

THE Pecan Ridge Lifestyle



PECAN RIDGE
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY

10025 Anderson Mill Road • Austin, TX 78750 • (512) 487-5243 • www.pecanridgememorycare.com

NOVEMBER 2023

Resident of the Month



Alisa has given this community a unique spark that can only be found at Pecan Ridge! She is spunky, sweet, and oh so sassy! Alisa has brought love, and laughter to this community! She inspires other residents to step outside the box! Alisa was born and raised in Oklahoma City and was blessed with a beautiful daughter! This proud queen is

a true diamond! Her smile illuminates wherever she goes and is just one of the many reasons why she deserves this title this month! Congratulations queen!

Make Time for Quiet Time

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.

Comfy and Cozy

Prepare your home for fall and winter by making it feel cozy and inviting. Create texture by pulling out soft blankets and pillows and spreading out a new throw rug. Embrace soft, warm lighting with lamps in your living area. Finally, keep your space tidy so your home is a comfortable retreat in the months ahead.



Fun Times With Jerry Moon!

Celebrate the SPARs

In November 1942, the U.S. Coast Guard Women's Reserve was created. Throughout the remaining years of World War II, more than 10,000 women served in the reserve, which was known as the SPARs, an acronym of the Coast Guard motto, "Semper Paratus, Always Ready."

NOVEMBER

2023

Cranberry

Sauce From

Scratch

Making homemade cranberry sauce isn’t nearly as intimidating as it sounds—in fact, it only takes a few ingredients and about 15 minutes. You’ll need 3/4 cup water, 3/4 cup sugar, a whole orange, and a 12-ounce bag of fresh or frozen cranberries. In a saucepan, combine the water and sugar. Cut the orange into quarters and squeeze the juice into the saucepan, then toss in the peels, which you’ll remove before serving. Empty the bag of cranberries into the pan, then turn the burner to medium heat. Let the sauce simmer for about 10 minutes, until most of the berries have popped. Remove orange peels, let cool, then refrigerate or enjoy right away!

