

Your Administrative Team



Alana Sirmans
Executive Director



Jenn Brown
Sales & Marketing
Coordinator



Greta Stephens, RN
Resident Services
Director



Misty McDuffie
SC Life Enrichment
Director



Chris Griffin
Maintenance
Director



Barbara McLaren
Dining Services
Director



Cashonda Pittman
Staff Development
Coordinator



Josh Bennett
Chaplain



LEGACY VILLAGE OF TIFTON

NEWSLETTER | NOVEMBER 2025



A Message From Your Executive Director



As November begins and autumn deepens, we find ourselves especially grateful for everyone who brings warmth and connection into our community. This month is National Alzheimer's Disease Awareness Month, a meaningful time to

honor those affected by Alzheimer's or other forms of dementia, including residents and loved ones both in our broader community and within The Harbor, our specialized memory care neighborhood. In The Harbor, we create more than just a safe space. We foster belonging, familiarity, a sense of purpose, and moments of happiness every day. Our team is deeply committed and completes annual certification in Alzheimer's and dementia care, so residents receive informed, heartfelt support.

We're truly honored to offer Alzheimer's Support Services with Dr. Ron Harvard—a complimentary resource for families navigating memory loss. Dr. Harvard combines decades of experience as a pastor, counselor, and professor with the perspective of a husband who cared for his late wife Linda throughout her Alzheimer's journey, including her final years at The Harbor community in Cleveland, TN. You can schedule phone or video appointments at no cost to you directly through our website for help and support whenever it's needed most.

November isn't just about awareness, though—it's about gratitude, celebration, and giving thanks. It's a time when we honor veterans from across the community, whose courage, stories, and resilience continue to shape our lives for the better. We're also thankful for the bonds that bring residents, families, and our team together, turning everyday moments into something truly special.

We know that connection goes beyond just what happens within our walls. We use Mailchimp to send updates, event information, and stories that celebrate our residents and community spirit. If you haven't received our emails lately, or if you're new to our community, we encourage you to visit our website's newsletter page to sign up or check your subscription status or speak to a member of our leadership team. This helps ensure you won't miss any important news, invitations to special events, or those little reminders of daily life here that we all treasure.

Thank you for your continued trust, your generosity, and for making our community a caring home for all.

Sincerely,

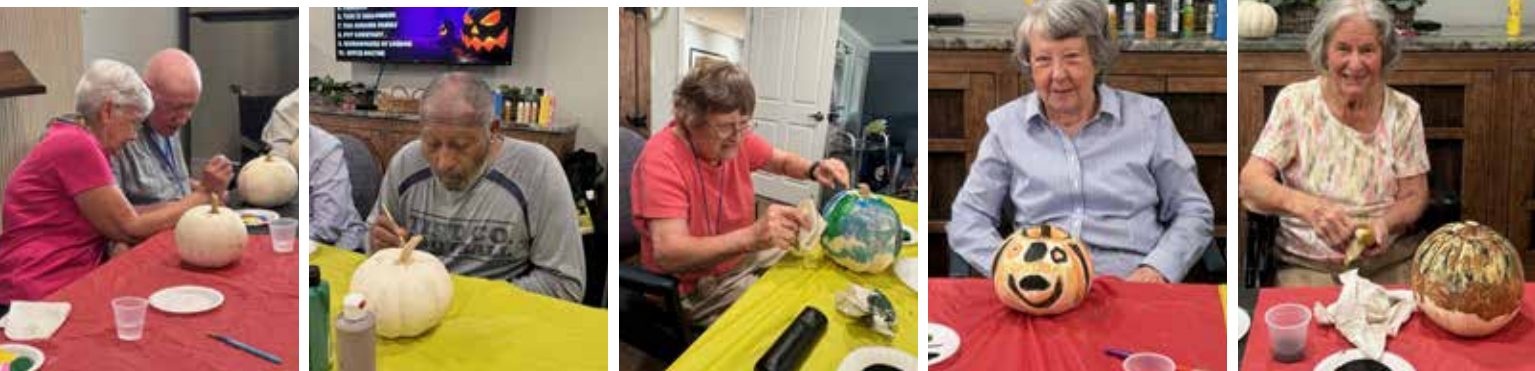
Alana Sirmans

Alana Sirmans
Executive Director

PINK OUT PARTY: CELEBRATING COURAGE, COMMUNITY, AND THE STRENGTH OF SURVIVORS



PUMPKIN PAINTING PARTY: PRETTY PATTERNS & PLENTY OF FUN!



