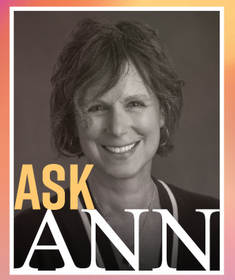

WHEN WORDS BECOME A CHALLENGE

Living with memory loss can sometimes affect how a person communicates and responds to the people around them. A loved one may make critical comments about another person's appearance or behavior, repeat remarks even after being asked to stop or say something that unintentionally hurts someone's feelings. While these moments can be difficult, it's important to remember that the behavior may not reflect the person's true feelings or intentions.

First, consider whether something else may be contributing to the behavior. Hunger, thirst, fatigue or physical discomfort can sometimes make a person more irritable or less able to filter their comments.

When a critical remark occurs, respond calmly and gently. A quiet reminder or simple visual cue may be more effective than correcting the person repeatedly. Whenever possible, redirect the conversation toward something positive and offer genuine compliments to help create a welcoming atmosphere.

For family members and caregivers, patience and understanding can make these challenging moments easier for everyone. With compassionate support, we can help protect meaningful relationships while ensuring every resident is treated with dignity and respect.

EVERY MOMENT TELLS A STORY

Making magical memories at our Spooky Masquerade Family Night

American House SENIOR LIVING COMMUNITIES™

American House Zephyrhills
38130 Pretty Pond Rd
Zephyrhills | FL | 33540
813.793.7941
AmericanHouse.com
Assisted Living Facility #12384

QUICK LINKS

ALZ.org
alzheimers.gov
alzfdn.org
nia.nih.gov/health/alzheimers-and-dementia

LIVING WELL

MEMORY CARE EDITION.

ZEPHYRHILLS NOVEMBER 2026

SUPPORTING INDEPENDENCE, ONE DAY AT A TIME

Everyday routines like getting dressed, enjoying a meal and taking care of personal hygiene are about more than daily tasks. They can provide a sense of purpose, comfort and independence. As a person's needs change, they may need a little more support with these activities and knowing when to step in can make all the difference.

Families may notice signs such as difficulty getting dressed or groomed, changes in personal hygiene or weight or trouble moving safely from one place to another. A loved one may also begin missing activities they enjoy because they need more help getting there.

The goal isn't to do everything for them. It's to provide the right amount of support while preserving their choices and independence. Give your loved one time to do what they can, offer encouragement and celebrate their successes. Sometimes, a little patience and a helping hand are all they need to keep doing what they love.

SHARING A LIFETIME OF WISDOM

When Dale first moved into the Memory Care neighborhood at American House Wesley Chapel, he spent much of his time alone in his apartment. A longtime physics instructor, Dale had spent his life studying the world and teaching others how things worked. But in his new surroundings, he was quiet and kept to himself.

One day, Living Well Coordinator Kizzy Colon printed out some physics homework and asked Dale for help. As he looked over the problems, his face lit up. Soon, he was explaining answers and teaching Kizzy about radioactivity and other fascinating concepts.

That simple homework assignment opened a door. Dale began talking with neighbors and sharing stories about teaching physics, building his own home and his fishing and hunting adventures. Sharing his knowledge gave Dale a renewed sense of purpose and helped him feel connected to his new community. Sometimes, a little kindness and something familiar can make all the difference.

NOVEMBER 2026 EVENTS

- 11/4 Bible Study Mary
- 11/4 Live Music Deborah
- 11/4 Pet Therapy
- 11/6 Mystery Bus Ride
- 11/11 Family Support Group
- 11/12 Let the Good Times Roll
- 11/14 Church Services Mary
- 11/18 Live Music Geri
- 11/20 Mystery Bus Ride
- 11/25 Live Music Jenifer

