The Harbor at Opelika
A Premier Memory Care Center
Life. Love. Legacy.™
1001 Fox Run Pkwy
Opelika, AL 36801

YOUR LEADERSHIP TEAM



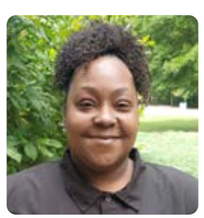
Sharon Lee
Executive Director



Ruth Paul, LPN
Resident Services Director



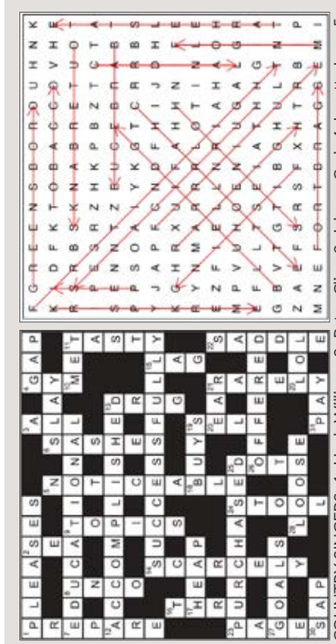
Felecia Blood
Business Office Manager



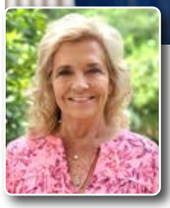
Lashandra Lumford
Dining Services Director



Euel Partridge
Maintenance Director







A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

November has a way of reminding us what matters: a shared meal, a familiar story, someone taking the time to ask how we're doing. As Thanksgiving approaches, I'm grateful for the residents, families, and team members who get to know one another and look out for one another here.

This month, during National Alzheimer's Disease Awareness Month, we're thinking especially of those living with Alzheimer's or another form of dementia, and the families who love them. We call our memory care neighborhood The Harbor because it offers residents a safe, caring place to navigate the challenges that sometimes accompany dementia. Familiar routines, purposeful activities, and time spent with people who know them give residents opportunities to connect and enjoy their days. Our team brings patience and dedication to this work, along with annual certification in Alzheimer's and dementia care.

We also know that families need support of their own. That's why we offer complimentary Alzheimer's Support Services with Dr. Ron Harvard, in addition to the care we provide in our community. Dr. Harvard is a pastor, counselor, and professor with decades of experience. He also cared for his late wife, Linda, through her journey with Alzheimer's disease. He understands the questions and emotions families face, both through his work and through his own life. If it would help to talk with someone who understands, you can schedule a complimentary phone or video appointment with Dr. Harvard through our website.

That same commitment to helping families find their way through difficult questions extends to another group we're honoring this month: veterans and their families. On Veterans Day, we thank those who have served and the people who have stood beside them. For veterans, spouses, and surviving spouses exploring VA Pension with Aid and Attendance, we can also help make the application process easier to navigate. Through our partnership with Elder Resource Benefits Consulting (ERBC), families can get knowledgeable guidance at each step and avoid common delays. The initial eligibility call is always free, and we cover the cost of ERBC's service for those moving into or living in our community. If you'd like to learn more for yourself or someone you love, please reach out. We'd be glad to get you connected.

Whether we're helping a resident find comfort in a familiar routine, honoring a veteran's service, or answering a family's questions, our goal is the same: to be useful to residents and families in the ways that matter to them.

Thanksgiving gives us another chance to spend time together. If you're visiting a loved one this month, we hope you'll share a meal, join us for an activity, or simply sit and catch up. Thank you for trusting us to be part of your lives. We're grateful you're here, and we'd love to see you whenever you can stop by.

With gratitude,
Sharon Lee

The Harbor at Opelika

NEWSLETTER | NOV 2026

Celebrations & Milestones

Welcome to our newest residents!
- Richard & Sandra Charlton

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

RESIDENT BIRTHDAYS
- Nov. 01: Wanda Holt
- Nov. 30: Fred Thompson

TEAM MEMBER BIRTHDAYS
- Nov. 17: Euel Partridge
- Nov. 27: Margaret Gleaton

RESIDENT ANNIVERSARIES
- Charles Childs—2 yrs.
- Lillian Miller—1 yr.

