

Be Inspired

ANDARA | a Senior Lifestyle community | SCOTTSDALE, AZ 85259 | 480-451-1800

THIS MONTH'S *silver star*

FRAN MADER

Fran was born on Oct. 4, in Warren, Pa., to Frank and Anne Seely. She has a sister and a brother. Growing up, she enjoyed reading, playing games with her friends and roller-skating. She went to Warren High School and was involved in the drama club and held a part time job at a Five and Dime store. During high school, she met a boy named, Cliff, whom she would later marry!



After high school, she enrolled in Deaconess Hospital School of Nursing in Buffalo, N.Y. Fran graduated in 1948 and moved back to Warren, Pa., working at Warren General Hospital.

Fran and Cliff reconnected and started dating. On Dec. 27, 1949, they eloped and were married in a small town a few miles away from her home. In 1950, she had a daughter, Andrea, followed by another girl, Lori, in 1954. Cliff was recalled during The Korean War, and they moved to Dayton, Ohio, and then Memphis, Tenn., for training. Before he was able to be sent overseas, the war ended and he was discharged. They moved back to Warren, Pa., and Fran went back to Warren General Hospital and moved to a private pediatrician's office in 1957. In 1960, they moved to Scottsdale, Ariz., for the warmer weather. In September 1962, Cliff was sent to Lucas Air Force Base, and they had a son named Cary. Fran worked at Mesa General Hospital in surgery and became the head nurse in the recovery room.

They retired in 1990 and took frequent trips to San Diego, grew a vegetable garden and enjoyed spending time with their children and grandchildren. Sadly, during a trip to San Diego, Cliff had a heart attack and passed away in 1996. In 2006, Fran had heart valve surgery. Once recovered, Fran enjoyed attending the football, basketball and baseball games for Arizona State University with friends and family. She joined a baseball booster club, which helped raise money for the baseball team. In 2014, she tripped and fell, breaking her hip, and moved to Andara in March, where she had physical therapy with Deanna from Genesis. She enjoys exercise classes, bingo, reading, watching sports on TV and exchanging emails with friends and family. She has eight grandchildren (the youngest, Noah, is a waiter in the dining room!) and four great-grandchildren. Congratulations, Fran, on your Silver Star!

JOIN US THIS MONTH FOR

a life of gratitude

Have you ever had a brief moment where you stopped and appreciated your life, the people around you and the beautiful world we live in? Studies show that simply showing gratitude improves your quality of life. Here are just a few programs to be grateful for this month:

- Wear Red on Fridays To Honor Our Veterans
- Gratitude Wall
- Poetry Class
- Gratitude Meditation Class
- Grateful Heart Glee Club Performance
- Veterans Program with Boy Scout Troop 30
- Thankful Tree
- Volunteer Appreciation Luncheon
- Astronomy Night
- Andara's Angels at Feed My Starving Children



TRAIN YOUR BRAIN
sudoku solution on back

	8		6			9	3	
			7	8			6	
6								
5								3
	3	4	2		1	6	7	
9				3				1
7								
	9			5	3			
	2	1			6		4	

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ARTIST GALLERY CAFÉ — AGC
- BOGART'S LOUNGE — BL
- CASABLANCA RESTAURANT — CR
- CLARK GABLE THEATER — CG
- DECO CAFÉ — DC
- FITNESS ROOM — FR
- GAME ROOM — GR
- GENERAL STORE — GS
- JOSEPHINE'S LOUNGE — JP
- LIBRARY — LBRY
- LOBBY — LBY
- MULTI-PURPOSE — MP
- OUTING — OT
- POOL — PL
- PRIVATE DINING ROOM — PDR
- SCARLETT'S LOUNGE — SL
- TIFFANY'S DINING ROOM — TIFFDR

TRANSPORTATION SCHEDULE

- MONDAY: 8 A.M.-1 P.M. *Chauffeur Service*
- MONDAY: 2 P.M. *Fry's, Marshalls & Home Depot*
- TUESDAY - FRIDAY: 8 A.M.-5:30 P.M. *Chauffeur Service*
- TUESDAY: 2 P.M. *Safeway, Walgreens & Dollar Store*
- SATURDAY: 9 A.M.-5:30 P.M. *Chauffeur Service*
- SUNDAY: 1:30 P.M. *Walmart & Target*
- SUNDAY: 8 A.M.-12 P.M. *Local Churches*

