wait list.

- 3/9- Cheddars

### Potluck Luncheon

Mar. 16, at 1pm in the Dining Room. You are responsible for bringing a side dish enough for 10. Sign up, 1 person per line. Main dish: To Be Determined

### Story Time W/ C. McCally

Join C. McCally on the 2nd & 4th Tuesday of each month, at 2:00pm, in the Theater Room. McCally reads requests for Biblical & spiritual stories. Make a request & join us.

### Worship Service W/ Hunters Glen

The 2nd & 4th Thursday of every month (except holidays) at 5:30pm in the dining room.

### New Resident Orientation

Join us on Mar. 30, at 3:00pm, in the dining room for an important meeting! We will answer your questions and give insight into the community.

Let's celebrate our monthly birthdays on the 1st Friday during Happy Hour.

#### MARCH BIRTHDAYS

- 3/1- RAY CROTEAU
- 3/2- DONNA ABRAMOVICH
- 3/6- DON DAVIS
- 3/8- MARILYN ZANETELL
- 3/8- CLARKE WARD
- 3/9- ESTELLA REYES
- 3/9- SANDY DUNCAN
- 3/14- MARCIA REGEL
- 3/16- CHRISTINE JOHNSON
- 3/20- SUSAN HEIKKINEN
- 3/20- LINDA TURQUETTE
- 3/23- DARREL ANDERSON
- 3/24- WANDA PELTON
- 3/24- LINDA BROWN
- 3/27- CONNIE MANAL

### Creative Coloring

Is a relaxing yet enjoyable way to express yourself and delight in the simple pleasure of creating. Choosing colors & watching an image come to life brings a sense of calm, satisfaction, and quiet joy. There is no right or wrong, just a time to unwind, be creative and enjoy the moment. Every Tuesday at 3pm in the activity room.

### Timeless Tunes

Join resident F. Towery as he plays heartwarming love songs Monday, Mar. 23, at 3:30pm in the dining room.