Celebrations & Milestones

Welcome to our newest residents!

- Bill Hellman
- Joan Underwood
- Leslie Deberry
- Linda Flournoy
- Bobby Woodward

Let's celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- Nov. 7: JoAnn Denham
- Nov. 30: Elizabeth Bowie

TEAM MEMBER BIRTHDAYS

- Nov. 9: Cashonda Pittman
- Nov. 24: Barbara McLaren

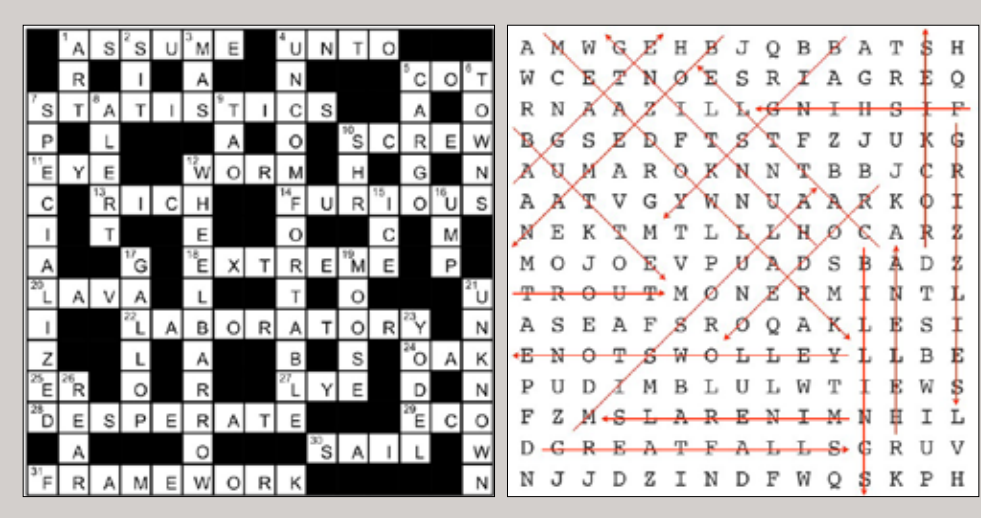
RESIDENT ANNIVERSARIES

- Carol Todd – 6 years
- Katherine Sangster – 5 years
- Ellen Hampton – 3 years
- Ernestine Manley – 2 years
- Lucille Delk – 1 year

TEAM ANNIVERSARIES

- Val Daniels – 29 years
- Jenn Brown – 3 years

Here's to friends, milestones, & memories!



ANNUAL FALL FESTIVAL

WITH TRUNK OR TREAT

COSTUMES, CANDY, AND COMMUNITY FUN



Honoring our Heroes

Today we honor all who have served, with special thanks to the veterans who live and work among us. Your courage, sacrifice, and steadfast commitment to our Constitution inspire us every day.



- United States Air Force**
Bill Enslow
- United States Army**
Bobby McLemore
Barbara McLaren
Bobby Savage
Jack Stone
- United States Navy**
Richard Brown

NOSTALGIC NOTES
OLD TIME
SING WITH
DIANE &
GAYLE



BINGO

WITH CASS OF GEORGIA HOME HEALTH



LIFE ENRICHMENT CORNER



Thankful, Grateful, and Blessed

As we enter one of the most cherished seasons of the year, we are reminded of all we have to be thankful for – especially our Veterans.

We are proud to attend the Downtown Tifton Veterans Program, hosted by one of our very own esteemed residents and veteran, Mr. Jack Stone. Following the program, we will enjoy lunch in town, where many local restaurants are generously offering complimentary meals to Veterans in honor of their service.

Please be sure to mark your calendars for our upcoming Family Thanksgiving Dinners:

- Personal Care:** November 18th at 4:30 PM
- The Harbor:** November 25th at 4:30 PM

To ensure a comfortable and enjoyable experience for all, we kindly ask that guests be limited to **two per resident**.

We look forward to celebrating this special season with you and your loved ones.

