



Life. Love. Legacy.™
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Office Manager



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Director



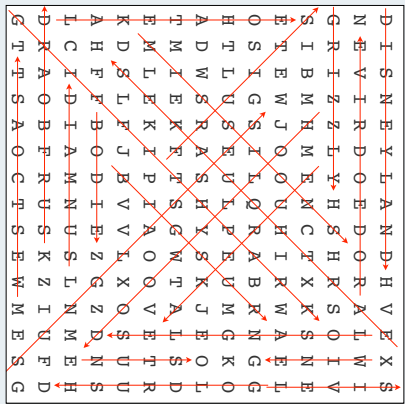
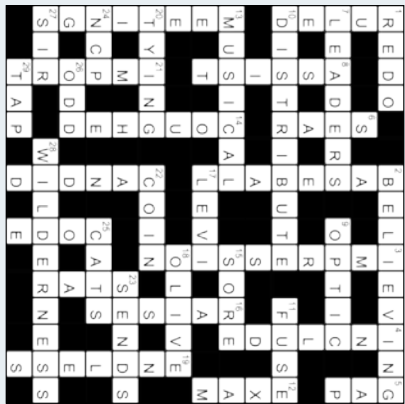
Leighann Altman
Dining Services
Director



David Ostrander, III
Maintenance
Director



Ricky McLaughlin
Chaplain



LEGACY VILLAGE AT PARK REGENCY

NEWSLETTER | OCTOBER 2025



A Message From Your Executive Director



As the leaves start to change and the air turns crisper, it seems like life speeds up for everyone. Around here, fall is a season bustling with activity—festivals, family events, and traditions both old and new. For many, this time of year is a juggling act: kids settling into the school routine, calendars filling up with sports and lessons, and workplaces picking up the pace after summer. If you’re part of the “sandwich generation,” you know better than anyone what it means to be pulled in all directions at once, balancing the needs of growing children and supporting aging parents or grandparents, often while still managing careers and everything else life throws your way.

We know that when a loved one moves into our community, it’s usually because families need a helping hand. What might come as a surprise is how often you’ll hear from us, too, inviting you to join in for a meal, a festival, a musical performance, or just a moment to connect. We do this not to add to your already-full plate, but because we believe that staying connected, even in small ways, means everything to the people who live here—and to those who love them.

Still, we understand that you can’t be everywhere at once. Sometimes, you’re running from a school bake sale to a weekend tournament, and there just isn’t enough of you to go around. Please know: we see you, we appreciate you, and we’re grateful for every moment you share with us, even if it’s just a phone call or a note sent in.

This month, as we roll out fall celebrations and family-friendly events, we hope you’ll find a few minutes to join us when you can. Our doors are always open, and there’s nothing better than seeing families come together, whether for a pumpkin craft, a game night, or just to laugh and swap stories. Maybe, just maybe, our little gatherings will make it a bit easier to spend time with your loved ones, all in one place.

Thank you for trusting us with someone so important to you. We’re honored to be part of your extended family.

Sincerely,

Keesha McKnight
Executive Director



Barbara Mercer: Heart Full of Family

This October, we are overjoyed to shine our Resident Spotlight on Mrs. Barbara Mercer, a woman whose grace, warmth, and ever-present smile light up every room she enters. Spend just a few moments with Barbara, and you'll feel as though you've known her forever—her laughter is gentle, her kindness genuine, and her spirit welcoming to all.

Barbara is always eager to join in community life. You'll often find her at Bingo night, cheering with delight over a win, or focused and steady during exercise class. She has a creative side too, bringing color and care into every art project she works on. Music holds a special place in her heart; when volunteers come to sing, her eyes sparkle with joy. Some of her favorites include Pathfinders, Christian Friends, Penny Hancock, Andy Taylor, and, of course, our beloved Chaplain Ricky McLaughlin and friends. But if you ask her, the real toss-up for her "favorite" activity is between Bingo and those unforgettable afternoons when Elvis himself stops by to serenade the crowd.

