

Legend:

First Floor Second Floor
 L- Lobby OR—Oasis Room
 B- Bistro PC- Palmetto Café
 MDR- Main Dining Room Th-Theater

November 2011

PLEASE NOTE:

Activities schedule and time may change due to unforeseen circumstances

Sunday

Monday

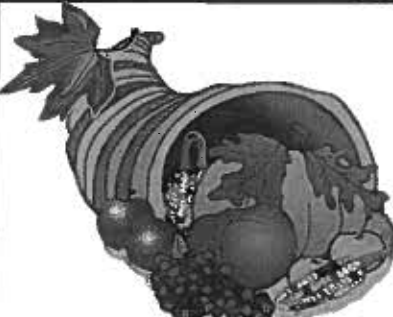





























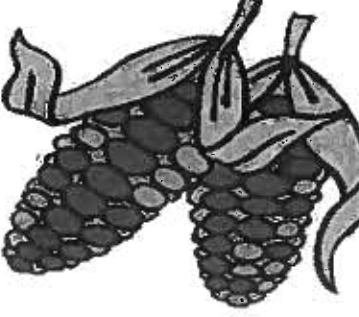
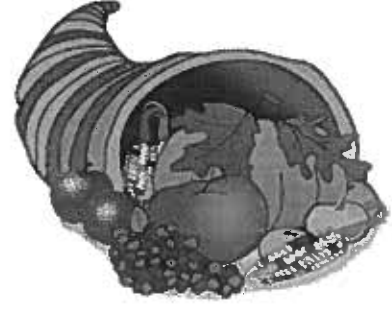
Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>Theater Movie times:</p>  <p>Monday-Friday 2:00p.m. & 6:00p.m.</p>	<p>1 9:30 Strength Exercises- 2nd fl 10:30 Morning Perk-OR 11:00 Trivia Challenge-OR 1:00 Bingo w/ Amanda -OR 3:15 Resident Council—OR 5:30 Wii Bowling— Theater</p> 	<p>2 Hair Salon is OPEN today 9:30 Sittercise -2nd floor 10:00 Catholic Communion-PC 10:30 Morning Perk-OR 11:00 OliveGarden Outing-signup 2:30 Popcorn Social-Bistro 3:15 Bingo-OR</p> 	<p>3 Hair Salon is OPEN today 9:30 Strength Exercises-2nd fl 10:30 Morning Perk—OR 11:00 Trivia Challenge-OR 1:00 Bingo - OR 2:30 Pain Management Seminar-B 6:30 Computer Instruction- 2nd Fl Library</p>	<p>4 NO Sittercise TODAY 9:00 Banking -sign up 10:00 Catholic Communion-PC 10:15 Shopping & More-sign up 10:30 Morning Perk—OR 2:15 Bingo-OR 3:45 HappyHour -Bistro</p> 	<p>5 Hair Salon is OPEN today 10:00 Bingo w Craig— OR 1:30 Popcorn —Bistro Set your clocks <u>back</u> 1 hour Tonight 6:00 Movie: <i>Resident Choice-Th</i></p> 
<p>6 DAYLIGHT SAVINGS TIME ENDS 11:00 Church Services - 2nd floor 3:00 Big Deal Bingo— OR</p> 	<p>7 Manicures in Salon/\$15 - sign up 9:30 Sittercise -2nd floor 10:00 Catholic Communion-PC 10:00 Current Events w/ UNF-OR 10:30 Morning Perk-OR 1:00 Bingo —OR 2:00 Sy Lettman-Bistro 3:45 Happy Hour —Bistro</p>	<p>8 9:30 Strength Exercises- 2nd fl 10:30 Morning Perk-OR 11:00 Trivia Challenge-OR 1:00 Bingo w/ Amanda—OR 3:15 Crafts—2nd Fl Craft Room 5:30 Wii Bowling— Theater</p> 	<p>9 Hair Salon is OPEN today 9:30 Sittercise -2nd floor 10:00 Catholic Communion-PC 10:30 Morning Perk-OR 11:00 Outburst-OR 1:30 Ladies Tea—Bistro 3:15 Bingo-OR 6:00 Aid & Attendance Seminar-B</p> 	<p>10 Hair Salon is OPEN today 9:30 Strength Exercises-2nd fl 10:30 Morning Perk—OR 11:00 Trivia Challenge-OR 1:00 Bingo w/ Amanda - OR 2:00 Jewelry Party-Bistro 3:15 Crafts—2nd Fl Craft Room 6:30 Computer Instruction- 2nd Fl</p>	<p>11 NO Sittercise TODAY 9:00 Banking -sign up 10:00 Catholic Communion-PC 10:15 Shopping & More-sign up 10:30 Morning Perk—OR 2:15 Bingo —OR 3:45 Happy Hour-Bistro</p> 	<p>12 Hair Salon is OPEN today 10:00 Musical Strings-Bistro 1:30 Popcorn —Bistro 1:00 Bingo w Craig— OR 2:00 Gary Tomlinson-Bistro 6:00 Movie: <i>Resident Choice-Th</i></p> 