Misty McDuffie
Life Enrichment Director

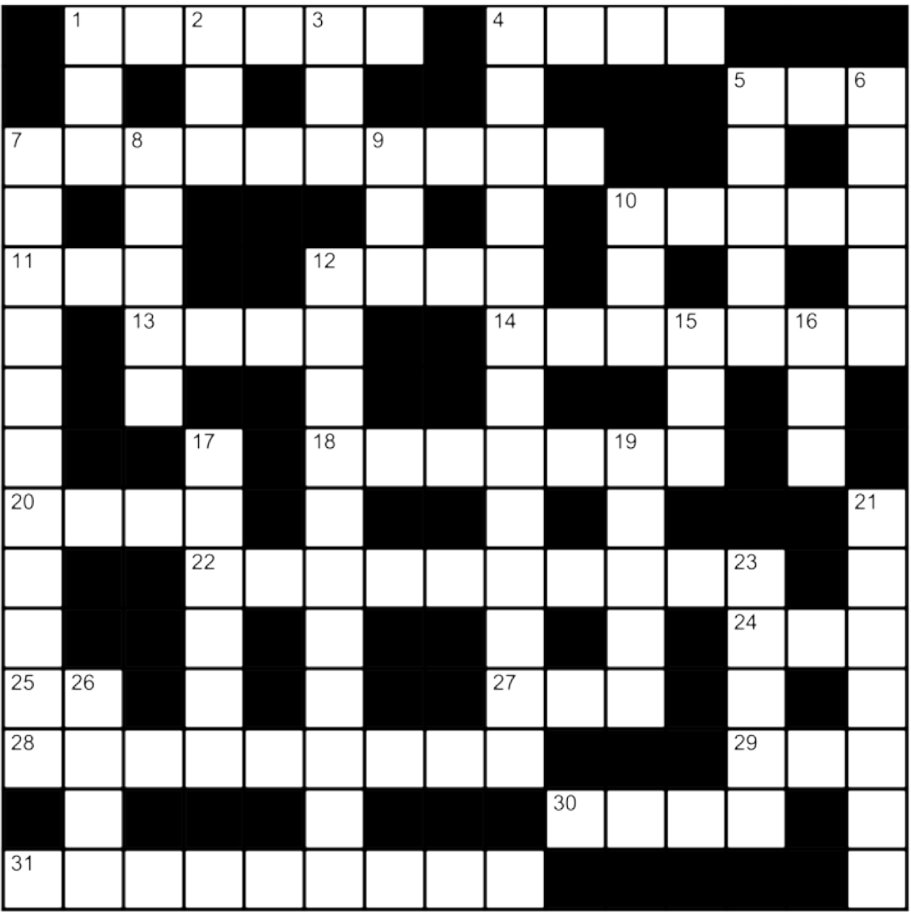
NOVEMBER HIGHLIGHTS

- Nov. 7 Scenic Ride
- Nov. 11 Veterans program and Lunch out
- Nov. 14 Butterbean Auction
- Nov. 18 Personal Care Family Dinner
RSVP to Misty by 11/14
- Nov. 25 The Harbor Family Dinner
RSVP to Misty by 11/21
- Nov. 28 Christmas Decorating

TOSS EAT REPEAT! OKTOBERFEST PRETZEL PANDEMONIUM



- ACROSS**
- 1. Take on, as an identity
 - 4. "Do ___ others as..."
 - 5. Simple bed in a tent
 - 7. Numerical data
 - 10. Fastener with a Phillips head?
 - 11. Cataract site
 - 12. Nightcrawler
 - 13. Well-off
 - 14. Extremely angry; irate
 - 18. Fanatical; excessive
 - 20. Volcanic flow
 - 22. Research workplace
 - 24. Acorn-bearing
 - 25. Triage area
 - 27. Soapmaker's need
 - 28. At wits' end; hopeless
 - 29. Environmental prefix
 - 30. Go yachting
 - 31. Basic structure
- DOWN**
- 1. Gallery display
 - 2. Canine command
 - 3. Mexican American Society, abbrev.
 - 4. Awkward
 - 5. Freight
 - 6. They're larger than villages
 - 7. Developed a particular strength or skill
 - 8. Ready for anything
 - 9. Concept embodying yin & yang
 - 10. Science & Human Rights, abbrev.
 - 12. Backyard load hauler
 - 15. In Case of Emergency, abbrev.
 - 16. Strike caller
 - 17. Hurry on horseback
 - 19. Bullwinkle, for one
 - 21. Anonymous
 - 23. Alpine song
 - 26. Backside