Barbara's story began in Jefferson, Georgia, in 1934, where she grew up as the youngest of six children in a household full of love, laughter, and faith. She later married her sweetheart, David Max Mercer, and together they built a life rich in family and devotion. Their home was always filled with the sounds of daughters Cindy, Donna, Kim, and Diane, and later with the giggles of six grandchildren and now six great-grandchildren.

For most of their years together, Barbara and Max made their home in the Cool Springs Community, where they were faithful members of Mt. Zion Baptist Church. Both worked with dedication as federal inspectors for the USDA, but Barbara's greatest calling was at home—where she poured her love into cooking hearty meals, tending a beautiful yard, and decorating with a warm, welcoming touch. She also showed extraordinary strength and devotion as a caregiver to her husband, standing by his side through every season until his passing in 2017.

To know Barbara is to know a woman of quiet strength, boundless love, and steady joy. We are truly honored to have her as part of our community, and we thank her for the light she shares with us.

Celebrations & Milestones

Welcome to our newest residents!

- Mary Powell
- Geneva Lutsky
- Bennett Willis
- Nancy Turner
- Jerry Merritt
- Pat Herold

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

RESIDENT BIRTHDAYS

- Oct 2 : Corinne Bunce
- Oct 7 : Melvin Floyd
- Oct 20 : Don Hart
- Oct 24 : Barbara Mercer

TEAM MEMBER BIRTHDAYS

- Oct 19 : Gail Flowers
- Oct 3 : Christy Tucker

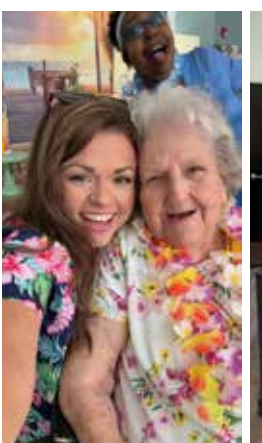
RESIDENT ANNIVERSARIES

- Pearl Collins - 6 years

TEAM ANNIVERSARIES

- None in October

*Here's to new friends,
special milestones, &
more memories together!*



Chaplain's Corner



Greetings once again in the name of our Lord Jesus Christ. The weather is so beautiful this time of year—to God be the glory! I would like us to pause for a moment and reflect on this thought: Who or what

has influenced our lives for the Kingdom of God? And have we, in turn, been a godly influence to others?

Hebrews 12:1 – The Bible declares that we are compassed about with so great a cloud of witnesses.

For many of us, our parents and grandparents have been the greatest spiritual influence in our lives. Yet not every parent had a relationship with the Lord. But thank God, someone shared the Bible with us—the precious Word of God. Yes, the Word of God has been a great influence in my life. I also think about the church, the Body of Christ and its members. What a tremendous influence the church has had on me. My parents instilled the Word of God in me; teachers faithfully taught the Word; and pastors influenced me through anointed preaching. It was within the church that I saw the Word of God come alive through God's people. Through them, I have seen the fruit of the Spirit flourish. My prayer is that I, too, have been able to influence others in the same way.

Chaplain Ricky McLaughlin

Starting NALW with Prayer at the Flagpole



UPCOMING EVENTS:

OCT 7 | 7 - 9 AM

PANCAKES FOR PASTORS:

Enjoy a pancake breakfast while honoring our pastors for their dedication to our community.

OCT 20 | 11 AM

GET YOUR FLU SHOTS:

Submit your consent form by October 15th!

OCT 28 | 6 - 7:30 PM

FAMILY GAME NIGHT:

An evening of fun, laughter, and togetherness.



Chef's Corner

with Chef Leighann

Embracing Fall Weather: Tips for Senior Well-Being

As the air turns crisp and the leaves begin

to show their beautiful colors, fall offers us a wonderful opportunity to slow down and enjoy the season.

Make the Most of Fall Weather

- **Dress in Layers:** Fall weather shifts fast—cool mornings, warm afternoons. Light layers and a sweater or jacket keep you comfortable.
- **Enjoy the Outdoors Safely:** Take in the fall colors on safe, well-lit paths. Wear sturdy shoes to avoid slips on wet leaves or uneven ground.
- **Warm Up with Fall Foods:** Soups, baked apples, and roasted veggies are tasty and nourishing. Herbal tea or cider adds cozy warmth.
- **Stay Connected:** Short days can feel isolating. Plan seasonal fun—pumpkin carving, apple picking, or simply sharing a cozy afternoon with friends.

