# THE SILVERCARE *Lifestyle*

NOVEMBER 2026

*Community news & information for our Valued Residents*

## HOW TO KEEP YOUR MIND SHARP?

Keeping your mind active is a great way to support memory, focus, and overall brain health. Small, enjoyable activities can help exercise your brain and make each day more engaging.
Start with a game or two to give your mind a fun workout. Here are some great options:

- Word puzzles
- Bingo
- Jigsaw puzzles
- Trivia
- Chess and checkers
- Card games
- Sudoku
- Crossword puzzles
- Brain game apps

You can also keep your mind sharp through everyday activities like:

- Reading books, magazines, or newspapers
- Arts and crafts such as painting, coloring, or knitting
- Learning a new hobby like gardening or cooking
- Listening to music and enjoying your favorite songs
- Socializing with friends and joining group activities

Remember, mental exercise can be fun! Choose activities you enjoy, try something new, and make time to keep your mind active every day.

## HAPPY THANKSGIVING

Words can go horizontally, vertically and diagonally in all eight directions.

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | P | B | S | L | D | F | T | U | P | O | Q | B | Y | W | Q | K |
| R | X | F | O | Z | B | V | R | T | Y | R | J | Q | T | A | H | C |
| A | D | V | Z | G | K | L | A | O | N | P | L | F | Z | K | A | T |
| T | N | H | B | X | C | X | D | C | A | P | P | L | E | S | P | U |
| E | W | H | G | R | A | T | I | T | U | D | E | O | A | E | P | R |
| F | Q | O | H | F | J | N | T | O | A | L | H | W | C | X | Y | K |
| U | P | L | H | E | P | B | I | B | U | L | W | Z | O | K | O | E |
| L | H | I | G | A | I | L | O | E | X | P | L | D | E | E | M | Y |
| I | R | D | G | S | E | O | N | R | P | G | F | A | L | B | F | A |
| C | E | A | O | T | H | V | X | V | M | A | A | S | S | L | A | E |
| O | E | Y | E | P | B | E | Q | U | X | G | M | T | O | E | L | T |
| C | R | A | N | B | E | R | R | I | E | S | I | U | A | S | L | R |
| N | U | I | A | O | S | L | B | T | F | A | L | F | M | S | N | X |
| P | U | M | P | K | I | N | H | K | B | Q | Y | F | Q | I | U | R |
| T | H | A | N | K | S | G | I | V | I | N | G | I | H | N | S | D |
| I | F | B | X | P | L | E | A | V | E | S | H | N | H | G | E | H |
| F | R | T | R | H | A | R | V | E | S | T | J | G | W | S | Q | A |

WORD
LOVE
PIE
GRATITUDE
BLESSINGS
THANKSGIVING
LEAVES
GRATEFUL
HAPPY
FEAST
PUMPKIN
CRANBERRIES
STUFFING
FAMILY
HARVEST
OCTOBER
APPLES
TRADITION
FALL
HOLIDAY
TURKEY








## Happy Birthday

### RESIDENTS

11/14 Janice S.
11/15 Alma A.
11/23 Joanie D.
11/23 Margaret R.
11/28 Donna P.

### STAFF

11/05 Nick S.
11/09 Modesta A.
11/20 Jami S.
11/30 Gabby R.

### THANKSGIVNG

November 26

## REFERRALS

**Know someone who may enjoy our community?**

Refer them to us and receive **$500 off** your next month's rent when they move in.



**Resident of the Month**
**VICTORIA**



**Employee of the Month**
**SARAH**



**Spot Recognition**
**ANGELICA**

## DID YOU KNOW?

- Thanksgiving used to look like Halloween. The tradition of children dressing up as poor people in New York became so popular that Thanksgiving was nicknamed "Ragamuffin Day."
- There are three U.S. towns named Turkey. These towns are located in Texas, Kentucky, and North Carolina.
- The author of "Mary Had a Little Lamb" is responsible for making Thanksgiving a national holiday.
- Macy's Thanksgiving Day Parade balloons used to float off all willy-nilly into the sky.
- Turkey doesn't make you tired. It's more likely that you feel exhausted because of the ungodly amount of carbohydrates you just stuffed your face with.
- Minnesota is the kingpin of turkey production.
- Thanksgiving's date was once a marketing scheme: President Roosevelt officially changed the date of Thanksgiving in 1941 to be the second-to-last Thursday in November as a way to encourage more holiday shopping to boost the economy.
- "Jingle Bells" was originally written for Thanksgiving.