EVERY THURSDAY
Nurse Practitioner Available
For Appointments

Free Blood Pressure Checks
with ComForCare from
9-9:30 a.m. Scarlett's Lounge

ACTIVITIES ARE SUBJECT
TO CHANGE

72 HOUR NOTICE FOR ALL
APPOINTMENTS, PENDING
DRIVER AVAILABILITY

www.SeniorLifestyle.com
Activities are subject to change



BIRTHDAYS THIS MONTH

MARI GEM NACINOVICH — 2nd (Employee)
DIXIE LYNCH — 2nd
ART BUDROS — 5th
ROBERT CHIAPETTA — 5th
HERB GREEN — 6th

JANET DICKSON — 7th
DEBORAH BARTH — 18th (Employee)
JIM MACNAMES — 21st
THELMA KURZWEIL — 21st
JESSICA ROMERO — 22nd (Employee)

ANDREA EVANS — 22nd (Employee)
CHRIS MORAN — 23rd (Employee)
ANNA VADJA — 27th
ANN MCDONELL — 27th
JACK SPEISMAN — 27th

DAYLIGHT SAVING TIME ENDS 4
8:30 ● Local Churches | OT
9:30 ● Step Up Cardio with Rebecca | MP
10:00 ● Turkey Trot Walking Club | OT
1:00 ● Two Buck Bingo | BL
1:30 ● Walmart & Target | OT
2:00 ● Feature Film | CG
2:00 ● Bridge Club | MP
3:30 ● Paint and Pinot with Rebecca | MP
7:00 ● Feature Film | CG

● MESSAGE THERAPIST AVAILABLE FOR APPTS. 5
9:30 ● Hearing Check with Connect Hearing | GR
10:00 ● Strength & Stretch with Rita | MP
10:45 ● Andara's Glee Club Practice with Rebecca | MP
12:30 ● Wii Bowling Practice | MP
1:00 ● Two Buck Bingo | BL
2:00 ● Shop: Fry's, Marshalls & Home Depot | OT
3:00 ● Team Trivia | MP
5:00 ● Sunset Social | JP

ELECTION DAY 6
10:00 ● Full Body Fitness with Jill | MP
10:00 ● Aquacize with Jody | PL
10:45 ● Art with Sheila | MP
12:30 ● Mahjong Club | MP
1:00 ● Switch Bingo | BL
2:00 ● Safeway, Walgreens & Dollar Store | OT
2:15 ● Fall Cookie Decorating | MP
4:00 ● Dinner at Village Tavern | OT
5:00 ● Sunset Social | JP

8:30 ● Hearing Aid Cleaning | GR 7
9:30 ● Catholic Communion with St. Bernard's | SL
10:00 ● Body Pump with Rebecca | MP
10:30 ● Cardio Beats with Jill | MP
11:30 ● Top Golf & Lunch | OT
1:00 ● Brain Bingo | BL
2:15 ● Blackjack | BL
4:00 ● Happy Hour with Todd Hagen | JP
5:00 ● Sunset Social | JP

9:00 ● Blood Pressure Checks with ComForCare | SL 8
10:00 ● Tai Chi for Balance with Marti | MP
10:45 ● Billiards Club | BL
1:00 ● Two Buck Bingo | BL
1:00 ● Flu Clinic with Walgreens | SL
2:00 ● Feature Film | CG
2:30 ● KC's Home Health Care Introduction Event | JP
3:30 ● Brain Games | MP
5:00 ● Sunset Social | JP
7:00 ● Feature Film | CG

10:00 ● Strength & Stretch with Rita | MP 9
10:30 ● Cardio Kickboxing with Jill | MP
1:00 ● Pokeno | BL
2:00 ● Rummikub Club | GR
2:00 ● Feature Film | CG
2:00 ● Food Meeting with Chef Lyndon | DC
3:30 ● Horse Racing | MP
5:00 ● Sunset Social | JP
7:00 ● Feature Film | CG

9:00 ● Granite Reef Art & Craft Fair | OT 3
9:30 ● Tabata with Rebecca | MP
1:00 ● Two Buck Bingo | BL
1:00 ● Armenia Fest | OT
2:00 ● Feature Film | CG
2:15 ● Andara Ace's Volleyball Match | CR
2:15 ● Bunco Club | MP
4:00 ● Happy Hour with Les Koel | JP
7:00 ● Feature Film | CG