<p>13 11:00 Church Services - 2nd floor 1:00 Jaguars vs Indianapolis Colts Tailgate Party in the Theater 2:00 JoAnna & Bob-Bistro 3:00 Big Deal Bingo— OR</p> 	<p>14 9:30 Sittercise -2nd floor 10:00 Catholic Communion-PC 10:00 Current Events w/ UNF-OR 10:30 Morning Perk-OR 11:00 Brain Games-OR 2:15 Bingo —OR 3:45 Happy Hour sponsored by Comfort Care —Bistro</p> 	<p>15 9:30 Strength Exercises-2nd fl 10:30 Morning Perk—OR 11:00 Trivia Challenge-OR 1:00 Bingo w/ Amanda—OR 2:00 Al Domizio-Bistro 3:15 Crafts—2nd Fl Craft Room 5:30 Wii Bowling— Theater</p> 	<p>16 9:30 Sittercise -2nd floor 10:30 Morning Perk—OR 11:00 Outburst-OR 11:00 Catholic Mass-PC 1:00 Movie@Regal Cinemas-sign up 1:30 Popcorn Social-Bistro 2:00 Bingo w/ Steve-OR 6:00 Medicare Changes Forum-B</p> 	<p>17 Hair Salon is OPEN 9:30 Strength Exercises-2nd floor 10:30 Morning Perk—OR 11:00 Trivia Challenge-OR 1:15 Birthday Party-OR 2:00 Doyle Primm —Bistro 3:15 Bingo-OR 6:30 Computer Instruction- 2nd Fl</p> 	<p>18 NO Sittercise TODAY 9:00 Banking —sign up 10:00 Catholic Communion-PC 10:15 Shopping & More-sign up 10:30 Morning Perk—OR 2:15 Bingo - OR 3:45 Happy Hour-Bistro</p> 	<p>19 Hair Salon is OPEN today 10:00 Bingo w/ Craig— OR 1:30 Popcorn —Bistro 6:00 Movie: <i>Resident Choice-Th</i></p> 
<p>20 11:00 Church Services - 2nd floor 1:00 Jaguars vs Cleveland Browns Tailgate Party in the Theater 2:00 JoAnna & Bob-Bistro 3:00 Big Deal Bingo— OR</p> 	<p>21 Manicures in Salon/\$15 - sign up NO Sittercise TODAY 10:00 Catholic Communion-PC 10:00 Current Events w/ UNF-OR 10:30 Morning Perk—OR 11:00 Brain Games-OR 2:15 Bingo —OR 3:45 Happy Hour —Bistro</p> 	<p>22 NO Strength Exercises TODAY 10:30 Morning Perk—OR 11:00 Trivia Challenge-OR 1:00 Bingo w/ Amanda—OR 3:00 Choir Practice—Bistro 5:30 Wii Bowling— Th</p> 	<p>23 9:00 Banking —sign up NO Sittercise TODAY 10:00 Catholic Communion-PC 10:15 Shopping & More-sign up 10:30 Morning Perk-OR 1:00 Bingo-OR 1:30 Popcorn Social-Bistro 2:00 Aubrey Dykes-Bistro</p> 	<p>24 HAPPY THANKSGIVING  Watch the Parades - Th</p>	<p>25 Hair Salon is OPEN today NO Sittercise TODAY NO Morning Perk TODAY NO Bingo TODAY 10:00 Catholic Communion-PC</p> 	<p>26 Hair Salon is OPEN today 10:00 Bingo w/ Craig— OR 1:30 Popcorn —Bistro 6:00 Movie: <i>Resident Choice-Th</i></p> 
<p>27 11:00 Church Services - 2nd fl 1:00 Jaguars vs Houston Texas Tailgate Party in the Theater 3:00 Big Deal Bingo— OR</p> 	<p>28 9:30 Sittercise -2nd floor 10:00 Catholic Communion-PC 10:00 Current Events w/ UNF-OR 10:30 Morning Perk—OR 11:00 Brain Games-OR 2:15 Bingo —OR 3:45 Happy Hour —Bistro</p> 	<p>29 9:30 Strength Exercises-2nd fl 10:30 Morning Perk—OR 11:00 Trivia Challenge-OR 1:00 Bingo w/ Amanda—OR 2:00 Lorna Greenwood— Bistro 3:00 Choir Practice—Bistro 5:30 Wii Bowling— Theater</p> 	<p>30 Hair Salon is OPEN today 9:30 Sittercise -2nd floor 10:00 Catholic Communion-PC 10:30 Morning Perk-OR 11:00 Outburst-OR 1:30 Popcorn Social-B 2:00 Bingo-OR</p> 			