TEAM ANNIVERSARIES
- Caroline Gibson—4 yrs.
- Jamiyah Knight—3 yrs.
- Ta'Sandra Moore—1 yr.

HAPPY THANKSGIVING!



GOBBLE TIL YOU WOBBLE!

NEWSLETTER | NOVEMBER 2026

LEGACY SENIOR LIVING'S

Thank You Tour

THURSDAY, NOVEMBER 5
2:00 PM The Harbor at Opelika

Legacy Senior Living, the management company of The Harbor at Opelika, is celebrating 20 years of service. We know this milestone wouldn't be possible without the residents and team members who make each of our communities so special. That's why we're hitting the road for a special Thank You Tour.

Members of our Support Center leadership team will be here to personally thank our residents for choosing to call our community home and celebrate the many years they've been part of the Legacy family. We'll also recognize our team members for their dedicated service and present each resident and team member with a special token of our appreciation.

We're grateful for everyone who has shaped our communities over the past 20 years, and we hope you'll join us for this special celebration.

The Harbor at Opelika — A Premier Memory Care Center | LEGACY SENIOR LIVING — Celebrating 20 Years 2006–2026

NOVEMBER Highlights

Nov. 2 11am Weights with Adam
Nov. 5 2pm Thank You Tour
Nov. 10 2pm Singing with Henry
Nov. 11 2pm Veterans Day Celebration
Nov. 14 3pm Korean Church
Nov. 17 2pm Bingo with St. Michaels
Nov. 19 10am Providence Baptist Church
Nov. 21 10am Auburn Service Dogs
Nov. 21 3:15pm Heritage Baptist Church
Nov. 22 2:30pm Thankful Tea Party
Nov. 28 2pm Auburn-Alabama Game

Every Tuesday at 10am: Trinity Church



LEGACYSL.NET/ALZHEIMERS-SUPPORT

GOING THE EXTRA MILE

KIERRA MOORE

OCTOBER WINNER

"If anyone forces you to go one mile, go with them two miles."
Matthew 5:41



Submit your nominations in the lobby.

HONORING OUR HEROES

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.



VETERANS DAY CELEBRATION
Nov. 11th at 2:00 PM

MIXED UP COUNTRY SINGERS

Unscramble to reveal the names of country singers.

1. KAHN IASLWLMI _____
2. TYSPA ICLEN _____
3. NHOYJN HSAC _____
4. ATETROL NYNL _____
5. MTMYA WTYENET _____
6. ERMEL AARGDHG _____
7. AYONCW TYITTW _____
8. RLAYHCE PERDI _____
9. LYLDO NPTOAR _____
10. IWLILE OLNNES _____
11. EGLN CPAMLBEL _____
12. ORY FFCUA _____
13. OGRGEE RITTSA _____
14. EBAR TECMIRNE _____
15. GEEN TRAYU _____
16. TGHAR OKROSB _____
17. NNEYK REOGRS _____
18. MAYRT RBINOBS _____



Jamison Toepel, LPN
Resident Services Director

NATIONAL INJURY PREVENTION DAY: STAY SAFE, STAY UPRIGHT

A LIGHTHEARTED REMINDER THAT MOST ACCIDENTS ARE EASIER TO PREVENT THAN EXPLAIN.

National Injury Prevention Day is a good time to remember that safety is not boring—it is simply the art of avoiding paperwork, ice packs, and awkward explanations that begin with, "So, I thought I could reach it without a ladder."

Injuries can happen anywhere: at home, on the road, at work, or during an overly ambitious attempt to carry every grocery bag in one trip. The good news is that small choices make a big difference. Wear a seat belt, use the right protective gear, keep walkways clear, follow workplace procedures, and put down the phone when driving or crossing the street. Your latest notification will still be there after you arrive safely.