A

Scrumptious

Season

“Food is better in November than any other time of the year.” —Cynthia Rylant

“Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others.”
—Charlotte Rae

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>“Fall Back” Day5</div> <div>9:30 Sunday Worship Music🎵</div> <div>10:00 Church Service🙏</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Board Game Workshops🎲</div> <div>2:30 Hersh Piano Therapy🎵</div> <div>3:00 Balloon Toss</div> <div>4:00 Truth Or Dare♥</div>	 <div>Saxophone Day6</div> <div>9:30 Coffee Social☕</div> <div>10:00 Pecan Ridge Music Club🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Bingo♥</div> <div>2:30 Lifelong Learning♥</div> <div>3:30 Manicure Monday (All Day)</div> <div>4:00 Movie And Popcorn♥</div>	 <div>Election Day (U.S)7</div> <div>9:30 Coffee Social☕</div> <div>9:30 Therapy Pet Pals</div> <div>10:30 Pastor Bob Sermon</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Afternoon Trivia🙏</div> <div>2:30 Ice Cream Social♥</div> <div>3:00 Indoor Mini Golfing🏏</div> <div>3:30 Name That Tune!🎵</div>	<div>National Authors Day1</div> <div>9:30 Tai Chi W/Ayumi👯</div> <div>10:00 Liz And Children🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Lifelong Learning📖</div> <div>2:30 Indoor Gardening♥</div> <div>3:30 Tea Party♥</div> <div>4:00 Ring Toss👯</div>	<div>All Souls’ Day2</div> <div>9:30 Morning Stretch👯</div> <div>10:00 Bowling👯</div> <div>11:00 Daily Chronicle📖</div> <div>1:00 Story Time♥</div> <div>1:30 Arts And Crafts🎨</div> <div>2:30 Wheel Of Fortune!🎲</div> <div>3:30 Devotions🙏</div> <div>4:00 Poem Club!♥</div>	<div>Cliché Day3</div> <div>9:30 Zumba👯</div> <div>10:15 Chronicles📖</div> <div>10:30 Morning Craft: Pet Therapy</div> <div>11:00 Nail And Spa Day♥</div> <div>1:00 Story Time📖</div> <div>2:30 Chef’s Cooking Show🎵</div> <div>3:30 Karaoke Happy Hour🎵</div>	<div>Dream Catcher Day4</div> <div>9:30 Walking Club!👯</div> <div>10:00 Coffee Social☕</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Aroma Therapy📖</div> <div>2:30 Pecan Ridge Music Club🎵</div> <div>3:30 Bingo♥</div>
<div>Mocktail Day12</div> <div>9:30 Sunday Worship Music🎵</div> <div>10:00 Church Service🙏</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Board Game Workshops🎲</div> <div>2:30 Hersh Piano Therapy🎵</div> <div>3:00 Balloon Toss</div> <div>4:00 Stand Up Comedy♥</div>	<div>World Kindness Day13</div> <div>9:30 Coffee Social☕</div> <div>10:00 Pecan Ridge Music Club🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Bingo♥</div> <div>2:30 Lifelong Learning♥</div> <div>3:30 Manicure Monday (All Day)</div> <div>4:00 Movie And Popcorn♥</div>	<div>Pajama Party14</div> <div>9:30 Coffee Social☕</div> <div>10:30 Pastor Bob Sermon</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Afternoon Trivia🙏</div> <div>2:30 Ice Cream Social♥</div> <div>3:30 Staff Potluck👯</div> <div>4:00 Ring Toss👯</div>	<div>Perfect Fit Day15</div> <div>9:30 Chair Dance Exercise!👯</div> <div>10:00 Liz And Children🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Lifelong Learning📖</div> <div>2:30 Indoor Gardening♥</div> <div>3:30 Bowling👯</div> <div>3:30 Tea Party♥</div> <div>4:00 Volleyball👯</div>	<div>Fast Food Day16</div> <div>9:30 Morning Stretch👯</div> <div>10:00 Bowling👯</div> <div>10:00 Indoor Gardening♥</div> <div>11:00 Daily Chronicle📖</div> <div>1:00 Story Time♥</div> <div>1:30 Arts And Crafts🎨</div> <div>2:30 Wheel Of Fortune!🎲</div> <div>3:30 Devotions🙏</div> <div>4:00 Poem Club!♥</div>	<div>World Peace Day17</div> <div>9:30 Zumba👯</div> <div>10:00 Indoor Mini Golfing👯</div> <div>10:15 Chronicles📖</div> <div>10:30 Morning Craft: Pet Therapy</div> <div>11:00 Nail And Spa Day♥</div> <div>1:00 Harvest Crafting🎨</div> <div>2:30 Chef’s Cooking Show🎵</div> <div>3:30 Karaoke Happy Hour🎵</div>	<div>Tellabration18</div> <div>9:30 Walking Club!👯</div> <div>10:00 Coffee Social☕</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Aroma Therapy📖</div> <div>2:30 Pecan Ridge Music Club🎵</div> <div>3:30 Bingo♥</div>
<div>Bible Study Sunday19</div> <div>9:30 Sunday Worship Music🎵</div> <div>10:00 Church Service🙏</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Board Game Workshops🎲</div> <div>2:30 Hersh Piano Therapy🎵</div> <div>3:00 Balloon Toss</div> <div>4:00 Indoor Soccer👯</div>	<div>Memorabilia Monday20</div> <div>9:30 Coffee Social☕</div> <div>10:00 Pecan Ridge Music Club🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Bingo♥</div> <div>2:30 Lifelong Learning♥</div> <div>3:30 Manicure Monday (All Day)</div> <div>4:00 Movie And Popcorn♥</div>	<div>Let's Talk Turkey Tuesday21</div> <div>9:30 Coffee Social☕</div> <div>9:30 Therapy Pet Pals</div> <div>10:30 Pastor Bob Sermon</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Afternoon Trivia🙏</div> <div>2:30 Ice Cream Social♥</div> <div>3:30 Bowling👯</div>	<div>Pumpkin Pie Day22</div> <div>9:30 Chair Dance Exercise!👯</div> <div>10:00 Liz And Children🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Lifelong Learning📖</div> <div>2:30 Thanksgiving Party!♥</div> <div>3:30 Indoor Mini Golfing👯</div> <div>3:30 Tea Party♥</div> <div>4:00 Pool Noodle Balloon Toss👯</div>	<div>Thanksgiving23</div> <div>9:30 Morning Stretch👯</div> <div>10:00 Bowling👯</div> <div>10:15 Music Therapy W/ James🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:00 Story Time♥</div> <div>1:30 Arts And Crafts🎨</div> <div>2:30 Wheel Of Fortune!🎲</div> <div>3:30 Devotions🙏</div> <div>4:00 Poem Club!♥</div>	<div>Shop Till You Drop Day24</div> <div>9:30 Zumba👯</div> <div>10:00 Ring Toss👯</div> <div>10:15 Chronicles📖</div> <div>10:30 Morning Craft: Pet Therapy</div> <div>11:00 Nail And Spa Day♥</div> <div>1:00 Harvest Crafting🎨</div> <div>2:30 Story Time♥</div> <div>3:30 Karaoke Happy Hour🎵</div>	<div>Fold and Fly It Day25</div> <div>9:30 Walking Club!👯</div> <div>10:00 Coffee Social☕</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Aroma Therapy📖</div> <div>2:30 Pecan Ridge Music Club🎵</div> <div>3:30 Bingo♥</div>
<div>Peanuts Forever Day26</div> <div>9:30 Sunday Worship Music🎵</div> <div>10:00 Church Service🙏</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Board Game Workshops🎲</div> <div>2:30 Hersh Piano Therapy🎵</div> <div>3:00 Balloon Toss</div> <div>4:00 21 Questions♥</div>	<div>Cyber Monday27</div> <div>9:30 Coffee Social☕</div> <div>10:00 Pecan Ridge Music Club🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Bingo♥</div> <div>2:30 Lifelong Learning♥</div> <div>3:30 Manicure Monday (All Day)</div> <div>4:00 Movie And Popcorn♥</div>	<div>Appetizing Appetizers Day28</div> <div>9:30 Coffee Social☕</div> <div>10:30 Pastor Bob Sermon</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Afternoon Trivia🙏</div> <div>2:30 Ice Cream Social♥</div> <div>3:30 Corn Hole👯</div>	<div>Lemon Cream Pie Day29</div> <div>9:30 Chair Dance Exercise!👯</div> <div>10:00 Liz And Children🎵</div> <div>11:00 Daily Chronicle📖</div> <div>1:30 Lifelong Learning📖</div> <div>2:30 Indoor Gardening♥</div> <div>3:30 Balloon Volleyball👯</div> <div>3:30 Tea Party♥</div> <div>4:00 Indoor Mini Golfing👯</div>	<div>Crazy Hat Day!30</div> <div>9:30 Morning Stretch👯</div> <div>10:00 Bowling👯</div> <div>10:00 Indoor Gardening♥</div> <div>11:00 Daily Chronicle📖</div> <div>1:00 Story Time♥</div> <div>1:30 Arts And Crafts🎨</div> <div>2:30 Wheel Of Fortune!🎲</div> <div>3:30 Devotions🙏</div> <div>4:00 Poem Club!♥</div>	 	

