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 **9:00** Catholic Live Stream Mass **10:00** Communion Distribution **10:15** Methodist Live Stream **10:30** Cardio Aerobic Exercise **11:15** Words with Friends **1:00** Yoga Stretch **2:00** Five Letter Roulette **3:15** Great Poets of America **4:00** Day of the Dead Doc **6:00** Community Jigsaw Puzzle	**02** **10:15** Bayada Strength Training **11:15** Knowledge Challenge **1:30** Gentle Tai Chi **1:30** Knitting for Charity **2:00** Rejuvenation Nail Spa **2:00** Resident UNO Club **3:00** Movie Selection Committee **4:00** Artist Spotlight-Burt Lancaster **6:00** Greeting Card Workshop	**03** **9:45** St. Frances Communion **10:30** Strength & Stability **11:00** Art Workshop- Florals **1:30** Book Club **2:00** Barr & Balance **2:30** Game Corner- Pokeno **3:30** Americas National Parks **4:00** Community Jigsaw Puzzle **6:30** "Sully" Starring Tom Hanks	**04** **10:00** St. Mary's Communion Service **10:30** Low Intensity Cardio **10:30** Fall Tour Bus Ride **11:00** Jeopardy Competition **1:00** Rummikub Tile Club **1:15** Yoga for Vitality **2:00** Five Letter Roulette **3:30** Art Expressions **3:30** Methodist Bible Study **4:00** Opera Showing-Andre Bocelli **6:30** Artistry & Ambiance	**05** **10:00** React Neuro **10:30** Resistance Band Training **11:00** Words with Friends **1:00** Seated Zumba **2:00** Karaoke with Billy Lee **2:30** Coffee & Current Events Group **3:00** Wheel of Fortune **4:00** weekly viewing-Our Planet **6:30** Feature Film-West Side Story	**06** **10:30** Walmart Shopping Trip **10:30** Cardio Drumming **11:00** Drawing Session **11:00** Travel & Talk-Vermont **12:30** Tai Chi for Arthritis **1:00** LRC-Left, Right, Center **2:30** Happy Hour Performer Billy Lee **3:30** Eternal Gamers-Rummikub **6:30** Resident Reminisce Group	**07** **10:15** Yoga with Sharon **11:00** Shuffleboard Practice **1:00** Ted Talks-Positivity **1:00** Golden Steps Society **2:00** Five Letter Roulette **3:15** Trivial Pursuit **4:00** Musical Documentary **7:00** Fireside Trivia
08 **9:00** Catholic Live Stream Mass **10:00** Communion Distribution **10:15** Methodist Live Stream **10:30** Cardio Aerobic Exercise **11:15** Words with Friends **1:00** Yoga Stretch **2:00** Live Decades Radio Show **3:15** Great Poets of America **4:00** World & Culture Doc- Diwali **6:00** Community Jigsaw Puzzle	**09** **10:00** Lutheran Worship **10:15** Bayada Strength Training **11:15** Current Events Discussion **1:30** Gentle Tai Chi **1:30** Knitting for Charity **2:00** Resident Scrabble Club **2:00** Poker Club **3:00** Trip Selection Committee **4:00** Artist Spotlight- Frank Sinatra **6:00** Greeting Card Workshop	**10** **9:45** St. Frances Communion **10:30** Strength & Stability **11:00** Art Workshop-Autumn Colors **1:30** Book Club **2:00** Barr & Balance **2:30** Game Corner- Bocce Ball **3:30** Americas National Parks **4:00** Trip Selection Committee **6:30** "Miracle" Starring Kurt Russel	**11** **Veterans Day** **9:30** Veterans Breakfast-Elks **10:30** Low Intensity Cardio **11:00** The Price is Right **1:15** Yoga for Vitality **2:30** Veterans Day Ceremony w/ Live Music **3:30** Art Expressions **3:30** Methodist Bible Study **4:00** Opera Showing-Bizet Carmen **6:00** Girl Scouts Visit	**12** **10:00** Rosary w/ Our Lady Fatima **10:30** Resistance Band Training **11:00** Words with Friends **1:00** Artist Spotlight-Linda Ronstad **2:00** Chorus Practice **2:30** Coffee & Current Events Group **3:00** Wheel of Fortune **4:00** weekly viewing-Our Planet **6:30** Feature Film-Cabaret	**13** **10:30** Walmart Shopping Trip **10:30** Cardio Drumming **11:00** Travel & Talk-Montana **11:00** Drawing Session **12:30** Tai Chi for Arthritis **1:00** LRC-Left, Right, Center **2:30** Happy Hour Performer Doug Jennings **3:30** Eternal Gamers-Rummikub **6:30** Resident Reminisce Group	**14** **10:30** Seated Strength Training **11:00** Shuffleboard Practice **1:00** Ted Talks-Self Love **1:00** Golden Steps Society **2:00** Five Letter Roulette **3:15** Trivial Pursuit **4:00** Musical Documentary **7:00** Fireside Trivia