Simple Ways to Prevent Injuries:

- Slow down when conditions are slippery, crowded, or unfamiliar.
- Use tools and equipment as intended—not as improvised stools, hammers, or catapults.
- Lift with your legs and ask for help when something is too heavy.
- Keep medicines, chemicals, and sharp objects safely stored.
- Pay attention to children, older adults, and others who may face greater risks.

Prevention does not require superhero reflexes. It requires awareness, good habits, and the humility to admit that a rolling office chair is not a step ladder. This National Injury Prevention Day, take a moment to spot one hazard and fix it. Future you—and possibly your dignity—will be grateful.

Jamison Toepel, LPN, is the Resident Services Director at Renaissance Senior Living of Hilldale, sister community of The Harbor at Opelika.





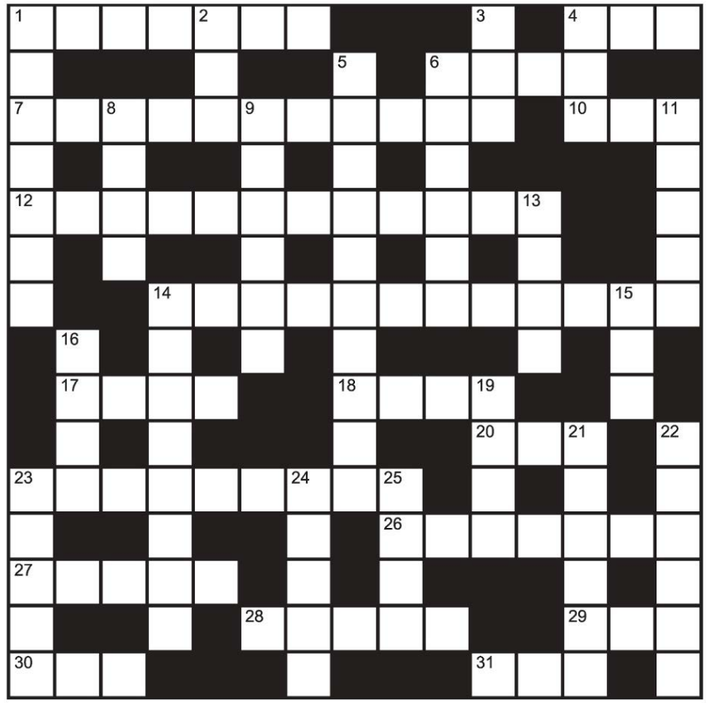
NEWSLETTER | NOVEMBER 2026

ACROSS

1. Makes satisfied
4. Mind the ___ (subway station warning)
6. Destroy
7. Instructive; providing knowledge
10. Got together
12. Skilled; proficient
14. Effectively
17. Pile
18. Acquires
20. Corn serving
23. Obtained for a price
26. Put forward for consideration
27. Soccer scores
28. Baggy
29. Laugh Out Loud, abbrev.
30. Tree juice
31. Foot the bill

DOWN

1. Set up
2. Caribbean or Red, for example
3. Entirely
4. Place to work out
5. Conspicuous
6. Pageant attire
8. University of Northern Colorado, abbrev.
9. Themes or subjects
11. Delicious
13. Medicinal substance
14. Barely
15. Fall behind

