

# THE Pecan Ridge Lifestyle



PECAN RIDGE  
SENIOR LIVING AT EASE

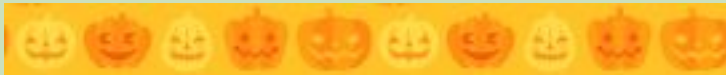
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MEMORY CARE COMMUNITY

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## Popular Pages: 'The Witches'

British author Roald Dahl invented many whimsical tales for children, including this 1983 classic about a little boy whose grandmother teaches him all about evil witches and how to spot them. While on vacation at a fancy hotel, the boy stumbles upon a meeting of witches and learns of their plan to hide a magic potion in chocolate that will turn children into mice! It's up to the boy and his grandma to turn the tables on the witches and save the world's innocent boys and girls from falling into their trap.



Melvin pins the tail on the llama!

## OCTOBER 2023



## Resident of the Month



Beryl Kendall was born and raised in Melbourne, Victoria, in Australia! She was blessed with five children and has a passion for helping others! She fulfilled her passion for helping others through her career as a med aide for twenty years! Her hobbies include swimming and

tennis! Beryl is very close to her daughter, Deanne Williams, and even taught Deanne how to play tennis! Beryl has a smile that is not only contagious, but also is a reflection of her loving kindness that permeates this community! It is an honor to acknowledge you this month. Congratulations, Beryl!

## Hay, That's Funny!

Q: What is the best vehicle to use for a hayride?

A: An autumn-mobile.



# Make Time for a Mystery

It's the season for suspense, and that's often what you'll find when you page through a mystery novel. There are many whodunit series that keep readers coming back for more. Among the genre's bestselling page-turners are old standards that feature detective Sherlock Holmes written by Arthur Conan Doyle, and senior sleuth Miss Marple by Agatha Christie. Go back to the 1940s, '50s and '60s with private investigator Easy Rawlins by author Walter Mosley. For more modern-day thrills, check out detective Alex Cross, created by James Patterson, and bounty hunter Stephanie Plum by Janet Evanovich.

# Frankenstein Friday

The last Friday in October gives a spine-tingling tribute to the "mother" and "father" of Frankenstein: Mary Shelley, who wrote the novel in 1818, and Boris Karloff, who brought the iconic monster to life on screen in 1931.

**"Hope is like the sun, which,  
as we journey towards it,  
casts the shadow of our  
burden behind us."  
—Samuel Smiles**