Fall Weather Snack Ideas

Baked Apple Slices with Cinnamon: A naturally sweet treat that's soft, fragrant, and easy to chew.

Roasted Pumpkin Seeds: Lightly seasoned for a crunchy, protein-rich snack.

Cinnamon Pear Compote: Soft, spiced pears served warm, delicious on their own or over yogurt.

Pumpkin Oat Muffins: Made with oats, pumpkin purée, and warm spices, these can be baked in small portions for easy snacking.

Soft Pear Crisp: A lighter dessert topped with oats and cinnamon, perfect with a spoonful of yogurt.



Chris Beckham Returns to the Legacy Senior Living Team

If you've spent any time in or around South Georgia, you probably know or have heard of Chris Beckham. Chris is more than just a familiar face in the area—he's part of our Legacy Village family. He previously served as the Executive Director at Legacy Village of Tifton, offering warmth, humor, and genuine care to their residents and team members alike.

We're excited to share that Chris is back with us, this time in a new role as Area Sales Director for South Georgia. Chris's connection to Legacy Village runs deep; he first discovered our community through his own mother's experience at Legacy Village at Plantation Manor in Thomasville, and it left a lasting impression.

After stepping away from Legacy Village of Tifton for a few years to serve as Public Relations Director at ABAC, Chris is returning with the same dedication and kindness that made him such a beloved leader the first time around. In his new position, he'll support our local teams, helping us share the Legacy lifestyle with more families, and continuing to build relationships in the Moultrie community.

When he's not working, you might hear Chris on the airwaves—he's hosted the Chick-fil-A Football Friday Night Show for over 20 years, celebrating South Georgia's passion for high school football.

Please join us in welcoming Chris Beckham back to Legacy Senior Living. We're excited to have his heart, leadership, and genuine love for South Georgia supporting our residents, families, and team.

GET TO KNOW KEESHA: 20 Questions Edition

Ever wonder what makes Keesha tick? In honor of **National Boss's Day**, we put her in the hot seat and asked 20 fun and revealing questions. Whether you've known Keesha for years or you're just joining our community, here's your chance to get to know the person behind the job title!



1. If you could only eat one food for the rest of your life, what would it be? **Veggies**
2. What's the weirdest thing you ate as a kid? **When hunting or fishing with my dad that I could call the deer or fish.**
3. If you were a cartoon character, who would you be? **Piglet**
4. If you could give yourself a new name, who would you be? **Gracie**
5. What's a fashion trend you secretly (or not-so-secretly) miss? **Big hair!**
6. What is your go-to karaoke song? **"Black Velvet"**
7. If you could invent a holiday, what would it celebrate and how would you celebrate it? **National Mental Health day. Everyone can get one a year off work...when needed.**
8. If you could have a superpower, what would it be? **Flight**
9. What's the best trip you've ever taken? **A helicopter ride over the Grand Canyon**
10. Morning person or night owl? **Morning person**
11. What is your favorite way to relax on the weekend? **Riding buggies and fishing**
12. What's one thing you can't live without? **Diet Mountain Dew**
13. If you could swap lives with anyone for a day, who would it be and why? **A recipe taste tester!**
14. What's your go-to comfort food? **Puffy Cheetos**
15. What is the most adventurous thing you've ever done? **Rock climbing**
16. If you could time travel, would you go to the past or the future and why? **I would go back to Oct 1, 1851, and attend the Worlds Fair in London**
17. What's something that always makes you laugh? **Peoples faces when they eat something sour**
18. If you could instantly master any skill, what would it be? **Nursing**
19. Who was your childhood hero? **My dad.**
20. What's the strangest thing you've collected? **Red flags. LOL**



A 'PASTA'-TIVELY TIMELESS JOURNEY:
RESIDENTS & CANNOLIS IN ITALY



UP, UP & AWAY!

