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








THE SILVERCARE *Lifestyle*

NOVEMBER 2026

Community news & information for our Valued Residents

Happy Birthday

RESIDENTS

11/19 Virginia
11/23 Betty.

STAFF

11/03 Jenna
11/07 Heather
11/10 Brittany
11/28 Sierra

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
DANIELLE



Spot Recognition
JEFF

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.

@WindchimeVillage @windchime_kingsland

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 November 2026	2 10:00 Color Quest 11:00 Story 1:30 Bingo 3:00 Pass The Pumpkin	3 10:00 Walking 11:00 Newspaper Line 1:30 Bowling 3:00 Pom Pom Transfer (Unit)	4 10:00 Bible Study 11:00 Texas Trivia 1:30 Bingo 3:00 Hangman	5 9:00 H-E-B 11:00 Marble Game 1:30 Bingo 3:00 Mountain Art	6 10:30 Exercises w/Cindy 12:00 Nacho Bar Social 1:30 Bingo 3:00 Sing Swing & Shine w/Beth	7
8	9 10:00 Drums 11:00 Pin the Worry 1:30 Bingo 3:00 Golf	10 10:00 Mex. Train 11:00 Pong Golf 1:30 Bingo 3:00 Bug Splat (Unit)	11 10:00 Veteran Social 11:00 Bible Study 1:30 Blue Bonnet Coral 3:00 Bingo Veterans Day	12 9:30 Walmart 11:00 Feather Pluck 1:30 Battleship Bingo 3:00 Mason Jar Craft	13 10:30 Exercises w/Cindy 11:00 1:30 Bingo 3:00 Sing Swing & Shine w/John	14 Turkey Trot
15	16 10:00 Zumba 11:00 Cider Social 1:30 Bingo 3:00 Japardy	17 10:00 Walking 11:00 Bingo 2:00 Health Talk 3:00 Cornucopia Craft (Unit)	18 10:00 Bible Study w/Eve 11:00 Bubble Art 1:30 Bingo 3:00 Flickin Turkeys	19 10:00 H-E-B 11:00 Gratitude Cards 1:30 Turkey Catch 3:00 Campfire Treats	20 10:30 Movement w/Cindy 11:00 Baking Activity 1:30 Bingo 3:00 Sing Swing & Shine w/Beth 5:30 Thanksgiving Dinner	21
22	23 10:00 Music & Movement 11:00 Movie 1:30 Bingo 3:00 Turkey Games	24 9:30 Walmart 11:00 Fact or Fiction 1:30 Bingo 3:00 Birthday's Party	25 10:00 Bible Study 11:00 Movie & Popcorn 1:30 Bingo 3:00 Turkey Races	26 Happy Thanksgiving	27 Black Friday	28
29	30 10:00 Fresh Air & Coffee 11:00 Yarn Craft 1:30 Bingo 3:00 Resident Meeting					