Highlights 2011

Nov. 1, Tuesday- 3:15p.m. - Resident Council will meet in the Oasis Room. All residents of Ashford court are encouraged to attend this meeting. This is your opportunity to voice your opinions and make decisions. It is also an arena for problem solving.

Nov. 2, Wednesday-11:00a.m.- Our lunch outing will be to the Olive Garden Restaurant today. Our last trip there was wonderful. Sign up for transportation.

Nov. 3 ,Thursday- 2:30p.m.-Dr. John Woeste will present a very informative seminar on pain management and the options available for treatments. You can sign up or just show up in the Bistro. Everyone is welcome.

Nov. 5, Saturday- SET YOUR CLOCKS BACK 1 HOUR TONIGHT

Nov. 7, Monday- 2:00p.m.-Sy Lettman will be in the Bistro to croon your afternoon away. Join your friends for this special entertainment. Everyone is welcome.

Nov. 9, Wednesday-1:00p.m.- All the ladies of Ashford Court are invited to a tea party in the Bistro. Enjoy the special treats and visit with new friends.

6:00p.m.-Ralph Cigliano is coming to discuss VA benefits that you might not be aware of. Come to the Bistro and learn about these programs. Everyone is welcome.

Nov. 10, Thursday-2:00p.m. Just in time for Christmas and the holidays. Come to the bistro and shop for jewelry. Displays and catalogs will be available to make purchases from.

Nov. 12 , Saturday-2:00p.m.- Gary Tomlinson will be here to sing for you. Come to the bistro and enjoy the golden voice of this wonderful entertainer. Everyone is welcome.

Nov. 6, 13, 20 & 27, Sunday- 3:00p.m.- Come to the Oasis Room to play BIG DEAL BINGO! It is cards and bingo all rolled into one game. Bring a quarter to play. Come have fun!

Nov. 13, Sunday-2:00p.m. Joanna and Bob will entertain you in the bistro with their musical talents. Join your friends and join the fun. Everyone is welcome.

Nov.15, Tuesday-2:00 p.m.- Al Domizio will play all your favorite tunes on the piano. Come to the Bistro to hear the maestro perform. Everyone is welcome

Nov. 16, Wednesday-1:00p.m. We are going to the Regal Cinemas today. Movie selection is not certain at this time. A sign up sheet is in the transportation notebook.

6:00p.m. A Medicare Specialist will be in the Bistro to inform you of the changes and updates that have occurred this year and for next year in the Medicare Programs. Don't miss this educational forum. Everyone is welcome.

Nov. 17, Thursday-1:15p.m. Our monthly birthday party will be celebrated in the Oasis Room today. Join us for a special treat and to recognize our residents that have November birthdays.

2:00p.m. Doyle Primm will be in the Bistro to entertain you with his fabulous singing voice. Join your friends and enjoy the program. Everyone is welcome.

Nov. 20, Sunday-2:00p.m Joanna and Bob are here again to entertain you with a variety of musical selections. Come to the bistro. Everyone is welcome.

Nov. 23, Wednesday-9:00 & 10:15a.m. Due to the Thanksgiving holiday, we will be making our Shopping and More and Banking trips TODAY. Please sign up.

2:00p.m Aubrey Dykes is entertaining today in the bistro. Enjoy his special talents.



Highlights 2011

NOV. 24



Happy Thanksgiving



Enjoy watching parades on a big screen TV all day in the Theater.

