



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

711 Matador Lane • Mesquite, TX 75149 • (972) 285-9800

November 2011

CAMBRIDGE COURT STAFF

Administrator

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Community Relations

Fran Dowell

Resident Care Director

Chasity Goins, LVN

Business Director

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Activity Director

Cheryl Sternberg

Dietary Supervisor

Jose Vasquez

Maintenance

Bruce Smith

Director of Admissions

Glenda Moses

Weekend Manager

Latosha Rotimi

Team Salute

Positive Thought

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same." —Francesca Reigler

Welcome New Residents

Welcome!!

Mary Rial
Dick Brower

Let's Get to Know Your Neighbors
It takes little effort to do more than just smile and nod at the faces we see in the halls every day. Get to know our neighbors next door, across the hall, upstairs and at the mailboxes. Besides the comfort and security of knowing who lives around you. It's also a great way to make new friends!

Happy Birthday

Happy Birthday!

11-3	Donald Downey
11-7	Louise Springer
11-8	Jewell Ellis
11-14	Dillard Broadnax
11-19	Genelle Tremell
11-22	Mary Mooneyham
11-28	Victor Crowder
11-29	Flora Ashley



Happy Thanksgiving!

We are having a Family Thanksgiving, Nov. 19 from 2 to 4 p.m. Please bring your family, friends and your loved one's favorite desert! We want to show our thanks for making our community such a pleasant place to live. We hope you can all join us at this celebration.

Special Events

11/01	Taste & Trade Mesquite
11/11	Veterans Day Programs
11/15	Resident Insurance Mtg
11/18	Pictures with Santa
11/19	Family Thanksgiving
11/24	Thanksgiving





Laugh Lines

Wit & Wisdom

“Football is a game played with arms, legs and shoulders but mostly from the neck up.”

—Knut Rockne

“Sure, luck means a lot in football. Not having a good quarterback is bad luck.”

—Don Shula

“Baseball is what we were, and football is what we have become.”

—Mary McGrory

“I had pro offers from the Detroit Lions and the Green Bay Packers, who were pretty hard up for linemen in those days.

If I had gone into professional football, the name Jerry Ford might have been a household word today.”

—Gerald R. Ford

“The reason women don’t play football is because 11 of them would never wear the same outfit in public.”

—Phyllis Diller

Keeping Trim During the Holidays

A table loaded with festive foods is a required ingredient for holiday celebrations. While that food is tasty, it’s usually caloric, too. But you can enjoy the holiday feasts and fun *and* stay on your diet.

Everything in moderation. Yes, you can try the chocolate pecan pie. Just take a small piece.

Don’t go hungry. Have a healthy snack before going to the party, and then keep an eye on what you drink as well as what you eat. And don’t skip a meal to make up for the calories you plan to consume later. Doing so simply guarantees that you’ll eat more food—and more calories—than you mean to when your appetite, and not your brain, is loading your plate.

Survey the spread. Check out all the options before you start eating. Then you can decide what to splurge on and what to skip.

Get fresh. Leave room on your plate for fresh fruits and veggies. And just because they’re served with a yummy dip doesn’t mean you have to dunk every bite in it.

Make time for exercise. A good workout burns calories and helps work off holiday stress. With so many activities competing for your attention, though, you’ll never find the time to exercise unless you make a workout schedule and stick to it.



Tasty Tea Baked Apples

Ingredients:

- 1 cup water
- 4 Lipton cup-size tea bags
- 4 large baking apples (such as Rome or Golden Delicious), cored
- 1/4 cup firmly packed dark brown sugar
- 1/4 cup chopped walnuts
- 2 tablespoons raisins
- 1/4 teaspoon ground cinnamon
- 4 teaspoons butter

Directions:

Preheat oven to 350° F. In 1-quart saucepan, bring water to a boil; remove from heat. Add tea bags and brew 3 minutes, dunking occasionally. Remove tea bags and squeeze; set aside.

Peel top 1/3 of apples. In 8-inch-square baking dish, arrange

apples, peeled end up; set aside.

In small bowl, combine brown sugar, walnuts, raisins and cinnamon. Evenly spoon walnut mixture into center of apples, then evenly top with butter. Pour tea over and around apples.

Bake uncovered, basting occasionally, 1 hour or until apples are tender.

For more recipes, visit www.MakingLifeBetter.com.





Assisted Living Week!

Here are some pictures from our Assisted Living Week celebration that took place Sept. 12-16. Our community had a lot of fun celebrating our appreciation of our residents. We had a Western Day, Red White and Blue Day, Crazy Dress Day and a Crazy Hat Day!!!



