Veterans Day



Veterans Day is a time to honor the brave men and women who have served in the United Sattes Armed Forces. Their courage, dedication, and sacrifices have helped protect the freedoms we enjoy.

On this day, we can show gratitude by thanking veterans, listening to their stories, and remembering their service.

This Veterans Day, we plan to honor the men and women here at Stafford who have served our country.

We'll host a special luncheon, welcome Barnegat's ROTC Club for a celebration, and invite the local Girl Scouts to take part in a patriotic craft.
It will be ameaningful oppurtunity for our community to come together and show our gratitude to the veterans who have given so much.

Artisian Hearts for Alzheimer's

We're proud to support the Alzheimer's Association and its work to advance research and raise awareness.

Our residents are excited to share their talents and creativity through an art sale fundraiser, with proceeds benefiting the Alzheimer's Association.

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Join us in supporting a cause that is close to our hearts at our Resident Art Sale Fundraiser on Friday, November 13th from 10:00 AM to 3:30 PM Residents will be selling their handmade artwork and goods in our lobby, with the proceeds benfiting the Association.

Stop by to shop, celebrate our residents' creativity, and support this important cause.

THE RESIDENCE at Stafford

The Residence at Stafford Associates

Leaders

Jane Mcdonnell
Executive Director

Kristine Dean
Director of Nursing

Christina Ping
Sales & Maketing Director

Michelle Tyciak
Buisness Office Director

Richard Morrable
Maintenance Director

Alex Salcedo
Reflections Director

Lynn Kozen
Restraunt Operations

Erica Gallagher
Engagement Director

Barbara Busch
Resident Services



Welcome November



November at the Jersey Shore brings crisp air, quieter beaches, and vibrant colors. The crowds have faded, leaving room for more cozy stops at the local Long Beach Island Cafes and Scenic trips to the Lighthouse.

This month will be filled with fun here at Stafford! We'll take exciting new trips and welcome local girl scouts who will help us craft, create, and share a joyful evening together. Our "*Through the Deacades*" live radio show will bring back favorite memories, while our art showcase celebrates everyone's creativity. With Veterans Day and Thanksgiving here, we have so much to be thankful for; The friends, family, neighbors, and caring associates who make our community feel like home. We'll share stories, laughter, good food, and special moments all month long!

Thanksgiving Together

This Thanksgiving we are thankful for our wonderful residents, the loving families who support us, caring and friendly nieghbors and our dedicated team of associates. Together, you make our community feel like home!
We are grateful for you all!



We warmly invite you to join us for our annual Thanksgiving lunch with your loved ones here at Stafford! The Assisted living luncheon will be help Tuesday, November 17th, with two seating options: 11AM or 1PM. We welcome our Reflections families to join us Wednesday November 18th at 12PM. Please RSVP with our concierge and let them know which seating you'll attend and how many guests your loved one will welcome. Each resident may have up to two guests. We look forward to sharing a delicious meal, joyful conversation, and a special time of gratitude together!