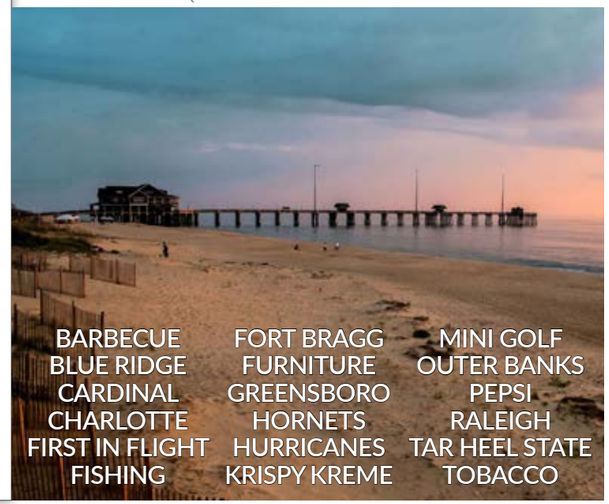


16. From beginning to end, informally
19. "To thine own ___ be true"
21. Nearly never
22. Cowboy's seat
23. Sheets of a book
24. Tavern perch
25. Pixels

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

North Carolina

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



WHAT MAKES A VISIT MEANINGFUL? FINDING WHAT WORKS FOR YOU AND YOUR LOVED ONE

Visiting someone you love in memory care can be wonderful, awkward, comforting, and heartbreaking—sometimes all in the same afternoon. You may arrive with a photo to share and find your loved one isn't interested, or have a visit take an unexpected turn. If you've ever driven away wondering whether you handled things well, you're not alone.

There's no perfect way to spend time together. Some days your loved one may be talkative and eager for company. On other days, they may be tired or content to sit quietly. Start with a simple hello and notice what feels comfortable. A favorite song, a few photos, a snack, or time outdoors can give you something to enjoy together without asking conversation to carry the whole visit.

If you bring photos, you don't have to ask, "Do you remember who this is?" You might say, "Here's a picture of your granddaughter at the park." Then give your loved one time to respond—or simply enjoy looking at it together. And if the photos aren't holding their interest, you can put them away. You haven't done anything wrong.

Sometimes a visit takes a harder turn. Your loved one might seem upset or say they want to go home. That can be painful to hear. Rather than arguing about where home is, try acknowledging the feeling: "It sounds like you're missing home." Listen for a moment, offer reassurance, and see whether a quieter setting or a familiar activity helps. If you're unsure what they need, ask a member of the care team. The Alzheimer's Society notes that "home" can often express a wish for comfort or familiarity, not necessarily a particular address.

With Thanksgiving and Christmas coming up, you may also be wondering whether to bring your loved one home for a family meal. There's no right or wrong answer. For one person, a short visit at home may feel joyful and familiar; for another, a change in routine, a busy gathering, or travel may be tiring or unsettling. Consider what your loved one tends to enjoy, what they can comfortably manage, and what feels safe and manageable for you and your family. You could also celebrate at the community, arrange a shorter visit, or share the holiday in a quieter way.



It's okay to change your plans—or to end a visit if it becomes difficult. Let a team member know what's happening so they can help your loved one settle and support the goodbye. You don't have to stay until you've found the right words or made everything better.

A meaningful visit isn't one where everything goes just as you planned. It's time spent paying attention to the person in front of you—whether that means sharing a laugh, sitting together quietly, changing plans, or asking for help. And if you leave with mixed feelings, please give yourself some grace. Showing up with care matters, even on the hard days.



LOOKING GOOD!

My face in the mirror
isn't wrinkled or drawn.

My house isn't dirty.
The cobwebs are gone.

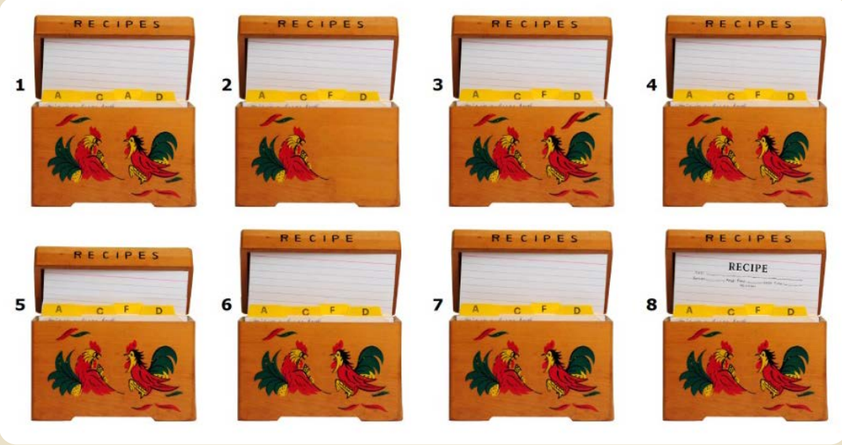
My garden looks lovely
and so does my lawn.