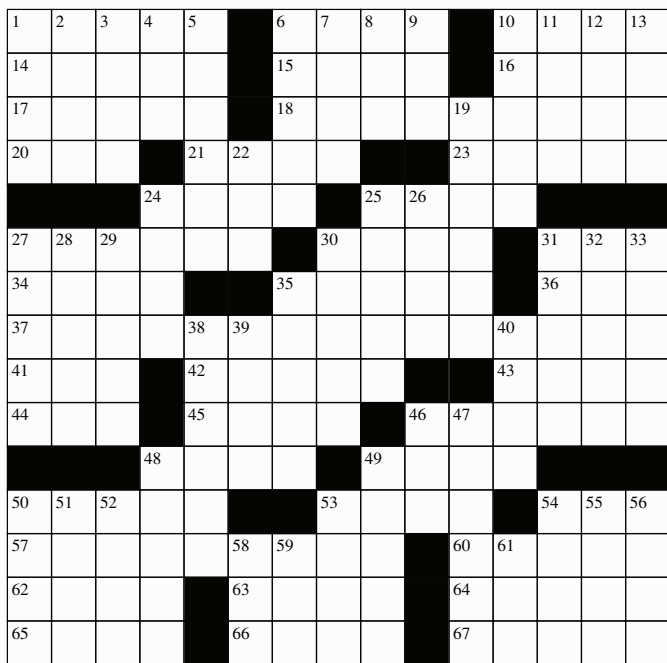
AL Week



November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
		10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo TASTE AND TRADE	1 <i>Wii Game</i> 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 Minute to Win It	2	10:00 MISD 2:00 Manicures 3:00 Walking Club 4:00 Music Hour	3	10:00 Exercise 11:00 Reading/Trivia 2:30 Social Hour 6:30 Rodeo City Gospel Show	4	1:00 Era Music 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice)	5			
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	6	9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	7	10:30 Senior Moments 1:30 Food Meeting 2:00 Resident Meeting 3:15 Bingo	8	<i>Wii Game</i> 10:00 TPC Emotional Wellbeing With Lucy 2:00 Minute to Win It	9	10:00 MISD Bingo 11:00 L 2:00 Manicure 3:00 Let's Walk 4:00 Music Hour	10	10:30 Veterans Day Program 2:00 Craft Corner 2:30 Social Hour	11	Alzheimer's Walk 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice)	12
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	13	9:00 WALMART 10:30 Glenda Lee 2:00 Games 6:00 Residents' Music Selections	14	10:00 Exercise 11:15 Reading With Cheryl 2:30 Bingo 6:00 Resident Insurance Update	15	<i>Wii Game</i> 10:00 Exercise 10:45 Current Events 11:00 Reading 2:30 November Birthday Party	16	10:00 Bingo 1:00 Swanky Jane's Sale 3:00 Manicures 4:00 Music Hour	17	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:00 Pictures With Santa Claus	18	FAMILY THANKSGIVING DESERT 2:00 Bring a Desert and Enjoy the Entertainment	19
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	20	9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	21	10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	22	<i>Wii Game</i> 10:00 Fun and Friends With Charles 2:00 Joy's Game 3:00 Wii	23	Thanksgiving	24	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:00 Craft Corner 2:30 Social Hour	25	1:00 Era Music 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice)	26
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	27	9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	28	10:30 Gary Freeman 10:45 Current Events 2:30 Bingo 4:30 Music	29	<i>Wii Game</i> 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 Minute to Win It	30						

Crossword Puzzle



ACROSS

1. Bikini part
6. Sound the horn
10. Saw, for one
14. Babble
15. Oriental nursemaid
16. Yokel
17. Portrait support
18. Lunch spot
20. Napoleon or Hirohito: abbr.
21. Den
23. Let up
24. Impudent
25. Like most colleges
27. Give
30. Fellow
31. Draft board: abbr.
34. Fail to include
35. Pan-fry
36. ___ degree; somewhat
37. Famous 1936 ballet
41. NNW plus 90°
42. Venerate
43. Lifted with effort
44. Former Soviet div.
45. Mere's partner
46. Handbooks
48. Fuzzy stuff
49. Dispatched
50. ___ Shaw
53. "___ never work"; pessimist's prediction

54. Food fish
57. Toner container
60. Market of old
62. Level
63. Before long
64. Want ardently
65. ___ fixe
66. Sandwich type
67. Water-retention problem

DOWN

1. Graf ___
2. Public transport
3. Scrape
4. Feasted
5. Lead shot
6. Implied
7. Poet Khayyam
8. Nincompoop
9. Article
10. Trample
11. Of thee and me
12. Actor's award
13. Pioneer
19. Conical home: var.
22. Common verb
24. Cracker topper
25. Vertical passage
26. Pledge
27. Blockheads
28. Forebodings
29. Potassium nitrate

30. Group of key personnel
31. Rose
32. Find the answer to
33. Places for valuables
35. Nasal sound
38. Sharp-pointed sword
39. Arabian Sea gulf
40. Least bit
46. Solidify
47. Take off a corset
48. British measure
49. One dictated to
50. Dramatic opening
51. Attack
52. Yew or yucca
53. Mr. Stravinsky
54. Small bay
55. City in Utah
56. Facts
58. Suffix for baby or boor
59. Unidentified person
61. Creator