The Residence At Stafford

NOVEMBER 2026

THE RESIDENCE at Stafford

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **10:00** Resistance Band Training **10:00** Communion Distribution **1:00** Beginner Crosswords **2:00** Book Club **2:30** Craft Workshop **3:00** Scentsy **4:00** Music of the Minds- 60's **6:30** Deep Breath Wind Down	**02** **10:00** Tai Chi for Arthritis **10:30** Spring Flower Designs **11:15** Aromatherapy Session **1:30** Freestyle Pastels **2:30** Fruit Smoothie Social **3:00** How it's made: Mozzarella Cheese **4:00** Cardio Circuits **6:00** Guided Meditation **7:00** Film- Resident Choice	**03** **9:45** St. Frances Communion **10:00** Barre & Balance **10:30** Watercolor Basics **11:15** Essential Oils Education **1:30** Drawing Session **3:00** Categorized Trivia **4:00** Bone Builders **6:00** Musical Moments **7:00** Feature Action Film	**04** **10:00** St. Mary's Communion Service **10:00** Wake up Stretch **11:00** Cardio Muscle Pump **1:15** Abstract Concepts **2:00** Lemonade Refresher **2:30** Crossword Challenge **3:00** Extinct Animals of Earth **4:00** Stretch and Flex **6:00** Musical Meditation **7:00** Romance Film	**05** **10:00** Barre & Balance **10:30** Artists of Past **11:15** Spiritual Hymns **1:30** Art Skills Development **2:30** Signature Cocktail Hour **3:00** Nail Spa **4:00** Low Intensity Cardio **6:00** Word Extraction **7:00** Comedy Classics	**06** **10:00** Tai Chi for Arthritis **10:30** Open Canvas: Personal Creation **11:15** Zen Session **1:15** Scenic Outing: The Island **2:30** Happy Hour Performer Billy Lee **3:00** Expedition Unknown: Sunken Pyramids of the Nile **4:00** Resistance Bands Training **6:00** Music Listening Hour **7:00** Theatre Film	**07** **10:00** Calisthenics Breathing **10:30** Open Canvas **11:15** Faith Circle **1:30** Cornhole **3:00** Musicians of Interest **4:00** Cardio Aerobic Exercise **6:00** Music Therapy **7:00** Film Club
08 **10:00** Resistance Band Training **10:00** Communion Distribution **1:00** Beginner Crosswords **2:00** Book Club **2:00** Live Decades Radio Show **2:30** Craft Workshop **3:00** Scentsy **4:00** Music of the Minds- 60's **6:30** Deep Breath Wind Down	**09** **10:00** Tai Chi for Arthritis **10:30** Spring Flower Designs **11:15** Aromatherapy Session **1:30** Freestyle Pastels **2:30** Fruit Smoothie Social **3:00** How it's made: Candy Ribbons **4:00** Cardio Circuits **6:00** Guided Meditation **7:00** Film- Resident Choice	**10** **9:45** St. Frances Communion **10:00** Barre & Balance **10:30** Watercolor Basics **11:15** Essential Oils Education **1:30** Drawing Session **3:00** Categorized Trivia **4:00** Bone Builders **6:00** Musical Moments **7:00** Feature Action Film	**11** **Veterans Day** **10:00** Wake up Stretch **11:00** Cardio Muscle Pump **1:15** Abstract Concepts **2:00** Lemonade Refresher **2:30** Crossword Challenge **2:30** Veterans Day Ceremony w/ Live Music **3:00** Extinct Animals of Earth **4:00** Stretch and Flex **6:00** Musical Meditation **7:00** Romance Film	**12** **10:00** Rosary w/ Our Lady Fatima **10:00** Barre & Balance **10:30** Artists of Past **11:15** Spiritual Hymns **1:30** Art Skills Development **2:30** Signature Cocktail Hour **3:00** Nail Spa **4:00** Low Intensity Cardio **6:00** Word Extraction **7:00** Comedy Classics	**13** **10:00** Tai Chi for Arthritis **10:30** Open Canvas: Personal Creation **11:15** Zen Session **1:15** Scenic Outing: The Island **2:30** Happy Hour Performer Doug Jennings **3:00** Expedition Unknown: Mystery of the Flood Pyramid **4:00** Resistance Bands Training **6:00** Music Listening Hour **7:00** Theatre Film	**14** **10:00** Calisthenics Breathing **10:30** Open Canvas **11:15** Faith Circle **1:30** Cornhole **3:00** Musicians of Interest **4:00** Cardio Aerobic Exercise **6:00** Music Therapy **7:00** Film Club