I think I might never
put my glasses back on!

JUST FOR FUN GUARANTEED to make you blow air out your nose.

MATCHING RECIPE BOXES

Find the two recipe boxes that are exactly alike.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Coffee & Devotional 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises/ Walking Club 2:00 Bingo 3:00 Hydration Station 3:30 Porch Time 4:30 Popcorn and Movie Daylight Saving Time Ends	2 9:30 Devotion 10:00 Exercise/Walking Club 10:30 Snack Cart 11:00 Weights with Adam 2:00 Finish The Phrase 3:00 Cornhole 3:30 Hydration Station 4:00 A To Z Game	3 9:30 Devotion 10:00 Trinity Church 10:30 Hydration Station 11:00 Exercise/ Walking Club 2:00 Balloon Ball 3:00 Pimento Cheese Sandwich Snack 3:30 Table Hockey 4:30 Porch Time National Sandwich Day	4 9:30 Devotion 10:00 Exercise/ Walking Club 10:30 Snack & Chat 11:00 Porch Time 2:00 Bingo 3:00 Name That Candy 3:30 Fall Tree Craft 4:30 Simple C National Candy Day	5 9:30 Devotion 10:00 Exercise/ Walking Club 10:30 Snack Cart 11:00 Table Hockey 1:00 Thank You Tour 3:00 Balloon Tennis 4:30 Porch Time National Donut Day	6 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events with Sam 2:00 Beauty Shop Opens 2:15 Manicures & Movies 3:00 Hydration Station 3:30 Beachball Kickball 4:30 Singing & Dancing	7 9:30 Devotion 10:00 Exercise/Walking Club 10:30 Snack and Chat 11:00 Porch Time 2:00 Football Gametime 3:00 Hydration Station 3:30 50's Singalong 4:30 Movies & Popcorn
8 9:30 Coffee & Devotional 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises/Walking Club 2:00 Trivia 3:00 Hydration Station 3:30 Porch Time 4:30 Karaoke Diwali (Hindi)	9 9:30 Devotion 10:00 Chair Exercises/ Walking Club 10:30 Snack and Chat 11:00 Bounce and Score 2:00 Coloring with Friends 3:00 Hydration Station 3:30 Paper Turkey Craft 4:30 Simple C	10 9:30 Devotion 10:00 Trinity Church 10:30 Hydration Station 11:00 Balloon Toss 2:00 Singing With Henry 3:00 Cupcake Decorating 3:30 Porch Time 4:30 Movie Marathon National Vanilla Cupcake Day	11 9:30 Devotion 10:00 Chair Exercise/ Walking Club 10:30 Snack and Chat 11:00 Table Hockey 2:00 Veterans Day Celebration 3:00 Hydration Station 3:30 Porch Time 4:30 60's Sing Along Veterans Day Remembrance Day (Canada)	12 9:30 Devotion 10:00 Exercise/ Walking Club 10:30 Snack Cart 11:0 Table Hockey 2:00 Bingo 3:00 Donut Social 3:30 Balloon Tennis 4:30 Movie & Popcorn	13 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events with Sam 2:00 Beauty Shop Opens 2:15 Manicures & Movies 3:00 Hydration Station 3:30 Beachball Kickball 4:30 Singing & Dancing	14 9:30 Devotion 10:00 Exercise/ Walking Club 10:30 Snack and Chat 11:00 Move & Groove 2:00 Music Trivia 3:00 Korean Church 3:30 Beachball Kickball 4:30 Football Gametime