# March 2026

- DW Front Driveway
- LB Library-1st Floor
- DR Dining Room
- GR Game Room-1st Floor
- AC Activity Center-2nd Floor
- TH Theater-2nd Floor
- L2 Library-2nd Floor
- 2F 2nd Floor Alcove-Freight
- 2N 2nd Floor Alcove-North
- ☘ Outing on Bus
- ✓ Sign Up
- ↑↑ Lunch
- ★ Special Event
- † Religious
- ☕ Coffee
- ↔ Exercise
- ⤴ Prayer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">1</p> <p>8:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> First Baptist Church Allen - Bus Pickup†</p> <p>12:30 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>12:30 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Spite &amp; Malice Card Game</p> <p>1:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Prize Bingo</p> <p>6:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> LCR (Left, Center, Right)</p>	<p style="text-align: center;">2</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Happy Hookers &amp; More</p> <p>10:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> History Group</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Beginners Line Dancing w/ M. Cowin</p> <p>1:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> 42 - Dominoes</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Rummikub Game</p> <p>1:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Senior Line Dancing with M. Cowin</p> <p>3:00 <span style="background-color: #D8BFD8; border: 1px solid black; padding: 2px;">GR</span> Poker</p>	<p style="text-align: center;">3</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>10:45 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> Mixed Lunch - Spazos†</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Bridge</p> <p>1:30 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Cardio &amp; Core w/ Deborah↔</p> <p>3:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Creative Coloring w/ P. Boyd</p> <p>3:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>3:15 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>5:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Cinema Hour</p>	<p style="text-align: center;">4</p> <p>9:00 Half Price Haircuts with Sonya</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Under the Cross Prayer Group w/ J. Foster▲</p> <p>10:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> Buc-ee's☘</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Mexican Train Dominoes</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Cash Bingo</p> <p>4:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Ticket to Ride Board Game</p>	<p style="text-align: center;">5</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Choral Group Practice</p> <p>10:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Women's Coffee☘</p> <p>11:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Blood Pressure Clinic w/ Discovery at Home</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Balance &amp; Strength Class w/ Legacy↔</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> 65 Card Game</p> <p>1:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>3:00 <span style="background-color: #D8BFD8; border: 1px solid black; padding: 2px;">GR</span> Poker</p> <p>3:30 <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">L2</span> The Way We Were - Memoir Class</p> <p>3:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Total Hearing Care★</p>	<p style="text-align: center;">6</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>11:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Catholic Communion†</p> <p>1:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> 42 - Dominoes</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>3:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Happy Hour- Birthday Celebrations★</p>	<p style="text-align: center;">7</p> <p>8:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> McKinney Farmers Market☘</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>12:30 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Jokers Board Game</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Prize Bingo</p> <p>4:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Ticket to Ride</p>
<p style="text-align: center;">8</p> <p><b>DAYLIGHT SAVING TIME BEGINS</b></p> <p>8:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> First Baptist Church Allen - Bus Pickup†</p> <p>12:30 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>12:30 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Spite &amp; Malice Card Game</p> <p>1:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Prize Bingo</p> <p>6:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> LCR (Left, Center, Right)</p>	<p style="text-align: center;">9</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Happy Hookers &amp; More</p> <p>10:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> History Group</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Beginners Line Dancing w/ M. 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McCally</p> <p>3:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Creative Coloring w/ P. Boyd</p> <p>3:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>3:15 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>5:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Cinema Hour</p>	<p style="text-align: center;">11</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Under the Cross Prayer Group w/ J. Foster▲</p> <p>12:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Watercoloring w/ Charlotte★</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Mexican Train Dominoes</p> <p>2:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Discovery at Home Health Talk: Goodbye Depression, Hello Spring✓</p> <p>2:30 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Town Hall★</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Cash Bingo</p> <p>4:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Ticket to Ride Board Game</p>	<p style="text-align: center;">12</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Choral Group Practice</p> <p>10:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Men's Coffee☘</p> <p>11:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Coin grading w/ R. Croteau</p> <p>11:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Blood Pressure Clinic w/ Discovery at Home</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Balance &amp; Strength Class w/ Legacy↔</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> 65 Card Game</p> <p>1:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>2:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Creative Hour✓</p> <p>3:00 <span style="background-color: #D8BFD8; border: 1px solid black; padding: 2px;">GR</span> Poker</p> <p>3:30 <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">L2</span> The Way We Were - Memoir Class</p> <p>5:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Worship Service★</p>	<p style="text-align: center;">13</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>11:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Catholic Communion†</p> <p>1:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> 42 - Dominoes</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>3:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Shamrock &amp; Roll w/ Sojourn Live★</p>	<p style="text-align: center;">14</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>12:30 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Jokers Board Game</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Prize Bingo</p> <p>4:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Ticket to Ride</p>