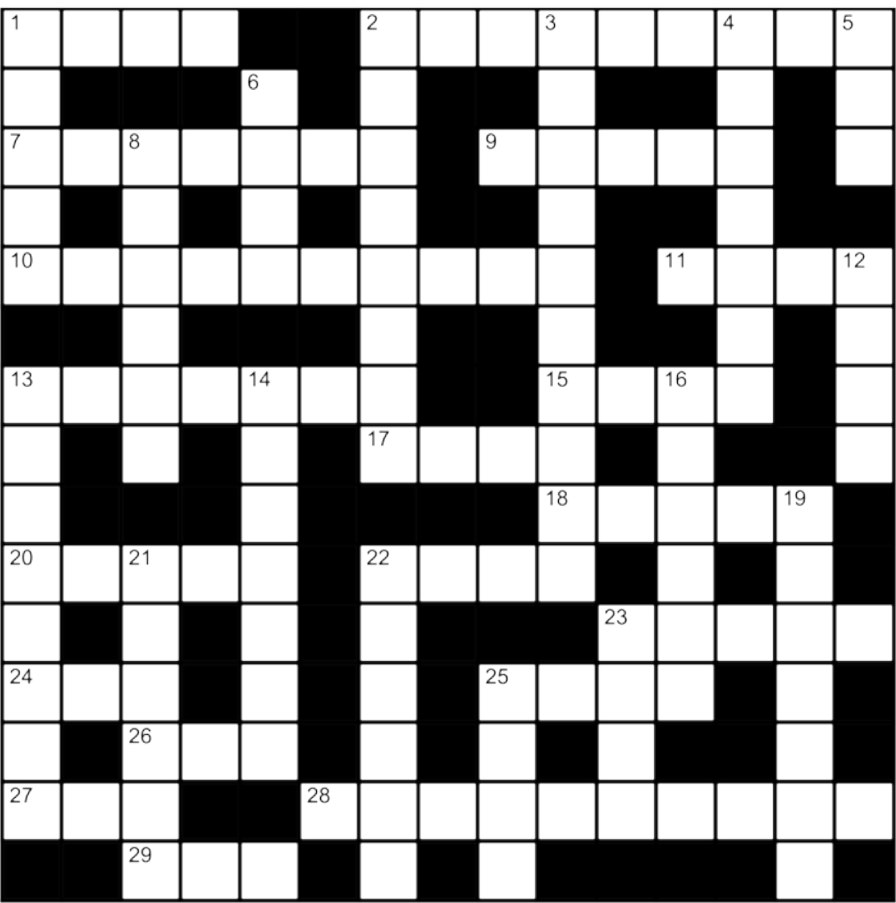


ACROSS

- 1. Make over
- 2. "Seeing is _____."
- 7. Team captains are some
- 9. Vision-related
- 10. Hand out; dispense
- 11. Needed to ignite dynamite
- 13. Common Broadway offering with lots of singing
- 15. "I have ____ muscles after my workout."
- 17. ____ Strauss & Co. (jeans magnate)
- 18. Popeye's gal
- 20. ____ the knot; marrying
- 22. Piggy bank jingler
- 23. "That ____ shivers up my spine!"
- 24. North Celestial Pole, abbrev.
- 25. Felines
- 26. Peculiar
- 27. Knight's title
- 28. An untouched forest
- 29. Pub fixture

DOWN

- 1. 1. Reigned
- 2. Sport at which Willie Mays excelled
- 3. Comedic imitation
- 4. "Please ____ payment with your order."
- 5. Generation ____ (difference between ages)
- 6. Burn the surface of



- 8. Provide help
- 12. Test
- 13. Encounters
- 14. Cleared one's throat
- 16. Elevates
- 19. Infinite

- 21. Ship in from abroad
- 22. Straightforward in speech
- 23. "When You Wish Upon a ____"
- 25. Secret message



California Dreamin'

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

- | | | |
|-------------|---------------|-------------|
| BIG SUR | GRIFFITH PARK | NUTS |
| BODIE | GRIZZLY | RODEO DRIVE |
| DISNEYLAND | HOLLYWOOD | SUNGLASSES |
| EARTHQUAKES | LAKE TAHOE | SUN-MAID |
| EUREKA | LEVI'S | SURFBOARD |
| FRUITS | LOS ANGELES | WEST COAST |
| GOLD RUSH | MISSIONS | WINE |