Nov. 25, Friday-Please note there will be: NO coffee perk, Sittercise or Bingo today.

Nov. 29, Tuesday-2:00p.m. You've got to love Lorna! Come to the Bistro ready to shake, rattle and roll. She'll be making music for everyone to join in. Have a great time.

The UNF students have established some activities for the "Night Owls" at Ashford Court.

Every Tuesday at 5:30p.m. they are in the theater to teach and play the **Wii Bowling** game. Join them and other residents for the hilarious fun. It is easy to do and fun to watch.

Every Thursday at 6:30p.m. a student is at the computer in the library to demonstrate and teach computer programs and internet usage. Let them show you how to email and surf the internet.

Every Sunday at 3:00p.m. Play **Big Deal Bingo** in the Oasis Room. Bring a quarter.

Every Sunday that the Jaguars play, watch the game and tailgate with the group.

Come to the Oasis Room Mondays at 10:00a.m., before coffee perk, and discuss current events.

Nov. 8, 10 & 15-3:15p.m. There are 3 craft classes scheduled this month. Come to the craft room and enjoy making something fun while having some fun.

Nov. 22 & 29 Tuesdays- 3:00p.m. Tracy Deken is getting a choir together to lead Christmas caroling in December. If you would like to be a part of this new activity, come to the Bistro.

Every week day at 2:00p.m. & 6:00p.m. A movie will be featured on the BIG SCREEN. Check the marquee daily for the movie selection.

Every Sunday Chaplin John G. Dawson provides a nondenominational Sunday service for residents in the east wing on the second floor at 11:00a.m. Everyone is welcome to attend.

Every weekday morning at 10:30 a.m. Special coffee is served with freshly baked cookies at the **Coffee Perk** in the Oasis Room. Start your day with fellowship and laughter. Everyone is welcome to participate.

Every Monday and Wednesday at 9:30a.m. The therapy department provides a **sittercise** class on the east wing of the second floor. The program is designed for all levels of function.

Every Tuesday and Thursday at 9:30 a.m. Our therapy team instructs a class on **strength training** using small hand weights to build and maintain muscle integrity. This class takes place on the second floor.

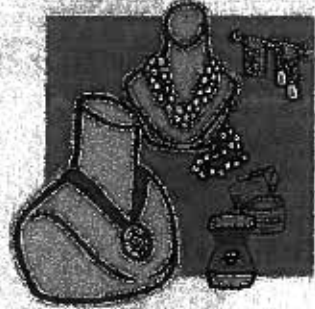
Every Wednesday, Thursday, Friday and Saturday- A beautician works in the hair salon providing hair grooming services for men and women. A sign up sheet is provided for appointments. Prices vary according to the services. There is a price list posted in the salon area.

Every Monday, Wednesday and Friday at 10:00 a.m. Catholic communion is offered in the Palmetto Café on the second floor. Mass is provided at 11:00a.m. on the 3rd Wednesday.

Every Friday morning, transportation is provided for shopping and banking services. Check this month for changes due to the holiday. Residents must sign up.



We are having a
jewelry party!!!!



Thursday,
November 10
@ 2:00p.m.
in the Bistro

Buy for yourself, your friends
And your family

Everyone is welcome.
(Cash, Check & Credit Cards)



Please welcome:

Ann May
&
Shirley Burgess
to Ashford Court.

Short Cuts

On November 17, 1869, the Suez Canal opened in Egypt, connecting the Mediterranean Sea to the Red Sea and opening a sea route to Africa, India, and China.

Many pharaohs of Egypt attempted to dig canals to connect Cairo to the Nile River, the Mediterranean, and the Red Sea. Napoleon Bonaparte, during an expedition to Egypt, discovered the remnants of these canals and first proposed a modern passage.

Work began 100 years later. At first, laborers used nothing but picks and shovels. Then came dredgers and steam shovels. When it opened in 1869, the canal was only 25 feet deep, 72 feet wide at the bottom, and 300 feet wide at the surface – a small canal, but big enough to dramatically change global trade routes and the global balance of power forever.

Breakfast Bedeviled

Ponder this question on November 2, Deviled Egg Day: Who put the devil in deviled eggs? The first known printed use of the word

"deviled" to describe this dish was in 1786. Why such a fiery term? The yolk of a hard-boiled egg was often mixed with spicy mustard, giving it a hot and devilish taste on the tongue.