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>4-H Week Begins</b> 1 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicle📖 1:30 Board Game Workshops🎲 2:30 Balloon Toss 3:30 Stand Up Comedy❤️		<b>Guardian Angels Day</b> 2 9:30 Coffee Social☕ 10:00 Pecan Ridge Music Club🎵 11:00 Daily Chronicle📖 1:30 Bingo❤️ 3:00 Movie And Popcorn❤️ <b>3:30 Manicure Monday (All Day)</b>		<b>Techies Day</b> 3 9:30 Coffee Social☕ 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Afternoon Trivia🙏 <b>2:30 Ice Cream Social</b> ❤️ 3:30 Corn Hole🔨		<b>Taco Day</b> 4 <b>9:30 Tai Chi W/Ayumi</b> 🔨 <b>10:00 Liz And Children</b> 🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class❤️ <b>3:30 Music Therapy W/ James</b> ❤️		<b>World Teachers Day</b> 5 9:30 Morning Stretch🔨 10:00 Indoor Gardening❤️ 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Dance Club🎵 3:30 Silly Joke Hour❤️		<b>National Noodle Day</b> 6 <b>9:30 Zumba</b> 🔨 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day❤️ 2:30 Tea Party☕ 3:30 Karaoke Happy Hour		<b>Simchat Torah</b> 7 9:30 Walking Club!🔨 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Aroma Therapy📖 2:30 Pecan Ridge Music Club🎵 3:30 Bingo❤️	
<b>Crazy Cookie Day</b> 8 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicle📖 1:30 Board Game Workshops🎲 2:30 Ring Toss🔨 3:30 21 Questions❤️		<b>Columbus Day</b> 9 9:30 Coffee Social☕ 10:00 Pecan Ridge Music Club🎵 11:00 Daily Chronicle📖 1:30 Bingo❤️ 3:00 Movie And Popcorn❤️ <b>3:30 Manicure Monday (All Day)</b>		<b>Cake Decorating Day</b> 10 9:30 Coffee Social☕ 9:30 Therapy Pet Pals 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Afternoon Trivia🙏 <b>2:30 Ice Cream Social</b> ❤️ 3:30 Ring Toss🔨		<b>National Sausage Pizza Day</b> 11 <b>9:30 Tai Chi W/Ayumi</b> 🔨 <b>10:00 Liz And Children</b> 🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class❤️ 3:30 Volleyball🔨		<b>All About Acorns Day</b> 12 9:30 Morning Stretch🔨 10:00 Indoor Gardening❤️ 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Dance Club🎵 3:30 Acting Club❤️		<b>Friday the 13th</b> 13 <b>9:30 Zumba</b> 🔨 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day❤️ 2:30 Tea Party☕ 3:30 Karaoke Happy Hour		<b>Scarecrow Saturday</b> 14 9:30 Walking Club!🔨 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Aroma Therapy📖 2:30 Pecan Ridge Music Club🎵 3:30 Bingo❤️	
<b>I Love Lucy Anniversary</b> 15 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicle📖 1:30 Board Game Workshops🎲 3:00 Balloon Toss 3:30 Indoor Soccer🔨		<b>Movie Monsters Monday</b> 16 9:30 Coffee Social☕ 10:00 Pecan Ridge Music Club🎵 11:00 Daily Chronicle📖 1:30 Bingo❤️ 3:00 Movie And Popcorn❤️ <b>3:30 Manicure Monday (All Day)</b>		<b>Cadillac's Birthday</b> 17 9:30 Coffee Social☕ 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Afternoon Trivia🙏 <b>2:30 Ice Cream Social</b> ❤️ 3:30 Bowling🔨		<b>Chocolate Cupcake Day</b> 18 <b>9:30 Tai Chi W/Ayumi</b> 🔨 <b>10:00 Liz And Children</b> 🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class❤️ 3:30 Indoor Mini Golfing🔨		<b>Hocus Pocus Holiday</b> 19 9:30 Morning Stretch🔨 10:00 Indoor Gardening❤️ 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Dance Club🎵 <b>3:30 Halloween Party</b> ❤️		<b>Chefs Day</b> 20 <b>9:30 Zumba</b> 🔨 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day❤️ 2:30 Tea Party☕ 3:30 Karaoke Happy Hour		<b>Sweetest Day</b> 21 9:30 Walking Club!🔨 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Aroma Therapy📖 2:30 Pecan Ridge Music Club🎵 3:30 Bingo❤️	
<b>A Texan Day</b> 22 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicle📖 1:30 Board Game Workshops🎲 3:00 Ring Toss🔨 3:30 Truth Or Dare❤️		<b>Boston Cream Pie Day</b> 23 9:30 Coffee Social☕ 10:00 Pecan Ridge Music Club🎵 11:00 Daily Chronicle📖 1:30 Bingo❤️ 3:00 Movie And Popcorn <b>3:30 Manicure Monday (All Day)</b>		<b>Oh Bologna Day</b> 24 9:30 Coffee Social☕ 9:30 Therapy Pet Pals 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Afternoon Trivia🙏 <b>2:30 Ice Cream Social</b> ❤️ 3:30 Indoor Mini Golfing🔨		<b>Happy Birthday, Microwave Oven</b> 25 <b>9:30 Tai Chi W/Ayumi</b> 🔨 <b>10:00 Liz And Children</b> 🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class❤️ <b>4:00 Music Therapy W/ James</b> 🎵		<b>Pretzel Day</b> 26 9:30 Morning Stretch🔨 10:00 Indoor Gardening❤️ 11:00 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Dance Club🎵 3:30 Silly Joke Hour❤️		<b>Frankenstein Friday</b> 27 <b>9:30 Zumba</b> 🔨 10:00 Chronicles📖 <b>10:30 Morning Snack: Pet Therapy</b> 11:00 Nail And Spa Day❤️ 2:30 Tea Party☕ <b>3:30 Scary Movie Night!</b> ❤️		<b>Silly Saturday</b> 28 9:30 Walking Club!🔨 10:00 Coffee Social☕ 11:00 Daily Chronicle📖 1:30 Aroma Therapy📖 2:30 Pecan Ridge Music Club🎵 3:30 Bingo❤️	
<b>Spooky Sunday</b> 29 9:30 Sunday Worship Music🎵 10:00 Church Service🙏 11:00 Daily Chronicle📖 1:30 Board Game Workshops🎲 3:00 Balloon Toss 3:30 Ring Toss🔨		<b>Jack-o'-Lantern Day</b> 30 9:30 Coffee Social☕ 10:00 Pecan Ridge Music Club🎵 11:00 Daily Chronicle📖 1:30 Bingo❤️ 3:00 Movie And Popcorn❤️ <b>3:30 Manicure Monday (All Day)</b>		<b>Happy Halloween</b> 31 9:30 Coffee Social☕ 10:30 Pastor Bob Sermon 11:00 Daily Chronicle📖 1:30 Afternoon Trivia🙏 <b>2:30 Music W/ Casey Anderson</b> 🎵 <b>3:30 Spooky Hour/Trick Or Treat!</b> ❤️									





Beryl is so silly!

## Five Fun Facts About Black Cats

1. Sailors and fishermen used to keep black cats on their ships for good luck.
2. After spending time in the sun, a black cat's fur can turn a reddish-brown color. Like a suntan, the color will fade after a while.
3. Popular names for black cats include Shadow, Smokey, Boo and Midnight.
4. Often, black cats have golden yellow eyes.
5. Scientists have discovered that black cats can fight off certain diseases better than other colors of cats. How lucky!



### Meet our Awesome Staff!

**Shallan Vercell**

**Executive Director**

**LVN Nariyah Israel**

**Director of Assisted Living**

**Annel Quesada**

**Sales Director**

**Bennie Dewberry Jr., CEC**

**Dining Director**

**Faridhai Villanueva**

**Human Resources Assistant**

**Kevin Farr**

**Maintenance Director**

## Cold and Flu Truth

"Feed a cold, starve a fever."

This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.

## Employee of the Month



Willy was born and raised in Africa! He is a firm believer in education and hard work! Aside from his amazing

work ethic, he exemplifies strength and integrity through his example every day! Thank you for being an example for us all! Congratulations, Willy!