<p style="text-align: center;">15</p> <p>8:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> First Baptist Church Allen - Bus Pickup†</p> <p>12:30 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>12:30 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Spite &amp; Malice Card Game</p> <p>1:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Prize Bingo</p> <p>6:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> LCR (Left, Center, Right)</p>	<p style="text-align: center;">16</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Happy Hookers &amp; More</p> <p>10:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> History Group</p> <p>10:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Beginners Line Dancing w/ M. Cowin</p> <p>11:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Senior Line Dancing with M. Cowin</p> <p>1:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> 42 - Dominoes</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Potluck luncheon★</p> <p>1:00 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Rummikub Game</p> <p>3:00 <span style="background-color: #D8BFD8; border: 1px solid black; padding: 2px;">GR</span> Poker</p>	<p style="text-align: center;">17</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>10:45 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> Men's Lunch - Hydeout Cafe†</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Bridge</p> <p>1:30 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Cardio &amp; Core w/ Deborah↔</p> <p>2:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Pot O' Gold Day Bingo Blast★</p> <p>3:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Creative Coloring w/ P. Boyd</p> <p>3:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>3:15 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>5:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Cinema Hour</p>	<p style="text-align: center;">18</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>10:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> Texas Tulips☘</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Under the Cross Prayer Group w/ J. Foster▲</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Mexican Train Dominoes</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Cash Bingo</p> <p>4:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Ticket to Ride Board Game</p> <p>6:30 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Book Club w/ J. Gross★</p>	<p style="text-align: center;">19</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Choral Group Practice</p> <p>10:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Women's Coffee☘</p> <p>11:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Blood Pressure Clinic w/ Discovery at Home</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Balance &amp; Strength Class w/ Legacy↔</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> 65 Card Game</p> <p>1:15 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> The 90s Club</p> <p>1:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>3:00 <span style="background-color: #D8BFD8; border: 1px solid black; padding: 2px;">GR</span> Poker</p> <p>3:30 <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">L2</span> The Way We Were - Memoir Class</p>	<p style="text-align: center;">20</p> <p><b>FIRST DAY OF SPRING</b></p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>9:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Veterans Breakfast★</p> <p>11:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Catholic Communion†</p> <p>1:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> 42 - Dominoes</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>3:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Happy Hour★</p>	<p style="text-align: center;">21</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>12:30 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Jokers Board Game</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Prize Bingo</p> <p>4:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Ticket to Ride</p> <p>5:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Under the Cross†</p>
<p style="text-align: center;">22</p> <p>8:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> First Baptist Church Allen - Bus Pickup†</p> <p>12:30 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>12:30 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Spite &amp; Malice Card Game</p> <p>1:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Prize Bingo</p> <p>6:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> LCR (Left, Center, Right)</p>	<p style="text-align: center;">23</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Happy Hookers &amp; More</p> <p>10:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> History Group</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Beginners Line Dancing w/ M. Cowin</p> <p>1:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> 42 - Dominoes</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #FF0000; border: 1px solid black; padding: 2px;">2F</span> Rummikub Game</p> <p>1:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Senior Line Dancing with M. Cowin</p> <p>3:00 <span style="background-color: #D8BFD8; border: 1px solid black; padding: 2px;">GR</span> Poker</p> <p>3:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Timeless Tunes w/ F. Towery★</p>	<p style="text-align: center;">24</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>9:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> Walking Club↔</p> <p>10:45 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> Mixed Lunch - Babes†</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Bridge</p> <p>12:30 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Legacy Health Talk: Fall Prevention★</p> <p>1:30 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Weights &amp; Balance w/ Deborah↔</p> <p>2:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Bible Reading w/ Charles</p> <p>3:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Creative Coloring w/ P. Boyd</p> <p>3:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>3:15 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Sequence</p> <p>5:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Cinema Hour</p>	<p style="text-align: center;">25</p> <p>9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">DW</span> Choctaw Casino☘</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Under the Cross Prayer Group w/ J. Foster▲</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Mexican Train Dominoes</p> <p>3:00 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Cash Bingo</p> <p>4:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Ticket to Ride Board Game</p>	<p style="text-align: center;">26</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Grow Young Fitness Video↔</p> <p>10:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Choral Group Practice</p> <p>10:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Men's Coffee☘</p> <p>11:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Blood Pressure Clinic w/ Discovery at Home</p> <p>12:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Balance &amp; Strength Class w/ Legacy↔</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> 65 Card Game</p> <p>1:30 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Mexican Train Dominoes</p> <p>2:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Women's History discussion★</p> <p>3:00 <span style="background-color: #D8BFD8; border: 1px solid black; padding: 2px;">GR</span> Poker</p> <p>3:30 <span style="background-color: #0000FF; border: 1px solid black; padding: 2px;">L2</span> The Way We Were - Memoir Class</p> <p>5:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Worship Service★</p>	<p style="text-align: center;">27</p> <p>9:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">TH</span> Senior Fitness Video↔</p> <p>9:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Ticket to Ride Board Game</p> <p>11:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> Catholic Communion†</p> <p>1:00 <span style="background-color: #FFB6C1; border: 1px solid black; padding: 2px;">AC</span> 42 - Dominoes</p> <p>1:00 <span style="background-color: #ADD8E6; border: 1px solid black; padding: 2px;">LB</span> Canasta Card Game</p> <p>1:00 <span style="background-color: #800080; border: 1px solid black; padding: 2px;">2N</span> Rummikub Game</p> <p>3:30 <span style="background-color: #008080; border: 1px solid black; padding: 2px;">DR</span> Happy Hour - Line Dancers perform★</p>	