VETERANS DAY 11
8:30 ● Local Churches | OT
9:30 ● Step Up Cardio with Rebecca | MP
11:00 ● Veterans BBQ & Brunch | CR
1:00 ● Two Buck Bingo | BL
1:30 ● Walmart & Target | OT
2:00 ● Bridge Club | MP
2:00 ● Feature Film | CG
3:30 ● Putting Competition | CR
4:00 ● Honoring Our Veterans with Troop 30 | CR
7:00 ● Feature Film | CG

● MESSAGE THERAPIST AVAILABLE FOR APPTS. 12
10:00 ● Strength & Stretch with Rita | MP
10:45 ● Andara's Glee Club Practice with Rebecca | MP
11:00 ● Table Talk with Rabbi Levi | MP
12:30 ● Wii Bowling Practice | MP
1:00 ● Two Buck Bingo | BL
2:00 ● Shop: Fry's, Marshalls & Home Depot | OT
3:00 ● Poetry Club | MP
5:00 ● Sunset Social | JP

9:00 ● Care2 U Skin Cancer Screenings | LBRY 13
10:00 ● Full Body Fitness with Jill | MP
10:00 ● Aquacize with Jody | PL
10:45 ● Art with Sheila | MP
12:30 ● Mahjong Club | MP
1:00 ● Switch Bingo | BL
2:00 ● Safeway, Walgreens & Dollar Store | OT
3:00 ● Sing That Tune! | JP
4:00 ● Dinner at Charleston's | OT
5:00 ● Sunset Social | JP

9:30 ● Catholic Communion with St. Bernard's | SL 14
10:00 ● Body Pump with Rebecca | MP
10:30 ● Cardio Beats with Jill | MP
1:00 ● Brain Bingo | BL
2:15 ● Greatful Heart Glee Club Performance | CR
2:15 ● Blackjack | BL
4:00 ● Birthday Bash & Happy Hour with T.A. Burrows | JP
5:00 ● Sunset Social | JP

9:00 ● Blood Pressure Checks with ComForCare | SL 15
10:00 ● Tai Chi for Balance with Marti | MP
10:45 ● Billiards Club | BL
11:00 ● Talking Stick Casino | OT
1:00 ● Two Buck Bingo | BL
2:00 ● Feature Film | CG
2:30 ● Cruise One Presents "Celebrity Cruises" | CG
3:30 ● Current Events Discussion | MP
5:00 ● Sunset Social | JP
7:00 ● Feature Film | CG
7:15 ● Astronomy Night with Mr. Dickey | JP

10:00 ● Strength & Stretch with Rita | MP 16
10:30 ● Cardio Kickboxing with Jill | MP
11:30 ● Volunteer Appreciation Luncheon | PDR
1:00 ● Pokeno | BL
2:00 ● Rummikub Club | GR
2:00 ● Feature Film | CG
3:30 ● Horse Racing | MP
5:00 ● Sunset Social | JP
7:00 ● Feature Film | CG

9:30 ● Tabata with Rebecca | MP 17
10:00 ● Goodwill, Michael's, Hobby Lobby | OT
11:30 ● Romeo Club: Buffalo Wild Wings | OT
1:00 ● Two Buck Bingo | BL
1:00 ● Harkins Movie Theater | OT
2:00 ● Feature Film | CG
2:15 ● Andara Ace's Volleyball Match | CR
2:15 ● Bunco Club | MP
4:00 ● Happy Hour with Suzie Kiraly | JP
6:30 ● Phoenix Zoo Lights | OT
7:00 ● Feature Film | CG

8:30 ● Local Churches | OT 18
9:30 ● Step Up Cardio with Rebecca | MP
10:00 ● Turkey Trot Walking Club | OT
12:00 ● Walmart & Target | OT
1:00 ● Two Buck Bingo | BL
2:00 ● Bridge Club | MP
2:00 ● Feature Film | CG
3:00 ● Scottsdale Philharmonic at Scottsdale Bible Church | OT
3:30 ● Putting Competition | CR
7:00 ● Feature Film | CG

● MESSAGE THERAPIST AVAILABLE FOR APPTS. 19
10:00 ● Strength & Stretch with Rita | MP
10:45 ● Andara's Glee Club Practice with Rebecca | MP
12:30 ● Wii Bowling Practice | MP
1:00 ● Two Buck Bingo | BL
2:00 ● Shop: Fry's, Marshalls & Home Depot | OT
3:00 ● Phoenix Art Museum Presents "Art All Around Us" | CG
5:00 ● Sunset Social | JP