15 **9:00** Catholic Live Stream Mass **10:00** Communion Distribution **10:15** Methodist Live Stream **10:30** Cardio Aerobic Exercise **11:15** Words with Friends **1:00** Yoga Stretch **2:00** Five Letter Roulette **3:15** Great Poets of America **4:00** Steve Irwin Documentary **6:00** Community Jigsaw Puzzle	**16** **10:15** Bayada Strength Training **11:15** Current Events Discussion **1:30** Gentle Tai Chi **1:30** Knitting for Charity **2:00** Rejuvenation Nail Spa **3:00** Resident LRC Club **4:00** Artist Spotlight- Tom Hanks **6:00** Greeting Card Workshop	**17** **9:45** St. Frances Communion **10:30** Strength & Stability **11:00** Family Thanksgiving 1st Seating **2:30** Barr & Balance **3:30** Americas National Parks **4:00** Movie Selection Committee **6:30** "Miracle on 34th" Starring Maureen O'Hara	**18** **10:00** St. Mary's Mass **10:30** Low Intensity Cardio **10:30** Fall Tour Bus Ride **11:00** Jeopardy Competition **1:00** Rummikub Tile Club **1:15** Yoga for Vitality **2:00** Five Letter Roulette **3:30** Art Expressions **3:30** Methodist Bible Study **4:00** Opera Showing-Andre Bocelli **6:30** Artistry & Ambiance	**19** **10:00** React Neuro **10:30** Resistance Band Training **11:00** Words with Friends **1:00** Seated Zumba **2:00** Karaoke with Billy Lee **2:30** Coffee & Current Events Group **3:00** Wheel of Fortune **4:00** weekly viewing-Our Planet **6:30** Feature Film- Falling Inn Love	**20** **10:30** Walmart Shopping Trip **10:30** Cardio Drumming **11:00** Drawing Session **11:00** Travel &Talk-Oklahoma **12:30** Tai Chi for Arthritis **1:00** LRC-Left, Right, Center **2:30** Happy Hour Performer Mike Corliss **3:30** Eternal Gamers-Rummikub **6:30** Resident Reminisce Group	**21** **10:30** Seated Strength Training **11:00** Shuffleboard Practice **1:00** Ted Talks- Self Care **1:00** Golden Steps Society **2:00** Five Letter Roulette **3:15** Trivial Pursuit **4:00** Musical Documentary **7:00** Fireside Trivia
22 **9:00** Catholic Live Stream Mass **10:00** Communion Distribution **10:15** Methodist Live Stream **10:30** Cardio Aerobic Exercise **11:15** Words with Friends **1:00** Yoga Stretch **2:00** Five Letter Roulette **3:15** Great Poets of America **4:00** Documentary- History of Flight **6:00** Community Jigsaw Puzzle	**23** **10:15** Bayada Strength Training **11:15** Current Events Discussion **1:30** Gentle Tai Chi **1:30** Knitting for Charity **2:00** Resident Council Meeting **2:30** Live Guitar Performance **4:00** Spotlight- Billy the Kid **6:00** Greeting Card Workshop	**24** **9:45** St. Frances Communion **10:30** Strength & Stability **11:00** Art Workshop-Wood Slices **1:30** Book Club **2:00** Barr & Balance **2:30** Game Corner- Pokeno **3:30** Americas National Parks **6:30** "Tootsie" Starring Dustin Hoffman	**25** **10:30** Low Intensity Cardio **11:00** The Price is Right **11:30** Trip To-Olive Graden **1:00** Rummikub Tile Club **1:15** Yoga for Vitality **2:00** Five Letter Roulette **3:30** Art Expressions **3:30** Methodist Bible Study **4:00** Opera Showing-Andre Bocelli **6:30** Artistry & Ambiance	**26** **Thanksgiving Day** **10:30** Resistance Band Training **11:00** Words with Friends **1:00** Artist Spotlight-Roger Miller **2:00** Chorus Practice **2:30** Coffee & Current Events Group **3:00** Wheel of Fortune **4:00** weekly viewing-Our Planet **6:30** Feature Film- The Queen	**27** **Day after Thanksgiving Day** **10:30** Walmart Shopping Trip **10:30** Cardio Drumming **11:00** Drawing Session **11:00** Travel & Talk-Michigan **12:30** Tai Chi for Arthritis **1:00** LRC-Left, Right, Center **2:30** Happy Hour Performer DJ Mike **3:30** Eternal Gamers-Rummikub **6:30** Resident Reminisce Group	**28** **10:30** Seated Strength Training **11:00** Shuffleboard Practice **1:00** Ted Talks-Friendships **1:00** Golden Steps Society **2:00** Five Letter Roulette **3:15** Trivial Pursuit **4:00** Musical Documentary **7:00** Fireside Trivia
29 **9:00** Catholic Live Stream Mass **10:00** Communion Distribution **10:15** Methodist Live Stream **10:30** Cardio Aerobic Exercise **11:15** Words with Friends **1:00** Yoga Stretch **2:00** Five Letter Roulette **3:15** Great Poets of America **4:00** Deal or no Deal **6:00** Community Jigsaw Puzzle	**30** **10:15** Bayada Strength Training **11:15** Current Events Discussion **1:30** Gentle Tai Chi **1:30** Knitting for Charity **2:00** Poker Club **2:00** Resident UNO Club **3:00** Resident Ambassador Meeting **4:00** Artist Spotlight-Marta Stewart **6:00** Greeting Card Workshop			**Birthdays** 8th - Mary P. 11th - Diane K. 21st - Gerome R. 21st - Grace E. 24th - Bob R. 28th - Sandy B.		**Bus Schedule:** Tuesdays- Dr. Appointments Wednesdays-Outings Thursdays-Dr. Appointments Fridays-Shopping Bus Runs 10:00AM-1:30PM

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