Supporting Veterans Year-Round

Our country's military veterans have given so much to keep our freedoms alive.

Show your gratitude and support with these ideas:

Pay it forward. Many people decorate their car or wear clothing to proudly declare their veteran status. If you see one of these folks at a restaurant or coffee shop, pay for their order or briefly thank them for their service.

Share veterans' stories. Talk to veterans in your circle about their experiences and record them so others can learn of their sacrifices. Encourage them to share their stories online at the Veterans History Project, and provide technical help if needed.

Join a local organization. Several veterans' groups have auxiliary memberships for people without military experience. Local chapters are the best resources for learning about what the community needs most and taking action.

Support veteran-friendly businesses. Shop at businesses owned by veterans or that make a point to hire veterans or support veterans' issues.

Find a charity that speaks to you. There's a charitable organization that fits every interest and ability. Animal lovers may wish to give to Pets for Vets. Social butterflies are needed to enthusiastically greet Honor Flight veterans at the airport.

Do you have a credit card that racks up frequent flier miles and hotel points? You can donate them to Fisher House, which provides temporary housing for veterans traveling for medical treatment. If you're crafty or like to write letters, there's a project for you at Operation Gratitude.

Use your voice. Reach out to your representatives and let them know you value legislation and programs that benefit veterans and active service members.

Research candidates and ballot issues and make sure you vote in every election.



Penny Loves Singing!



Meet our Awesome Staff!

Domingo Medina

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

Aneva McDaniel

Activity Director

Employee of the Month



Melissa has been a wonderful addition to this community! She works hard, and never complains! GOAT should be her middle name! She is so talented

and caring, she manages to make hard work look like a cake walk! Pecan Ridge wants to honor you this month, thank you for all your hard work, you definitely deserve recognition! Congratulations queen!

