



LEGACY HOUSE

Avondale

2635 N Dysart Road • Avondale, AZ 85392

November 2018

Meet Your Management Team

Executive Director- Carol Mazza
Wellness Nurse- Athena Anderson
Wellness Nurse - Mariah Crawford
Marketing Director- Jennifer Eldredge
Maintenance Director- Isidor Grant
Food Service Director- William Torres
Activities Director- Amy Heusted

Welcome New Residents

Bridgette B.
Carol H.
Sandy V.

Happy Birthday!

6 Peggy L.
11 Randy R.
17 Carol H.
25 Gordan B.

Upcoming Events

1st Pray The Rosary
2nd Social Hour w/Sam Stefanski
3rd Alzheimer's Awareness Walk
6th Election Day
8th Veterans Day Celebration
9th Social Hour w/Ray Martinez
14th Paint and Wine Party
15th Family Thanksgiving Dinner
16th Social Hour w/Matt Dillon
22nd Thanksgiving Day
23rd Visit with Santa & Mrs. Claus
30th Social Hour w/ Dusty Titles

Happy Thanksgiving!!



Easy as Pie

The "Pumpkin Capital of the World" is the Illinois town of Morton. For nearly a century, it's been home to a plant that processes the fruit and produces most of the world's supply of canned pumpkin. When ready-made pumpkin puree first became available at markets in the early 1900s, it made it much easier for home cooks to create pumpkin pie and other holiday desserts.

Classic Kitchen Toy

National Easy-Bake Oven Day on Nov. 4 celebrates the iconic toy that allows children to bake their own treats. The miniature appliance debuted in 1963 and was inducted into the National Toy Hall of Fame in 2006.

Special Delivery

The U.S. Postal Service, UPS and FedEx are expected to deliver about 2 billion packages during the weeks between Thanksgiving and New Year's Eve.



November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Pray The Rosary 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 10:30 Out to Library * 12:00 Trivia Games - ACR 2:00 Bingo -ACR 6:00 Movie -T	2 8:00 Outing to Casino * 9:30 Sit and Be Fit MPR 11:00 Wii Bowling -MPR 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 2:00 Social Hour w/Sam Stefanski 6:00 Movie -T	3 7:30 Alz Awareness Walk 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
4 1:00 Movie Matinee -T 6:00 Movie -T	5 9:30 Sit and Be Fit MPR 10:00 Chef's Chat 10:30 Pictionary- CR 2:00 Bingo -ACR 6:00 Movie -T	6 Election Day 9:30 Sit and Be Fit MPR 10:00 Brunch & Learn 12:00 Birthday Lunch - PDR 2:00 Creativity Hour - ACR 6:00 Movie -T	7 9:30 Catholic Communion -T 9:30 Sit and Be Fit MPR 10:30 Shopping at Fry's * 2:00 Left Center Right Game- MPR 6:00 Movie -T	8 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 12:00 Wheel of Fortune - ACR 2:00 Bingo -ACR 3:00 Veteran's Day Show w/Short & Sweet 6:00 Movie -T	9 9:30 Sit and Be Fit MPR 10:30 Shopping at Walmart * 11:00 Wii Bowling -MPR 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 2:00 Social Hour w/ Ray Martinez 6:00 Movie -T	10 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
11 Veterans Day 1:00 Movie Matinee -T 6:00 Movie -T	12 9:30 Sit and Be Fit MPR 10:30 Pictionary- CR 2:00 Bingo -ACR 6:00 Movie -T	13 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Romeo Lunch 2:00 Creativity Hour - ACR 6:00 Movie -T	14 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Left Center Right Game- MPR 5:00 Paint & Wine Party 6:00 Movie -T	15 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 10:30 Out to Library * 12:00 Trivia Games - ACR 2:00 Bingo -ACR 5:00 Family Thanksgiving Dinner 6:00 Movie -T	16 9:30 Sit and Be Fit MPR 11:00 Wii Bowling -MPR 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 2:00 Social Hour w/ Matt Dillon 6:00 Movie -T	17 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
18 1:00 Movie Matinee -T 6:00 Movie -T	19 9:30 Sit and Be Fit MPR 10:00 Activities Meeting- T 10:30 Pictionary- CR 2:00 Bingo -ACR 6:00 Movie -T	20 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:30 Community Craft- ACR 2:00 Creativity Hour - ACR 6:00 Movie -T	21 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Left Center Right Game- MPR 6:00 Movie -T	22 Thanksgiving 1:00 Matinee Movie 6:00 Movie -T	23 9:30 Sit and Be Fit MPR 11:00 Wii Bowling -MPR 2:30 Visit with Santa & Mrs. Claus 6:00 Movie -T	24 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 2:00 Card Games- CR 6:00 Movie -T
25 1:00 Movie Matinee -T 6:00 Movie -T	26 9:30 Sit and Be Fit MPR 10:00 Trip to Arrowhead Mall 10:30 Pictionary- CR 2:00 Bingo -ACR 6:00 Movie -T	27 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Juliet Lunch 2:00 Creativity Hour - ACR 6:00 Movie -T	28 9:30 Catholic Communion -T 9:30 Sit and Be Fit MPR 10:30 Shopping at Fry's * 1:00 Dementia Support Group-T 2:00 Left Center Right Game- MPR 6:00 Movie -T	29 9:30 Sit and Be Fit MPR 10:00 Game ON!!- ACR 10:30 Out to Library * 12:00 Trivia Games - ACR 2:00 Bingo -ACR 6:00 Movie -T	30 9:30 Sit and Be Fit MPR 10:30 Shopping at Walmart * 11:00 Errands: ex. Walgreens, CVS, Target 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour w/Dusty Titles 6:00 Movie -T	



Food Firsts

Home cooks often like to save time in the kitchen, so companies work to create new products that make food preparation a little easier. Chew on this list of retail food innovations through the years.

<u>Year</u>	<u>Food Innovation</u>
1856	Sweetened condensed milk
1897	Condensed soups
1928	Sliced bread
1930	Frozen foods
1937	Boxed macaroni and cheese dinner
1954	TV dinners
1966	Instant oatmeal
1973	Boxed stuffing mix
1983	Microwave popcorn
2003	Single-serve coffee pods

"This Month In History" NOVEMBER

1917: Made up of five Canadian teams, the National Hockey League is created in Montreal.

1926: U.S. Route 66 is officially established. The 2,400-mile two-lane highway from Chicago to Los Angeles became a legendary east-west link.

1931: Homemaker Irma Rombauer self-publishes her favorite recipes in "The Joy of Cooking." The classic cookbook has since sold over 18 million copies.

1941: President Franklin D. Roosevelt signs a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Marine Corps Memorial is dedicated in Arlington, Va. The monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1967: With a cover price of 25 cents, the first issue of Rolling Stone magazine goes on sale in San Francisco.

1972: In response to an international energy crisis, the speed limit on all U.S. highways is lowered to 55 mph to help conserve gasoline.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood," presents one of his sweaters to the Smithsonian's National Museum of American History.

1997: Disney's "The Lion King" opens as a Broadway musical.

2010: A groundbreaking ceremony is held for George W. Bush's presidential library in University Park, Texas.

2017: Britain's Prince Harry and American actress Meghan Markle announce their engagement.