

# The PCR Press

November 2024



## Count Your Blessings

Count your blessings instead of your crosses,  
count your gains instead of your losses.  
Count your joys instead of your woes,  
count your friends instead of your foes.  
• Count your smiles instead of your tears,  
count your courage instead of your fears.  
Count your full years instead of your lean,  
count your good deeds instead of your mean.  
Count your health instead of your wealth,  
count on friends instead of yourself.

—UNKNOWN



## Healthy Living



November is Diabetes Awareness month. Here are key tips to avoid complications...

Monitor your blood sugar, and follow your health care provider's instructions for managing your blood sugar level. Take your medications as directed by your health care provider.

Eating a healthy, reduced-fat and low salt diet, avoiding excess alcohol, and exercising regularly can go a long way toward controlling high blood pressure and cholesterol.

## GET TO KNOW... BECKY, A COOK AT PR FOR 10 YEARS!

- Becky Has 2 adorable pups!
- She is a nature girl at heart.
- Beck loves and values her family and her friends <3
- Becky is a freespirit, hippy lovin' lady!
- And, she enjoys what she does for a living because she LOVES to cook!



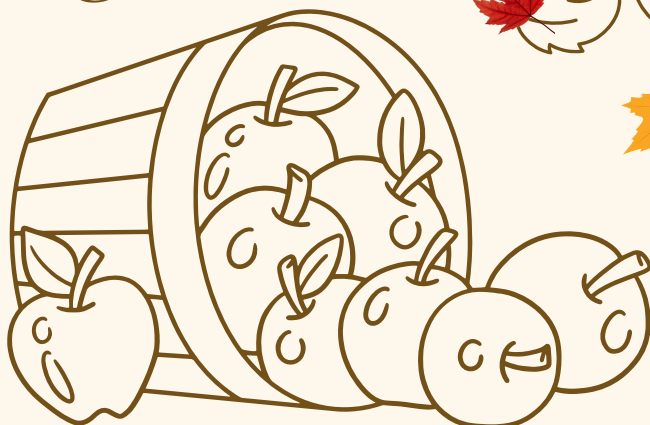
*No Birthdays  
in  
November*



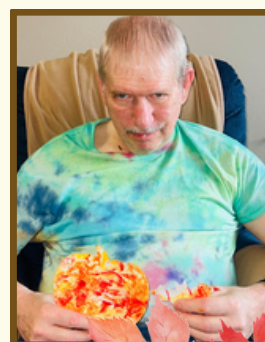
**Bluestone Dr.  
Rounds on  
Monday Nov. 25**



*Color  
Me!*







# THANKFUL



'Tis the season of thanks.  
Pheasants Ridge would like to thank all  
who are a part of our little community.  
To our amazing residents, families, and  
the dedicated team of PR professionals.  
You are appreciated. We are Grateful.



## Resident Council Meeting



Join us! Once a month for a meeting to  
discuss the things that are important to  
YOU!

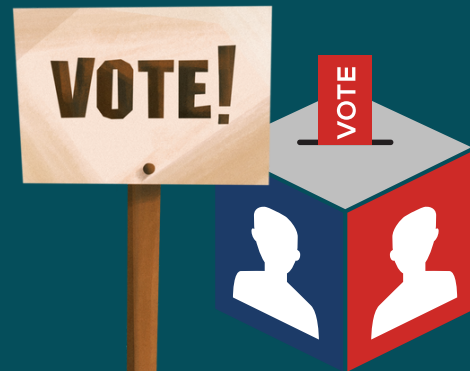
# Activities Calendar

EVERY WEEKDAY: AM EXERCISE GROUP @ 10:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 RESIDENT CHOICE					1 2:00 MOVIE AND SNACKS DAY	2 RESIDENT CHOICE
3 RESIDENT CHOICE	4 2:00 <i>bingo</i>	5 2:00 FALL BOOKMARK CRAFT	9 2:00 <i>bingo</i>	7 2:00 Resident Council Meeting	8 2:00 NAME SIGNS CRAFT	9 RESIDENT CHOICE
10 RESIDENT CHOICE	11 2:00 <i>bingo</i> 3:40 Church Group	12 2:00 CORNHOLE GAME	13 2:00 <i>bingo</i>	14 3:30 MELISSA SCHULTZ MUSIC	15 11:30 VETERANS VISIT 1:30 PUMKIN PAINTING	16 RESIDENT CHOICE
17 RESIDENT CHOICE	18 2:00 <i>bingo</i>	19 1:30 KARAOKE HOUR	20 2:00 <i>bingo</i>	21 <b>No afternoon group activity due to staff meeting</b>	22 2:00 SUNFLOWER GREETING CARDS CRAFT	23 RESIDENT CHOICE
24 RESIDENT CHOICE	25 2:00 <i>bingo</i> 3:40 Church Group	26 2:00 TURKEY CRAFT	27 2:00 <i>bingo</i>	28 <i>Thanks giving</i>	29 2:00 MOVIE AND SNACKS DAY	30 RESIDENT CHOICE



Daylight Savings is November 3  
Fall behind 1 hour



Election Day is Tuesday,  
November 5, 2024