10:00 ● Full Body Fitness with Jill | MP 20
10:00 ● Aquacize with Jody | PL
10:45 ● Craft Corner | MP
11:00 ● Taylor Marie's Store | JP
12:30 ● Mahjong Club | MP
1:00 ● Switch Bingo | BL
2:00 ● Safeway, Walgreens & Dollar Store | OT
3:00 ● Resident Council Meeting
3:15 ● Armchair Travel: Rebecca's Trip to Scotland Pt. 1 | CG
5:00 ● Sunset Social | JP

9:30 ● Catholic Communion with St. Bernard's | SL 21
10:00 ● Body Pump with Rebecca | MP
10:30 ● Cardio Beats with Jill | MP
11:30 ● New Resident Luncheon | PDR
12:30 ● Walker Tuneups with SMES | LBRY
1:00 ● Brain Bingo | BL
2:15 ● Blackjack | BL
2:30 ● Bocce Ball Tournament
4:00 ● Happy Hour with Scott Hallock | JP
5:00 ● Sunset Social | JP

THANKSGIVING 22
9:30 ● Walking Club with Rebecca | OT
10:00 ● Tai Chi for Balance with Marti | MP
11:00 ● Thanksgiving Buffet & Harpist | CR
1:00 ● Autumn Bingo | BL
2:00 ● Feature Film | CG
3:30 ● Brain Games | MP
5:00 ● Sunset Social | JP
7:00 ● Feature Film | CG

10:00 ● Strength & Stretch with Rita | MP 23
10:30 ● Cardio Kickboxing with Jill | MP
1:00 ● Pokeno | BL
2:00 ● Rummikub Club | GR
2:00 ● Feature Film | CG
2:00 ● Craft Corner with Deborah | MP
3:30 ● Horse Racing | MP
5:00 ● Sunset Social | JP
7:00 ● Feature Film | CG

9:30 ● Tabata with Rebecca | MP 24
1:00 ● Two Buck Bingo | BL
1:00 ● Mystery Scenic Drive with Mike | OT
2:00 ● Feature Film | CG
2:15 ● Andara Ace's Volleyball Match | CR
2:15 ● Bunco Club | MP
4:00 ● Happy Hour with Dave Karl | JP
7:00 ● Feature Film | CG

8:30 ● Local Churches | OT 25
9:30 ● Step Up Cardio with Rebecca | MP
10:00 ● Turkey Trot Walking Club | OT
1:00 ● Two Buck Bingo | BL
1:30 ● Walmart & Target | OT
2:00 ● Feature Film | CG
2:00 ● Bridge Club | MP
3:30 ● Putting Competition | CR
7:00 ● Feature Film | CG

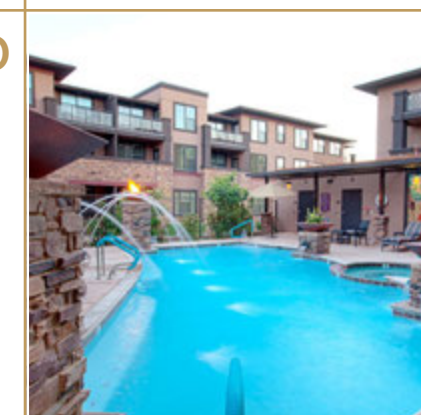
● MESSAGE THERAPIST AVAILABLE FOR APPTS. 26
10:00 ● Strength & Stretch with Rita | MP
10:45 ● Andara's Glee Club Practice with Rebecca | MP
12:30 ● Wii Bowling Practice | MP
1:00 ● Two Buck Bingo | BL
2:00 ● Shop: Fry's, Marshalls & Home Depot | OT
3:00 ● Team Trivia | MP
5:00 ● Sunset Social | JP

10:00 ● Full Body Fitness with Jill | MP 27
10:00 ● Aquacize with Jody | PL
10:45 ● Craft Corner | MP
12:30 ● Mahjong Club | MP
1:00 ● Switch Bingo | BL
2:00 ● Safeway, Walgreens & Dollar Store | OT
2:00 ● Food Demo with Chef Lyndon | DC
5:00 ● Sunset Social | JP