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 1:00- Exercise w/ Kaley 2:00- Pumpkin Art w/ Debbie 3:30- Bingo Yom Kippur Begins	10:00- Self Reflection 10:30- Music 11:00- Devotion w/ Pastor Stanley 2:00- Red Cup challenge 3:30- Bingo	10:00-Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bible Trivia 3:30- Bingo 4:15- Black-out	10:00- Self Reflection 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo
9:30- Pathfinders 11:00- Devotion 2:00- Family Movie 3:30- Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bible study w/ Myra 3:30- Bingo Sukkot Begins	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Brother Ricky 2:00- Art w/ Meisha 3:30- Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 1:00- Exercise w/ Kaley 2:00- Trip to Walmart 3:30- Bingo	10:00- Self Reflection 10:30- Music 11:00- Hot Chocolate Bar 2:00- Table Top Bingo 3:30- Bingo	10:00-Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Piano w/Penny Hancock 3:30- Bingo 4:15- Black-out	10:00- Self Reflection 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo
9:30- Pathfinders 11:00- Devotion 2:00- Family Movie 3:30- Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bible study w/ Myra 3:30- Bingo Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Brother Ricky 2:00- Piano w/ Parker 3:30- Bingo Simchat Torah Begins	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 1:00- Exercise w/ Kaley 2:00- Penny Pitching 3:30- Bingo	10:00- Self Reflection 10:30- Music 11:00- Devotion w/ Jeff Carter 2:00- Birthday Bash w/ Kristy 3:30- Bingo	10:00-Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Smokey Mountain Social at the Harbor 3:30- Bingo 4:15- Black-out	10:00- Self Reflection 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo
9:30- Pathfinders 11:00- Devotion 2:00- Family Movie 3:30- Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bible study w/ Myra 3:30- Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Brother Ricky 2:00- Tasty Tuesday/Chili challenge 3:30-Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Pastor Peek 1:00- Exercise w/ Kaley 2:00- Outing to Michaels 3:30- Bingo	10:00- Self Reflection 10:30- Music 11:00- Devotion w/ Kerry and Michelle 2:00- Butterbean Auction 3:30- Bingo	10:00-Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bible Trivia 3:30- Bingo 4:15- Black-out	10:00- Self Reflection 10:30- Music 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo
9:30- Pathfinders 11:00- Devotion 2:00- Family Movie 3:30- Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bible study w/ Myra 3:30- Bingo	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Brother Ricky 1:00- Tasty Tuesday/ Tailgate snack 6-7:30- Family Game Night	10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 1:00- Exercise w/ Kaley 2:00- Art w/ Debbie 3:30- Bingo	10:00- Self Reflection 10:30- Music 11:00- Hot Chocolate bar 2:00- Resident Council Meeting 3:30- Bingo	10:00-Self Reflection 10:30- Music 11:00- Devotion w/ Ms. Hortman 2:00- Bible Trivia 3:30- Bingo 4:15- Black-out Halloween	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	October 2025 The Harbor		9:30- Daily Goodness 10:30- Green Oaks 11:00- Elvis Trivia 2:00- Neat & Tidy Station 3:30- Rhythm & Glow 4:00- Puzzles Yom Kippur Begins	9:30- Graceful Morning 10:00- Pathfinders 10:30- Music & Motion 11:00- Trivia 2:00- What time is it? 3:30- Sit & chat on the Porch 4:00- Guess the Face	9:30- Morning Meet up 10:00- Praise Break 10:30- Move & Groove 11:00- Good Ole Hymns 2:00- Art w/ Sarah 3:30- Bingo 4:00- Memory Challenge	9:30-Rise & Shine 10:00- Touch the Sky 10:30- Singing Hearts 11:00- Joyful Movers 2:30- Movie w/ Friends 3:30- Games 4:00-Puzzles
	9:30- Mindful Morning 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30- Movie w/ Friends 3:30- Trivia 4:00- Games on Patio	9:30- Happy Start 10:00- Sunshine Shakers 10:30- Good Ole Hymns 11:00- Ms. Janice 2:00- Simple C 3:30- Toss & Tell 4:00- Guess the Team Sukkot Begins	9:30- Moments of Praise 10:00- Daily Goodness 10:30- Golden Glow w/ Kaley 11:00- Elvis Trivia 2:00- Telephone 3:30- Art w/ Miesha 4:00- Puzzles	9:30- Daily Goodness 10:30- Green Oaks 11:00- 50's & 60's Music 2:00- Art w/ Sarah 3:30- Remember When? 4:00- Trivia	9:30- Graceful Morning 10:00- Pathfinders 10:30- Music & Motion 11:00- Career Day 2:30- Mr. Andy 3:30- Sit & Chat on Porch 4:00- Guess the song	9:30-Morning Meet up 10:00- Praise Break 10:30- Move & Groove 11:00- Good Ole Hymns 2:00- Daycare Station 3:30- Trivia 4:00- Memory Challenge
	9:30- Mindful Morning 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30- Movie w/ Friends 3:30- Trivia 4:00- Games on Patio	9:30- Happy Start 10:00- Sunshine Shakers 10:30- Good Ole Hymns 11:00- Ms. Janice 2:00- Puzzles 3:30- Kitchen Station 4:00- Guess the Team Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:30- Moments of Praise 10:00- Daily Goodness 10:30- Golden Glow w/ Kaley 11:00- Dancing & Music 2:00- Music w/ Parker 3:30- Guess the animal 4:00- Pass the question Simchat Torah Begins	9:30- Daily Goodness 10:30- Green Oaks 11:00- Story Time 2:00- Art w/ Sarah 3:30- Would you Rather? 4:00- Trivia	9:30- Graceful Morning 10:00- Pathfinders 10:30- Music & Motion 11:00- Elvis Trivia 2:00- Birthday Bash w/ Kristy 3:30- Chat on the Porch 4:00- Guess the Price	9:30-Morning Meet up 10:00- Praise Break 10:30- Move & Groove 11:00- Good Ole Hymns 2:00- Smokey Mountain Hot Chocolate Social 4:00- Memory Challenge
	9:30- Mindful Morning 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30- Movie w/ Friends 3:30- Trivia 4:00- Games on Patio	9:30- Happy Start 10:00- Sunshine Shakers 10:30- Guess the Price 11:00- Hymns 2:00- Chili Tasting 3:30- Would you Rather 4:00- Trivia	9:30- Moments of Praise 10:00- Daily Goodness 10:30- Golden Glow w/ Kaley 11:00- Elvis Trivia 2:00- Telephone 3:30- Art w/ Miesha 4:00- Puzzles	9:30- Daily Goodness 10:30- Green Oaks 11:00- Story Time 2:00- Simple C 3:30- Laugh w/ Me 4:00- Trivia	9:30- Graceful Morning 10:00- Pathfinders 10:30- Music & Motion 11:00- 50 's Trivia 2:30- Mr. Andy 3:30- Chat on Porch 4:00- Name that Food item	9:30-Morning Meet up 10:00- Praise Break 10:30- Move & Groove 11:00- Good Ole Hymns 2:00- Memory Lane 3:30- Trivia 4:00- Simple C
	9:30- Mindful Morning 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30- Movie w/ Friends 3:30- Trivia 4:00- Games on Patio	9:30- Happy Start 10:00- Sunshine Shakers 10:30- Good Ole Hymns 11:00- Ms. Janice 2:00- Baby Day Care 3:30- RingToss 4:00- Memory Lane	9:30- Moments of Praise 10:00- Daily Goodness 10:30- Golden Glow w/ Kaley 11:00- Simple C 2:00- Patio Walk 3:30- Sounds of Nature 4:00- Trivia	9:30- Daily Goodness 10:00- Green Oaks 10:30- Guess the song 11:00- Music 2:00- Art w/ Sarah 3:30- What's that? 4:00- Trivia	9:30- Graceful Morning 10:00- Pathfinders 10:30- Music & Motion 11:00- Food Trivia 2:00- Guess that smell (Food) 3:30- Chat on the Porch 4:00- Name that Town	9:30- Morning Meet up 10:00- Praise Break 10:30- Move & Groove 11:00- Good Ole Hymns 2:00- Art w/ Sarah 3:30- Trivia 4:00- Games Halloween