AH-12889-1

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 DAYLIGHT SAVING TIME 8:00a Seated Exercise MC 9:00a Virtual Church MC 10:00a Failure Free Art MC 1:00p Engaged Senior MC 2:00p Bake Club MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**02** 9:00a Seated Zumba Maria MC 10:00a Brain Matters MC 1:00p Candy Bingo MC 2:00p Cooking Demo MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**03** 9:00a Strength Training MC 10:00a Minute Manicures MC 1:00p Candy Bingo MC 2:00p Balloon VolleyBall MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**04** 9:00a Seated Zumba Maria MC 9:30a Bible Study Mary MC 10:00a Pet Therapy MC 1:00p **Happy Hour Deborah** MC 2:00p Reminisce with Legacy MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**05** 9:00a Cardio Conditioning MC 10:00a Catholic Mass THR 10:00a Brainiacs MC 1:00p Candy Bingo MC 2:00p Noodle Ball MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**06** 9:00a Seated Exercise MC 10:00a Cranium Crunches MC 1:00p Mystery Bus Ride MC 2:00p Puzzlers with Music MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**07** 8:00a Seated Exercise MC 9:00a Church Services Mary MC 10:00a Failure Free Art MC 1:00p Root Beer Floats MC 2:00p Make a Deal MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC
08 8:00a Seated Exercise MC 9:00a Virtual Church MC 10:00a Bible Challenge MC 1:00p Failure Free Art MC 2:00p Sip n' Sunshine MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**09** 9:00a Seated Zumba Maria MC 10:00a Brain Matters MC 1:00p Candy Bingo MC 2:00p Garden Club MC 3:00p The Price Is Right MC 4:00p Sensory Social MC 6:00p Movie MC	**10** 9:00a Strength Training MC 10:00a Minute Manicures MC 1:00p Candy Bingo MC 2:00p Balloon Volleyball MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**11** VETERANS DAY 9:00a Seated Zumba Maria MC 9:30a Family Support Group PD 9:30a Bible Study Mary MC 1:00p **Happy Hour GEO** MC 2:00p The Price Is Right MC 3:00p Sensory Socail MC 4:00p Table Games MC 6:00p Movie MC	**12** 9:00a Cardio Conditioning MC 10:00a Catholic Mass THR 10:00a Brainiacs MC 1:00p Family Night MC 2:00p Noodle Ball MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**13** 9:00a Seated Exercise MC 10:00a Cranium Crunches MC 1:00p Puzzle Craft MC 2:00p Sign Language Session MC 2:30p The Price Is Right MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**14** 8:00a Seated Exercise MC 9:00a SingFit MC 10:00a Failure Free Art MC 1:00p Ice Cream Sundaes MC 2:00p Make a Deal MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC
15 8:00a Seated Exercise MC 9:00a Virtual Church MC 10:00a Failure Free Art MC 1:00p Engaged Senior MC 2:00p Bake Club MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie Shark Week MC	**16** 9:00a Seated Zumba Maria MC 10:00a Brain Matters MC 1:00p Candy Bingo MC 2:00p Garden Club MC 3:00p Deal or No Deal MC 4:00p Sensory Social MC 6:00p Movie Shark Week MC	**17** 9:00a Strength Training MC 10:00a Minute Manicures MC 1:00p Candy Bingo MC 2:00p Balloon Volleyball MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie Shark Week MC	**18** 9:00a Seated Zumba Maria MC 9:30a Bible Study Mary MC 1:00p **Happy Hour Geri** MC 2:00p Reminisce with Legacy MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie Shark Week MC	**19** 9:00a Cardio Conditioning MC 10:00a Catholic Mass THR 10:00a Brainiacs MC 1:00p Candy Bingo MC 2:00p Noodle Ball MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie Share Week MC	**20** 9:00a Seated Exercise MC 10:00a Cranium Crunches MC 1:00p Mystery Bus Ride MC 2:00p Jeopardy MC 3:00p Puzzlers with Music MC 4:00p Sensory Social MC 6:00p Movie Shark Week MC	**21** 8:00a Seated Exercise MC 9:00a Church Services Mary MC 10:00a Failure Free Art MC 1:00p Root Beer Floats MC 2:00p Make a Deal MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie Shark Week MC
22 8:00a Seated Exercise MC 9:00a Virtual Church MC 10:00a Failure Free Art MC 1:00p Engaged Senior MC 2:00p Sit n' Sunshine MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**23** 9:00a Seated Zumba Maria MC 10:00a Brain Matters MC 1:00p Candy Bingo MC 2:00p Garden Club MC 3:00p Deal or No Deal MC 4:00p Sensory Social MC 6:00p Movie MC	**24** 9:00a Strength Training MC 10:00a Minute Manicures MC 1:00p Candy Bingo MC 2:00p Balloon Volleyball MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**25** 9:00a Seated Zumba Maria MC 9:30a Bible Study Mary MC 1:00p **Happy Hour Jenifer** MC 2:00p Candy Bingo MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**26** THANKSGIVING 9:00a Cardio Conditioning MC 10:00a Catholic Mass THR 10:00a Brainiacs MC 1:00p Candy Bingo MC 2:00p Noodle Ball MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**27** 9:00a Seated Exercise MC 10:00a Cranium Crunches MC 1:00p Craft Club MC 2:00p Puzzlers with Music MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**28** 8:00a Seated Exercise MC 9:00a SingFit MC 10:00a Failure Free Art MC 1:00p Ice Cream Sundaes MC 2:00p Make a Deal MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC
29 8:00a Seated Exercise MC 9:00a Virtual Church MC 10:00a Bible Challenge MC 1:00p Engaged Senior MC 2:00p Failure Free Art MC 3:00p Sensory Social MC 4:00p Table Games MC 6:00p Movie MC	**30** 9:00a Seated Zumba Maria MC 10:00a Brain Matters MC 1:00p Candy Bingo MC 2:00p Deal or No Deal MC 3:00p Sensory Social MC 4:00p Table Top Game MC 6:00p Movie MC	**BIRTHDAYS** Charles F.11/23 Susan M. 11/23				

LOCATION KEY

3FA	3rd Floor Activity Room	**B**	Bistro	**ME**	Main Entrance
3A	3rd Floor Atrium	**CR**	Card Room	**MC**	Memory Care
3FL	3rd Floor	**CMC**	Community Center	**SP**	Screened Porch
AR	Activity Room	**DR**	Dining Room	**THR**	Theater
A	Atrium	**FIR**	Fireplace		
BP	Back Patio	**LIB**	Library		

All activities subject to change.