8:30 ● Andara's Angels at Feed My Starving Children | OT 28
9:30 ● Catholic Communion with St. Bernard's | SL
10:00 ● Body Pump with Rebecca | MP
10:30 ● Cardio Beats with Jill | MP
1:00 ● Brain Bingo | BL
2:00 ● Town Hall Meeting | CR
2:15 ● Blackjack | BL
3:15 ● Horse Racing | MP
4:00 ● Happy Hour with Hal Martin | JP
5:00 ● Sunset Social | JP

9:00 ● Blood Pressure Checks with ComForCare | SL 29
10:00 ● Tai Chi for Balance with Marti | MP
10:45 ● Billiards Club | BL
1:00 ● Two Buck Bingo | BL
2:00 ● Feature Film | CG
2:30 ● Ranger B. Presents "Big Horned Sheep" | MP
3:30 ● Current Events Discussion | MP
5:00 ● Sunset Social | JP
7:00 ● Feature Film | CG

10:00 ● Strength & Stretch with Rita | MP 30
10:30 ● Cardio Kickboxing with Jill | MP
11:00 ● Book Club | SL
1:00 ● Pokeno | BL
2:00 ● Feature Film | CG
2:00 ● Rummikub Club | GR
3:30 ● Horse Racing | MP
5:00 ● Sunset Social | JP
5:30 ● Shabbat Dinner | CR
6:15 ● "Holiday Pops" With the Phoenix Symphony & Chorus | OT
7:00 ● Feature Film | CG



EVENT RECAP

get your kicks on route 66



The Andara Aces volleyball team competed against our sister property, Fountain View Village, and took home the win!



Residents took a day trip to Flagstaff to see Route 66.

WELCOME, *new residents!*

Jerald Adams, Donald Hawkinson, Delores and Jerry Blumen

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Congratulations to our HEART Hero of the month, KAIT SNOW! Recently, Kait was promoted to a Resident Program Assistant for our new Assisted Living activities calendar. Kait was chosen as our HEART Hero for her dedication to helping other departments as she transitioned into Programming, her eagerness to learn and grow in the company and for always having a smile on her face!

Kait is originally from Yuma, Ariz. Growing up, she took voice and piano lessons. She enjoys the outdoors, baking and playing pickle ball and tennis. She also enjoys spoiling her two Maltese dogs. She is currently finishing her Bachelors in Public Health. Congratulations, Kait!



Kait Snow

IT'S OUR PLEASURE TO SERVE YOU ...

word from your executive director

November is a time to reflect and remember everything we are thankful for. This year, my whole life has changed, starting with moving my family to Arizona, taking the Director position here at Andara and multiple other changes that came with the move. I am thankful for this opportunity and for each and every one of you. This coming year, 2019, will also be a year of changes, a year of bringing Andara to the top of the list in Senior Living and providing top customer service, as well as developing lifelong friendships with each and every one of you.

I also wanted to let you know our Maintenance and Housekeeping departments are growing! We have had some great referrals for employees and are making great strides! This month, we will have a full maintenance and housekeeping department! This will be an exciting time to really shine and bring forth the customer service experience we all desire! As we continue to look at our customer service, know that our management team is also teaching their employees what it takes to bring it to the next level! I can't wait to see our community flourish and the excitement all of these items will bring to our community.

As always, it is my pleasure to be your Executive Director and thank you for making Andara a wonderful place to be!

MANAGEMENT TEAM

Kristi Luce, *Executive Director*

Jill Taylor, *Director of Resident Programs*

Linda Conlon, *Director of Resident Services*

Deborah Barth, *Business Office Manager*

Lauren Leston, *Director of Sales & Marketing*

Dianne Manning, *Dining Room Manager*

Rex Stambaugh, *Director of Plant Operations*

Tiffany Volkenant, *Health and Wellness Director*

Traci Henderson, *Sales Counselor*

Lyndon Roberts, *Executive Chef*

TRAIN
YOUR
BRAIN
solution

1	8	7	6	4	5	9	3	2
2	5	3	7	8	9	1	6	4
6	4	9	3	1	2	8	5	7
5	1	2	8	6	7	4	9	3
8	3	4	2	9	1	6	7	5
9	7	6	5	3	4	2	8	1
7	6	5	4	2	8	3	1	9
4	9	8	1	5	3	7	2	6
3	2	1	9	7	6	5	4	8



PET FRIENDLY



SENIOR
LIFESTYLE

your life, your style