# Activities

## Creative Hour

2nd Thursday of the month at 2pm in the Activity room.

Sign up.

## Ticket to Ride

Wednesdays & Fridays, 9am in 1st flr Library. Wednesday & Saturday afternoon, 4:00pm in Activity Room.

## 42 Dominoes

Mondays & Fridays at 1:00pm in the Activity Room. Contact N. Schrank if you would like to get involved or learn how to play.

## Bridge

Tuesdays from 12:30 pm-3 pm in the Activity Room. Contact T. Monk for information on getting involved.

## The Way We Were

The memoirs writing class welcomes everyone Thursdays, at 3:30pm, in the 2nd floor library.

## Mexican Train

Tuesdays at 3pm & Thursdays, at 1:30pm in the 1st floor Library. To learn how to play, reach out to J. Hullum.

## Creative Coloring

Sit & color w/ resident P. Boyd. Tuesdays at 3pm in the activity room.

## History Group

Every Monday at 10am in the Theater room. Join us to learn about History.

## Ladies' & Men's Coffee

Join the group of ladies or men to enjoy donuts, coffee, & conversation. Ladies meet the 1st & 3rd Thursday and Men meet the 2nd & 4th Thursday of every month at 10am in the 1st floor Library.

## Choral Group

Welcomes you to join them Thursdays at 10am in the Activity Room.

## Poker

Mondays & Thursdays at 3pm in the game room. The group

seeks more players!

## BINGO

Cash Bingo every Wednesday, at 3pm, in the Dining Room. Prize Bingo every Saturday & Sunday, at 3pm, in the Dining Room. Come play!

## Sequence

Tuesdays at 3:15pm in the Dining Room.

## Watercoloring W/ Charlotte

Enjoy a relaxing water coloring session with Charlotte. Wednesday, Feb. 11, at 12pm in the activity room. Sign up by Monday, Feb 9.

## 65 Card Game

Thursdays at 1pm on the 2nd floor north alcove.

## Rummikub Tile Game

Thursdays at 1pm on the 2nd floor freight alcove.

## LCR

Sundays at 6:00pm in the activity room.

## Beginners' Line Dance

Would you like to learn how to dance? Join M. Cowin on Monday afternoons from 12:30-1pm, in the Dining Room for a beginner class.

## Questions?

If you any activities-related questions, please see the

resident leader, your ambassador, or Celebrations director.

## Happy Hookers & More

HHAM will meet every Monday at 10am in the Activity Room. It includes all creative projects. Work on your own project or help in service projects.

## One Touch Beauty Salon

Open Wednesday - Friday and located on the second floor.

Sonya offers half price haircuts on the **FIRST WEDNESDAY** of the MONTH (styling is extra). Contact Sonya at 469-432-0271 for availability and pricing.