15 **10:00** Resistance Band Training **10:00** Communion Distribution **1:00** Beginner Crosswords **2:00** Book Club **2:30** Craft Workshop **3:00** Scentsy **4:00** Music of the Minds- 60's **6:30** Deep Breath Wind Down	**16** **10:00** Tai Chi for Arthritis **10:30** Spring Flower Designs **11:15** Aromatherapy Session **1:30** Freestyle Pastels **2:30** Fruit Smoothie Social **3:00** How it's made: Milk Chocolate **4:00** Cardio Circuits **6:00** Guided Meditation **7:00** Film- Resident Choice	**17** **9:45** St. Frances Communion **10:00** Barre & Balance **10:30** Watercolor Basics **11:15** Essential Oils Education **1:30** Drawing Session **3:00** Categorized Trivia **4:00** Bone Builders **6:00** Musical Moments **7:00** Feature Action Film	**18** **10:00** Wake up Stretch **10:00** St. Mary's Mass **11:00** Cardio Muscle Pump **1:15** Abstract Concepts **2:00** Lemonade Refresher **2:30** Crossword Challenge **3:00** Extinct Animals of Earth **4:00** Stretch and Flex **6:00** Musical Meditation **7:00** Romance Film	**19** **10:00** Barre & Balance **10:30** Artists of Past **11:15** Spiritual Hymns **1:30** Art Skills Development **2:30** Signature Cocktail Hour **3:00** Nail Spa **4:00** Low Intensity Cardio **6:00** Word Extraction **7:00** Comedy Classics	**20** **10:00** Tai Chi for Arthritis **10:30** Open Canvas: Personal Creation **11:15** Zen Session **1:15** Scenic Outing: The Island **2:30** Happy Hour Performer Mike Corliss **3:00** Expedition Unknown: Lost City of the Gospels **4:00** Resistance Bands Training **6:00** Music Listening Hour **7:00** Theatre Film	**21** **10:00** Calisthenics Breathing **10:30** Open Canvas **11:15** Faith Circle **1:30** Cornhole **3:00** Musicians of Interest **4:00** Cardio Aerobic Exercise **6:00** Music Therapy **7:00** Film Club
22 **10:00** Resistance Band Training **10:00** Communion Distribution **1:00** Beginner Crosswords **2:00** Book Club **2:30** Craft Workshop **3:00** Scentsy **4:00** Music of the Minds- 60's **6:30** Deep Breath Wind Down	**23** **10:00** Tai Chi for Arthritis **10:30** Spring Flower Designs **11:15** Aromatherapy Session **1:30** Freestyle Pastels **2:30** Fruit Smoothie Social **3:00** Virtual Tour: Louvre **4:00** Cardio Circuits **6:00** Guided Meditation **7:00** Film- Resident Choice	**24** **9:45** St. Frances Communion **10:00** Barre & Balance **10:30** Watercolor Basics **11:15** Essential Oils Education **1:30** Drawing Session **3:00** Categorized Trivia **4:00** Bone Builders **6:00** Musical Moments **7:00** Feature Action Film	**25** **10:00** Wake up Stretch **11:00** Cardio Muscle Pump **1:15** Abstract Concepts **2:00** Lemonade Refresher **2:30** Crossword Challenge **3:00** Extinct Animals of Earth **4:00** Stretch and Flex **6:00** Musical Meditation **7:00** Romance Film	**26** **Thanksgiving Day** **10:00** Barre & Balance **10:30** Artists of Past **11:15** Spiritual Hymns **1:30** Art Skills Development **2:30** Signature Cocktail Hour **3:00** Nail Spa **4:00** Low Intensity Cardio **6:00** Word Extraction **7:00** Comedy Classics	**27** **Day after Thanksgiving Day** **10:00** Tai Chi for Arthritis **10:30** Open Canvas: Personal Creation **11:15** Zen Session **1:15** Scenic Outing: The Island **2:30** Happy Hour Performer DJ Mike **3:00** Expedition Unknown: Treasure of the Pirate King **4:00** Resistance Bands Training **6:00** Music Listening Hour **7:00** Theatre Film	**28** **10:00** Calisthenics Breathing **10:30** Open Canvas **11:15** Faith Circle **1:30** Cornhole **3:00** Musicians of Interest **4:00** Cardio Aerobic Exercise **6:00** Music Therapy **7:00** Film Club
29 **10:00** Resistance Band Training **10:00** Communion Distribution **1:00** Beginner Crosswords **2:00** Book Club **2:30** Craft Workshop **3:00** Scentsy **4:00** Music of the Minds- 60's **6:30** Deep Breath Wind Down	**30** **10:00** Tai Chi for Arthritis **10:30** Spring Flower Designs **11:15** Aromatherapy Session **1:30** Freestyle Pastels **2:30** Fruit Smoothie Social **3:00** How it's made: Fig Newtons **4:00** Cardio Circuits **6:00** Guided Meditation **7:00** Film- Resident Choice	**Birthdays** 1st - Ann H. 7th - Harriet P.		Please ask us about our Alzheimers Fundraising Efforts		

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY