

THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

November Birthdays at Courtyards of Odessa



Miss Sidney's birthday is Nov. 29th. Miss Sidney was a very smart woman who earned her Ph.D. We would like to wish her Happy Birthday from all of us.

Not pictured is Mr. Tom. Mr. Tom requested we not include his picture. However, he did want us to know that he loves accounting. For this reason, Mr. Tom worked for himself as an accountant. Happy Birthday, Mr. Tom. Tom's Birthday is Nov. 6.

NOVEMBER 2024



Miss Maria and Miss Lois

Miss Maria, who has a birthday Nov. 11, is a very proud lady. When she came to America she worked hard to learn English. Not only did she learn English but has 100 college hours and sang in the university choir. The Sul Ross State University in Alpine, Texas that Miss Maria attended is also where she worked for 25 years as a custodian.

Nov. 29 will find Miss Lois turning another year older. Miss Lois tells me she worked at Schabluar Hotel. When I asked what she wanted everyone to know, she replied, "I try to boss everyone."



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NOVEMBER 2024

Big Dates to Remember

NOVEMBER 5 - VOTE VOTE VOTE (bus will be available for transport to vote).
 NOVEMBER 6 - BINGO FAMILY NIGHT and BINGO STORE
 NOVEMBER 11 - VETERANS DAY
 NOVEMBER 14 - BIRTHDAY CELEBRATION
 NOVEMBER 19 - THANKSGIVING DINNER WITH FAMILY (\$15 per person)

REHAB EXERCISE

Rehab exercise will be held in the Rehab Room. These classes take place at 9:45 am on Tuesdays, Thursdays and Fridays. Check them out.

Foods To Help You Snooze

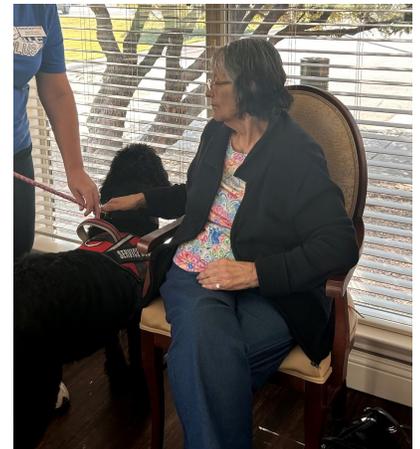
Eating turkey famously makes you sleepy, but other foods that help you drift off to dreamland include bananas, dark chocolate, nuts and cottage cheese.

“Many people will walk in and out of your life, but only true friends will leave footprints in your heart.”
 —Eleanor Roosevelt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 9:30 Fitness Fun/Bistro 10:30 Church begins in Bingo Hall 1:30 Bring your Bingo Bucks to be counted 3:30 Skip- Bo Fun With Friends	4 9:30 Fitness Fun/Bistro 1:30 Bingo 3:30 Skip- Bo Fun With Friends	5 VOTING DAY!!!! Bus Will Be Available if You Need a Ride 9:45 Rehab Exercise for All / In Rehab Room 1:30 Chicken Foot 3:30 Skip- Bo Fun With Friends	6 BINGO FAMILY NIGHT 6-7:30PM BINGO STORE TO FOLLOW // HAPPY BIRTHDAY TOM ZIEGLER 9:30 Fitness Fun/Bistro 10:30 Church with Mark (Gentiva) 1:30 Thanksgiving word Puzzle / together 3:30 Skip- Bo Fun With Friends	7 9:45 Rehab Exercise for All / In Rehab Room 1:30 Bingo 3:30 Skip- Bo Fun With Friends	8 9:45 Rehab Exercise for All / In Rehab Room 1:30 Board Games 3:30 Skip- Bo Fun With Friends	9 9:30 Fitness Fun/Bistro 1:30 Dominoes (Bingo Hall) 3:30 Skip- Bo Fun With Friends
10 9:30 Fitness Fun/Bistro 10:30 Church begins in Bingo Hall 1:30 Dice Tic Tac Toe 3:30 Skip- Bo Fun With Friends	11 Veterans Day // HAPPY BIRTHDAY MARIA GRANADO 9:30 Fitness Fun/Bistro 1:30 Bingo 2:30 Salute to our Veterans 3:30 Skip- Bo Fun With Friends	12 9:45 Rehab Exercise for All / In Rehab Room 1:30 Bingo 3:30 Skip- Bo Fun With Friends	13 9:30 Fitness Fun/Bistro 10:30 Church with Mark (Gentiva) 1:30 Walmart 3:30 Skip- Bo Fun With Friends	14 9:45 Rehab Exercise for All / In Rehab Room 1:30 Bingo 2:30 Monthly Birthday Celebration to be held in Memory Care 3:30 Skip- Bo Fun With Friends	15 9:45 Rehab Exercise for All / In Rehab Room 1:30 Board Games 3:30 Skip- Bo Fun With Friends	16 9:30 Fitness Fun/Bistro 1:30 Dominoes (Bingo Hall) 3:30 Skip- Bo Fun With Friends
17 9:30 Fitness Fun/Bistro 10:30 Church begins in Bingo Hall 1:30 Bingo 3:30 Skip- Bo Fun With Friends	18 9:30 Fitness Fun/Bistro 1:30 Thanksgiving Hangman 3:30 Skip- Bo Fun With Friends	19 9:45 Rehab Exercise for All / In Rehab Room 1:30 Bingo 3:30 Skip- Bo Fun With Friends 5:00 Thanksgiving Dinner with Family RSVP needed 3 days prior. Cost of Plates for family members is \$15 per person	20 9:30 Fitness Fun/Bistro 10:30 Church with Mark (Gentiva) 1:30 Dollar Tree 3:30 Skip- Bo Fun With Friends	21 9:45 Rehab Exercise for All / In Rehab Room 2:00 Turkey Shoot Out Hosted by Trinity 3:30 Skip- Bo Fun With Friends	22 9:45 Rehab Exercise for All / In Rehab Room 1:30 Board Games 3:30 Skip- Bo Fun With Friends	23 9:30 Fitness Fun/Bistro 1:30 Dominoes (Bingo Hall) 3:30 Skip- Bo Fun With Friends
24 9:30 Fitness Fun/Bistro 10:30 Church begins in Bingo Hall 1:30 Bingo 3:30 Skip- Bo Fun With Friends	25 9:30 Fitness Fun/Bistro 1:30 Bingo 3:30 Skip- Bo Fun With Friends	26 9:30 Fitness Fun/Bistro 1:30 Bingo 3:30 Skip- Bo Fun With Friends	27 9:30 Fitness Fun/Bistro 10:30 Church with Mark (Gentiva) 1:30 Bingo 3:30 Skip- Bo Fun With Friends	28 Thanksgiving 9:30 Fitness Fun/Bistro 1:30 Giving Thanks Pie and Bingo 3:30 Skip- Bo Fun With Friends	29 HAPPY BIRTHDAY SIDNEY AND LOIS FREDRICKS 9:45 Fitness Fun/Bistro 1:30 Board Games 3:30 Skip- Bo Fun With Friends	30 9:30 Fitness Fun/Bistro 1:30 Dominoes (Bingo Hall) 3:30 Skip- Bo Fun With Friends

New Friend Joins Us at the Courtyards

Courtyards received a visit from a New Friend. Miss April from Home Care Plus brought us a new furry friend. Our new furry friend, whose name is Abby, will be visiting us again. Our plan is to have Abby or one of her other furry friends come visit once a month. She was a big hit and there were smiles galore.



Laugh Attack

How do dogs turn off the VCR?
They hit the "paws" button!