15 9:30 Coffee & Devotional 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises/Walking Club 2:00 Trivia 3:00 Hydration Station 3:30 Porch Time 4:30 Karaoke	16 9:30 Devotion 10:00 Exercise/Walking Club 10:30 Snack Cart 11:00 Bowling 2:00 Finish The Phrase 3:00 Cornhole 3:30 Hydration Station 4:00 A To Z Game	17 9:30 Devotion 10:00 Trinity Church 10:30 Hydration Station 11:00 Balloon Volleyball 2:00 Bingo with St. Michaels 3:00 Hydration Station 3:30 Beanbag Toss 4:30 Movie Time	18 9:30 Devotion 10:00 Chair Exercises/ Walking Club 10:30 Snack and Chat 11:00 Bounce and Score 2:00 Coloring with Friends 3:00 Hydration Station 3:30 Paper Turkey Craft 4:30 Simple C	19 9:30 Devotion 10:00 Providence Baptist Church 10:30 Hydration station 11:00 Chair Exercise/ Walking Club 2:30 Thankful for our Friends Celebration 4:00 Movie Marathon	20 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events with Sam 2:00 Beauty Shop Opens 2:15 Manicures & Movies 3:00 Hydration Station 3:30 Beachball Kickball 4:30 Singing & Dancing	21 9:30 Devotion 10:00 Auburn Service Dogs 10:30 Exercise/ Walking Club 10:45 Snack and Chat 11:00 Beanbag Toss 2:00 Bingo 3:00 Hydration Station 3:15 Heritage Baptist Church 4:00 Football Game Time
22 9:30 Devotion 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises 2:30 Thankful Tea Party 3:30 Crafts with Gwen 4:30 Karaoke	23 9:30 Devotion 10:00 Exercise/ Walking Club 10:30 Snack & Chat 11:00 Porch Time 2:00 Bingo 3:00 Name That Candy 3:30 Crafting with Elaine 4:30 Simple C	24 9:30 Devotion 10:00 Chair Exercises/ Walking Club 10:30 Snack and Chat 11:00 Twister 2:00 Coloring with Friends 3:00 Hydration Station 3:30 Bingo 4:30 Movie Time	25 9:30 Devotion 10:00 Chair Exercises/ Walking Club 10:30 Snack and Chat 11:00 Bounce and Score 2:00 Coloring with Friends 3:00 Hydration Station 3:30 History of Thanksgiving 4:30 Simple C	26 9:30 Devotion 10:00 Chair Exercises/ Walking Club 10:30 Snack and Chat 11:00 Balloon Volleyball 2:00 Coloring with Friends 3:00 Hydration Station 3:30 Porch Time 4:30 Movie Time Thanksgiving Day (U.S)	27 9:30 Devotion with Sam 10:00 Exercise with Sam 10:30 Snack and Chat Current Events with Sam 2:00 Beauty Shop Opens 2:15 Manicures & Movies 3:00 Hydration Station 3:30 Beachball Kickball 4:30 Singing & Dancing	28 9:30 Devotion 10:00 Chair Exercise/ Walking Club 10:30 Snack Cart 11:00 Beachball Kickball 2:00 Auburn & Alabama Game 3:00 Hydration Station 3:30 Porch Time 4:30 Coloring with Friends
29 9:30 Devotion 10:00 Church on the Big TV 10:45 Snack and Chat 11:00 Chair Exercises 2:00 Trivia 3:00 Hydration Station 3:30 Porch Time 4:30 Movie Time	30 9:30 Devotion 10:00 Chair Exercises/ Walking Club 10:30 Snack and Chat 11:00 Twister 2:00 Coloring with Friends 3:00 Hydration Station 3:30 Bingo 4:30 Movie Time					