Spicy eggs were first eaten in Ancient Rome. The Romans conquered part of southern Spain called Andalusia, and people here often ate eggs with spicy sauces on top of them.

Today, deviled eggs can be quite a delicacy, and they are spiced up with a variety of ingredients such as horseradish, wasabi, garlic, chipotle chilies, cayenne pepper, or salsa. When it comes to the perfect recipe, it seems that the devil is in the details.



Football Is Born

The month of November has forever been associated with football. What's more American than watching the big game on Thanksgiving Day? Many of football's most important moments were played in the month of November.



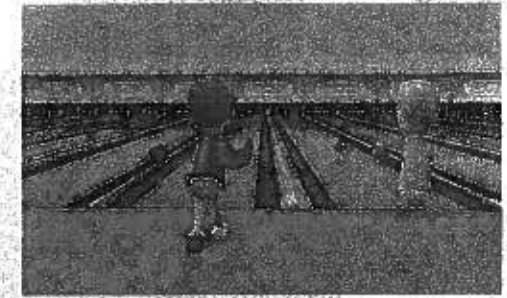
College football was supposedly born on November 6, 1869, when Rutgers University played its fierce rival, Princeton. Princeton had recently beaten the Rutgers baseball team by a score of 40-2. Rutgers wanted to even the score. The game at that time was very different from football today, and its rules were more like rugby. Avenging their baseball team's embarrassment, Rutgers won by a score of 6-4.

The first professional football game occurred years later, on November 12, 1892, in Pennsylvania. The Allegheny Athletic Association football team defeated the Pittsburgh Athletic Club. At the time, there was no fanfare or excitement about this rather routine match.

It wasn't until years later that it was discovered that a player for the Allegheny team, William Heffelfinger, was paid a sum of \$500. An expense accounting sheet reads, "game performance bonus to W. Heffelfinger for playing (cash) \$500." This is the first payment ever made to a professional football player, and the expense report is now in the Pro Football Hall of Fame. It is called "pro football's birth certificate."

No November would be complete without the annual football rivalry between Army and Navy. On November 29, 1890, the Navy team arrived by special ferry to play the Army team and easily beat them 24-0. A rivalry was instantly formed, with the teams playing each other over one hundred times.

Wii Bowling



Is for **EVERYONE!**

Tuesdays at 6:30p.m.
in the THEATER.

Learn to play
and become a **TEAM!!!**

Keeping up with Medicare

Changes take place every year.
It can be challenging to keep up.

Come to the Bistro
Wednesday
November 16
@ 6:00p.m.

Information on:

1. Medicare Prescription Programs
 2. Medicare Parts A, B, C & D
- And much more.....

Ashford Court at Marsh Landing
1700 The Greens Way
Jacksonville Beach, FL 32250

Postage
Information

Ashford Court Review

November
2011



Ashford Court at Marsh Landing * 1700 The Greens Way * Jacksonville Beach, FL 32250 * (904)285-8827

Celebrating November

Aviation History Month

Banana Pudding Lovers
Month

Pomegranate Month

Literary Month

100th Birth Anniversary of
Roy Rogers
November 5

Veterans Day
November 11

Homemade Bread Day
November 17

Family Week
November 20-26

Game and Puzzle Week
November 20-26

Thanksgiving Day
November 24

You're Welcome Day
November 25

We are having an
Educational Seminar
About pain management



Thursday, November 3
@ 2:30p.m in the Bistro

We'd love to know if you
are coming.
Sign up in the
Activities Notebook.

It is not required to attend.

Our Staff of Directors:

Executive Director
Janann Holt

Director of Administration
Elaine Walker

Director of Resident Care
Dawn Ratnecht

Director of Food Services
Robert Taylor

Director of Environmental Services
Floyd Dixon

Director of Marketing
Tracy Deken

Director of Activities
Dianne Jimerson

November Birthdays

Scorpios born from November 1 to November 21 enjoy intense and dramatic personal relationships. Even young Scorpios are thought to be wise beyond their years, with deep emotions and sensitivity. If you were born November 22 to November 30, you are a Sagittarius. Sagittarians are truth-seekers, intellectuals, and need a lot of room to roam for exploration.

Doris Dehman – Nov. 3

Dorothy Cervone – Nov. 8

Ruth McGrath – Nov. 14

Judy Jones – Nov. 17

Janice Garvin – Nov. 18

Doris Elixson – Nov. 19

William Fennell – Nov. 24