### Transportation Schedule

#### Monday

Shopping: 9:00am–12:00pm

Walmart & Kroger

Medical/Personal Appointments:

1:00–4:00pm

\*\*\*\*\*

#### Tuesday

All Lunch Outings depart at:

10:45am

Medical/Personal Appointments:

1:45–4:00pm

\*\*\*\*\*

#### Wednesday

Excursion Day

\*\*\*\*\*

#### Thursday

Medical/Personal Appointments:

9:00am–4:00pm

**NO APPTS: from 12–1pm**

\*\*\*\*\*

#### Friday

Shopping: 10:00am–1:00pm

Walmart & Market Street

Bank: 1:30–3:00pm

\*\*\*\*\*

### REMINDER

- For appointments- Pick up a "Medical Appointment Request Form" in the Transportation Book. **Return appointment form 48 hours in advance.**
- For shopping- **sign up 24 hours in advance.**
- For lunches- **7 people minimum**; if we don't meet the minimum, we will cancel lunch.

**The bus does not run for non- scheduled events, inclement weather, or holidays.**

### Trash Days at Discovery Village at Twin Creeks

Our current trash days are Tuesdays and Fridays starting as early as 9am with a **2-trash bag limit**. **Tower residents**- set your trash cans outside your door no later than 8am the morning of.

Trash rooms located on each floor for your convenience or missed pickup. Placing trash bags on carpet will lead to a \$25 fee. **Cottage residents**- take trash bags to your nearest curb for pickup no later than 9am the morning of. No bags over 25lbs, no sharp/broken glass, no loose trash, pet waste must be double bagged, boxes must be broken down flat, place recycling in blue trash bags or separate from regular waste. Thank you for helping us keep our community clean. **If you exceed your 2-trash bag limit, we will assess a \$25 fee per bag.**

### PEST CONTROL

Every Tuesday to service any homes having pest issues. If you are in need, contact the office.

### Dog Park

Located between bldgs 7 & 8. Please make sure your dog is on a leash, and you pick up after your pet & dispose of waste correctly.

### Pool Code

Open from 9 am-10 pm. Press 2 & 4 at the same time, 3, enter, and pull handle up. We encourage everyone to have a swimming buddy.

### NOTARY

Stop by or call the office to schedule an appointment with the concierge for any Notary services.



### Maintenance Corner



Please stop by the office to fill out a maintenance request form. Maintenance does not schedule appointments. They will leave a slip to notify you of their visit in your home. As a reminder, the after-hours maintenance service is for emergencies only. If you're in doubt of an emergency, to be safe, please call the after-hours number.



Make sure to provide the business office with your up-to-date renters' insurance (declaration page).

### It's 5 O'clock Somewhere

**Happy Hour** - Every Friday afternoon in the dining room for 1 hour. Happy Hour is a fun safe place that welcomes everyone to talk, sip, laugh, and enjoy. We serve water, soft drinks, wine, & beer. We have a 2-drink limit per person on a first-come, first-served basis! Seating in the dining room is limited; you can overflow to the library and/or outdoor patio.



**DISCOVERY VILLAGE AT TWIN CREEKS**

480 Bray Central Drive  
Allen, TX 75013  
Main Phone: 972-359-1770  
www.DiscoveryVillages.com  
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**Business Hours:**

**Monday–Friday**

8:30 a.m.–5:00 p.m.

**Saturday**

10:00 a.m.–2:00 p.m.

**Sunday**

Closed  
.....

**FOR ALL AFTER-HOURS EMERGENCIES,**

**PLEASE CALL**

**972-632-7264**  
.....

**DISCOVERY VILLAGE AT TWIN CREEKS STAFF**

- Cathy Patton - Executive Director
- Liz Pettit - Senior Lifestyle Counselor
- Katherine Davis - Celebrations Director
- Eric Smith - Maintenance Director
- Allan DeCastro - Maintenance Assistant
- Hewan Wondim - Housekeeping
- Craig Doty - Transportation Specialist
- Heather Woodward - Concierge
- Matthew Williams - Porter

**MARCH**

**SIGN-UP BOOK WILL BE AVAILABLE  
FRIDAY, FEB. 27, AT 8:30 AM!**