*Stay connected! Follow us on Facebook and Instagram.*

@LampasasAssistedLiving  @lampasas_assisted_livin

# November 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1<br>*Cards and Games of resident's choice*<br>*4pm Church Service*<br>*6pm After dinner cards*<br>Daylight Saving Time Ends | 2<br>*9am Volleyball*<br>*930am Cool down and hydration*<br>*2pm Fall Craft*<br>*Holiday Movie*<br>*Hot Cocoa*<br>*6pm Cards/games* | 3<br>*10am Sit and fit*<br>*Rockin' to the oldies*<br>*1030am Hydration cart*<br>*2pm Gospel Singing*<br>*6pm After dinner cards and games* | 4<br>*9am outdoor walk*<br>*930am Hydration*<br>*10am Silver Creek Al outting*<br>*2pm Board Games*<br>*6pm After Dinner cards* | 5<br>*10am Drumming cardio class*<br>*1030am Hydration cart*<br>*2pm Bible Study w/ Chaplain Michael*<br>*6pm After dinner cards* | 6<br>*9am Nature Walk (weather)*<br>*930am Hydration cart and snack*<br>*2pm BINGO*<br>*6pm After dinner library cart and cards* | 7<br>*Resident choice games or puzzles*<br>*Family Visits*<br>*6pm After dinner cards/Library Cart* |
| 8<br>*Cards and Games of resident's choice*<br>*4pm Church service*<br>*6pm After dinner cards*<br>Diwali (Hindi) | 9<br>*9am Sweatin to the Oldies dance party*<br>*930am Cool down hydration and snack*<br>*2pm Holiday craft*<br>*6pm after dinner cards/library cart* | 10<br>*10am Nature Walk (weather)*<br>*1030am Hydration cart*<br>*2pm Gospel Singing*<br>*6pm After dinner cards or games* | 11<br>*9am Outdoor walking club*<br>*930am Hydration cart*<br>*10am Silver Creek visit*<br>*2pm Board games*<br>Veterans Day<br>Remembrance Day (Canada) | 12<br>*10am Walking club*<br>*1030am Hydration cart*<br>*2pm Bible Study w/ Chaplain Michael*<br>*6pm After dinner cards* | 13<br>*9am Nature Walk (weather)*<br>*930am HYdration cart and snack*<br>*2pm BINGO*<br>*6pm After dinner cards and games* | 14<br>*Resident choice games or puzzles*<br>*Family visits*<br>*6pm After dinner cards/Library Cart* |
| 15<br>*Cards and games of resident's choice*<br>*4pm Church Service*<br>*6pm After dinner cards* | 16<br>*9am Chair yoga*<br>*930am Cool down hydration and snack*<br>*2pm Thanksgiving flower arrangements*<br>*6pm After dinner cards or puzzles* | 17<br>*10am Dance party*<br>*1030am Hydration cart*<br>*2pm Gospel Singing*<br>*6pm After dinner cards or games* | 18<br>*9am Sit and Fit*<br>*930am Hydration and snack*<br>*10am Silver Creek Visit*<br>*2pm Board Games*<br>*6pm Cards* | 19<br>*10am Walking club*<br>*1030am Hydration cart*<br>*2pm Bible Study w/ Chaplain Michael*<br>*6pm After Dinner cards* | 20<br>*10am Morning walk (weather permitting)*<br>*12 noon Thanksgiving lunch halls 100 &200*<br>*5pm Thanksgiving dinner Halls 300 & 400* | 21<br>*Resident choice games or puzzles*<br>*Family Visits*<br>*6pm After dinner cards/Library cart* |
| 22<br>*Cards and games of resident's choice*<br>*4pm Church service*<br>*6pm After dinner cards* | 23<br>*9am Walk*<br>*930am hydration and snack*<br>*2pm Cooking class holiday baking*<br>*6pm After dinner cards and games* | 24<br>*10am Chair yoga*<br>*1030am Hydration cart*<br>*2pm Gospel Singing*<br>*6pm After dinner cards or games* | 25<br>*9am Ball Exercise*<br>*930am Hydration cart and snack*<br>*10am Silver Creek Visit*<br>*2pm Board games*<br>*6pm Cards* | 26<br>*Happy Thanksgiving*<br>*Family Visits*<br>*Resident choice games, puzzles, cards or library cart*<br>Thanksgiving Day (U.S.) | 27<br>*9am Walking Club*<br>*930am Hydraton and snack*<br>*2pm BINGO*<br>*6pm after dinner cards, games* | 28<br>*Resident choice games or puzzles*<br>*Family Visits*<br>*6pm After dinner cards/Library cart* |
| 29<br>*Cards and games of resident's choice*<br>*4pm Church service*<br>*6pm After dinner cards* | 30<br>*9am Walking Club*<br>*930am Hydration cart and snack*<br>*2pm Christmas Movie and popcorn*<br>*6pm After dinner cards* | | | | | |