A	M	W	G	E	H	B	J	Q	B	B	A	T	S	H
W	C	E	T	N	O	E	S	R	I	A	G	R	E	Q
R	N	A	A	Z	I	L	L	G	N	I	H	S	I	F
B	G	S	E	D	F	T	S	T	F	Z	J	U	K	G
A	U	M	A	R	O	K	N	N	T	B	B	J	C	R
A	A	T	V	G	Y	W	N	U	A	A	R	K	O	I
N	E	K	T	M	T	L	L	L	H	O	C	A	R	Z
M	O	J	O	E	V	P	U	A	D	S	B	A	D	Z
T	R	O	U	T	M	O	N	E	R	M	I	N	T	L
A	S	E	A	F	S	R	O	Q	A	K	L	E	S	I
E	N	O	T	S	W	O	L	L	E	Y	L	L	B	E
P	U	D	I	M	B	L	U	L	W	T	I	E	W	S
F	Z	M	S	L	A	R	E	N	I	M	N	H	I	L
D	G	R	E	A	T	F	A	L	L	S	G	R	U	V
N	J	J	D	Z	I	N	D	F	W	Q	S	K	P	H

Montana

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

AGATE	FISHING	MINERALS
BIG SKY	GREAT FALLS	MISSOULA
BILLINGS	GRIZZLIES	ROCKIES
BOZEMAN	HELENA	RODEO
BUTTE	HUNTING	TROUT
CATTLE	MEADOWLARK	YELLOWSTONE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025						9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll
10:00 Church w/ Pepper 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Independent Game 5:30 Simple C TV 6:00 Hallway Stroll Daylight Saving Time Ends	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Craft Thankful Trees 3:00 Simple C Trivia 5:30 ME TV 6:00 Hallway Stroll	9:30 Lobby Chat 10:00 Exercise w/ Gracie 10:30 Devotion 11:00 Club 55 1:00 Room Visits 2:00 Communion w/ Paul 3:00 Hangman 5:30 Simple C Show	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Devotion w/ PJ 2:30 BINGO 5:30 ME TV 6:00 Evening Stroll	9-1 Beauty Shop & Pretty Nails 1:00 Room Visits 2:00 Finish Thankful Trees 3:30 Truth or Fowl 5:30 Simple C Pics	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Independent Game 2:00 On the Town shopping 3:00 Tasty treat in town 5:30 ME TV 6:00 Evening Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll
10:00 Church w/ Pepper 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Bible Trivia Sheet 5:30 Simple C Pics 6:00 Hallway Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visit/Happy Hour 2:00 Resident Council 3:00 November Jeopardy 5:30 ME TV 6:00 Hallway Stroll	 11:00 Veterans Program 12:00 Veteran Lunch Out 2:00 Movie Matinee Veterans Day Remembrance Day (Canada)	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Happy Hour 2:30 BINGO w/ Vicki 3:30 Front Porch Chat 5:30 Simple C Pic 6:00 Evening Stroll	9-1 Beauty Shop & Pretty Nails 1:00 Happy Hour 2:30 Family Feud 3:30 Word Search Page 5:30 Me TV	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Scenic Ride 3:00 Ice Cream Stop 5:30 Simple C Show 6:00 Evening Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll
10:00 Church on TV 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Crossword Puzzles 5:30 Simple C Show 6:00 Hallway Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visit/Happy Hour 2:00 Butterbean with Ashley 3:00 Noodle Ball 5:30 ME TV 6:00 Hallway Stroll	10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Happy Hour 2:00 Simple C Show 3:30 The Carpenters 4:30 Thanksgiving Family Dinner	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Devotion w/ PJ 2:30 BINGO 5:30 Me TV 6:00 Evening Stroll	9-1 Beauty Shop & Pretty Nails 1:30 Mark FBC 2:30 Turkey Ticklers 3:30 Hot Cocoa & Stories 5:30 Golden Girls 6:00 Evening Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Happy Hour 2:00 Folk Songs w/ Paul 3:00 Connect 4 5:30 Simple C Show 6:00 Evening Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll
10:00 Church on TV 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:30 Armchair Travels 6:00 Hallway Stroll	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Christmas Tree Craft 2:00 Christmas Music 3:00 Hot Chocolate & Little Debbie's 5:30 Simple C Show	9:30 Lobby Chat 10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Happy Hour 2:00 BINGO w/ Cass 3:00 Crossword puzzles 5:30 ME TV 6:00 Hallway Stroll	9-1 Beauty Shop & Pretty Nails 1:00 Happy Hour 2:00 Devotion w/ PJ 2:30 Gobble & Gossip B-Day Party 5:30 ME TV	9-12 Macy's Thanksgiving Day Parade Happy Thanksgiving Thanksgiving Day (U.S.)	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Christmas Decorating 2:00 Christmas Movie 3:00 Movie Snacks 5:30 ME TV	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll
10:00 Church on TV 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Independent Game 5:30 Simple C Show 6:00 Hallway Stroll	 Personal Care					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025						9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll 1
10:00 Church w/ Pepper 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Independent Game 5:30 Simple C TV 6:00 Hallway Stroll Daylight Saving Time Ends 2	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Craft Thankful Trees 3:00 Simple C Trivia 5:30 ME TV 6:00 Hallway Stroll 3	9:30 Lobby Chat 10:00 Exercise w/ Gracie 10:30 Devotion 11:00 Club 55 1:00 Room Visits 2:00 Communion w/ Paul 3:00 Hangman 5:30 Simple C Show 4	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Devotion w/ PJ 2:30 BINGO 5:30 ME TV 6:00 Evening Stroll 5	9-1 Beauty Shop & Pretty Nails 1:00 Room Visits 2:00 Finish Thankful Trees 3:30 Truth or Fowl 5:30 Simple C Pics 6	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Independent Game 2:00 On the Town shopping 3:00 Tasty treat in town 5:30 ME TV 6:00 Evening Stroll 7	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll 8
10:00 Church w/ Pepper 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Bible Trivia Sheet 5:30 Simple C Pics 6:00 Hallway Stroll 9	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visit/Happy Hour 2:00 Noodle Ball 3:00 November Jeopardy 5:30 ME TV 6:00 Hallway Stroll 10	 11:00 Veterans Program 12:00 Veteran Lunch Out 2:00 Movie Matinee Veterans Day Remembrance Day (Canada) 11	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Happy Hour 2:30 BINGO w/ Vicki 3:30 Front Porch Chat 5:30 Simple C Pic 6:00 Evening Stroll 12	9-1 Beauty Shop & Pretty Nails 1:00 Happy Hour 2:30 Family Feud 3:30 Word Search Page 5:30 Me TV 13	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Scenic Ride 3:00 Ice Cream Stop 5:30 Simple C Show 6:00 Evening Stroll 14	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll 15
10:00 Church on TV 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Crossword Puzzles 5:30 Simple C Show 6:00 Hallway Stroll 16	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visit/Happy Hour 2:00 Butterbean w/ Ashley 3:00 Noodle Ball 5:30 ME TV 6:00 Hallway Stroll 17	10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Happy Hour 2:00 Simple C Show 3:30 The Carpenters 5:30 ME TV 6:30 Evening Stroll 18	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Room Visits 2:00 Devotion w/ PJ 2:30 BINGO 5:30 Me TV 6:00 Evening Stroll 19	9-1 Beauty Shop & Pretty Nails 1:30 Mark FBC 2:30 Turkey Ticklers 3:30 Hot Cocoa & Stories 5:30 Golden Girls 6:00 Evening Stroll 20	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Happy Hour 2:00 Folk Songs w/ Paul 3:00 Connect 4 5:30 Simple C Show 6:00 Evening Stroll 21	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll 22
10:00 Church on TV 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:30 Armchair Travels 6:00 Hallway Stroll 23	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Christmas Tree Craft 2:00 Christmas Music 3:00 Hot Chocolate & Little Debbie's 5:30 Simple C Show 24	10:00 Exercise w/ Gracie 10:30 Devotion 1:00 Room Visits 2:00 BINGO w/ Cass 3:00 Crossword 4:30 Thanksgiving Family Dinner 25	9-1 Beauty Shop & Pretty Nails 1:00 Happy Hour 2:00 Devotion w/ PJ 2:30 Gobble & Gossip B-Day Party 5:30 ME TV 26	9-12 Macy's Thanksgiving Day Parade Happy Thanksgiving Thanksgiving Day (U.S.) 27	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 Christmas Decorating 2:00 Christmas Movie 3:00 Movie Snacks 5:30 ME TV 28	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise 1:00 One on One Visits 2:00 BINGO 3:00 Independent Games 5:30 Me TV 6:00 Evening Stroll 29
10:00 Church on TV 11:00 Weekly Activities 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:30 Armchair Travels 6:00 Hallway Stroll 30	 The Harbor					