

COMMUNITY CONNECTIONS

February 2026

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01

8:45 Church Transportation
10:00 B-Fit Weekend
10:30 Daily Chronicles
11:00 Virtual Church Service
1:00 Classic Television
The Partridge Family
2:00 Kings In the Corner
3:00 Puzzles & Games

02

GROUNDHOG DAY
10:00 B-Fit: Core & Balance CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
2:00 Crafter's Corner CC
Edible Groundhogs
3:30 Great Courses: CC
Fruity Olympic Rings CA
IMAX's Amazing Caves CA

03

10:00 B-Fit: Upper Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Trivia Challenge CA
1:00 Classic Television
2:00 Cooking Demonstration: CC
3:00 Resident Engagement Chat CA

04

10:00 B-Fit: Flexibility CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
1:00 Classic Television
2:00 Bingo CC
3:00 Modern Marvels: CA
Invention of Fireworks

05

10:00 B-Fit: Strength CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Morning Trivia CA
1:00 Classic Television: CA
2:00 Bingo CC
3:00 Modern Marvels: BUS
Scenic Drive
Invention of Fireworks

06

10:00 B-Fit: Lower Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Wordscapes CA
1:00 Classic Television: CA
2:30 Music with CA
The Jeffersons
Robert Meadows
3:00 Short Stories CA

07

10:00 B-Fit Weekend CA
10:30 Hydration & Daily CA
Chronicles
11:00 Games & Puzzles CA
1:00 Classic Television: CA
My Three Sons
2:00 Afternoon Delight CA
3:00 Hand Massages & Music CA

08

8:45 Church Transportation BUS
10:30 Daily Chronicles CA
11:00 Virtual Church Service CA
11:00 Crossword Puzzles CA
1:00 Classic Television CA
All In the Family
2:00 Kings In the Corner CC
3:00 Word Puzzles CC

09

10:00 B-Fit: Core & Balance CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
2:00 Crafter's Corner: CC
Valentine Designs
3:30 Great Courses: CC
Raspberry Parfaits CA
Touring New Zealand

10

10:00 B-Fit: Upper Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Trivia Challenge CA
1:00 Classic Television
2:00 Cooking Demonstration: CC
3:30 Optimum Life Talk CC

11

10:00 B-Fit: Flexibility CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
1:00 Classic Television
2:00 Bingo CC
3:00 Modern Marvels: CA
Mount Rushmore

12

10:00 B-Fit: Strength CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Outing: Longhorns CC
1:00 Classic Television: CA
2:00 Bingo CC
3:00 Short Stories CA
Rummikub

13

10:00 B-Fit: Lower Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Wordscapes CA
1:00 Classic Television: CA
2:30 Music with CA
All In the Family
Mike Silver
3:00 Comm. Outreach Project

14

VALENTINE'S DAY
10:00 B-Fit Weekend CA
10:30 Hydration & Daily CA
Chronicles
11:00 Games & Puzzles CA
11:00 Classic Television: CA
Gilligan's Island
2:00 Afternoon Delight CA
3:00 Hand Massages & Music CA

15

8:45 Church Transportation
10:30 Daily Chronicles
11:00 Virtual Church Service CA
11:00 Crossword Puzzles CC
1:00 Classic Television CA
The Golden Girls
2:00 Kings In the Corner CC
3:00 Puzzles & Games CC

PRESIDENTS' DAY
10:00 B-Fit: Core & Balance CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
2:00 Crafter's Corner CC
Lincoln Penny Bookmarks
3:30 Great Courses: CC
IMAX's Antarctica

17

10:00 B-Fit: Upper Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Trivia Challenge CA
1:00 Classic Television
2:00 Cooking Demonstration: CC
3:30 Words Within Words CA

18

10:00 B-Fit: Flexibility CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
1:00 Classic Television
2:00 Bingo CC
3:00 Modern Marvels: CA
The Golden Gate Bridge

19

10:00 B-Fit: Strength CA
10:30 Hydration, Devotions, CA
Daily Chronicles
11:00 Wacky Word Puzzles CC
1:00 Classic Television: CA
2:00 Bingo CC
3:00 Shopping at Walgreens BUS
The Golden Gate Bridge

20

10:00 B-Fit: Lower Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Wordscapes CA
1:00 Classic Television
The Golden Girls
1:30 Music with CA
John Freitas
2:00 Shopping at Walgreens BUS
Wheel of Fortune

21

10:00 B-Fit Weekend CA
10:30 Hydration & Daily CA
Chronicles
11:00 Games & Puzzles CA
11:00 Classic Television: CA
Hazel
2:00 Afternoon Delight CA
3:00 Hand Massages & Music CA

22

8:45 Church Transportation
10:30 Daily Chronicles
11:00 Virtual Church Service CA
11:00 Crossword Puzzles CC
1:00 Classic Television CA
The Partridge Family
2:00 King In the Corner CC
3:00 Word Puzzles CC

23

10:00 B-Fit: Core & Balance CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
2:00 Crafter's Corner CC
Fortune Sticks
3:30 Great Courses: CC
Touring Australia

24

10:00 B-Fit: Upper Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Trivia Challenge CA
1:00 Classic Television
2:00 Cooking Demonstration: CC
3:30 My Life Story CA

25

10:00 B-Fit: Flexibility CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Flex Your Brain CC
1:00 Classic Television
2:00 Bingo CC
3:00 Modern Marvels: CA
Roller Coasters

26

10:00 B-Fit: Strength CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Lunch at Olive Garden BUS
1:00 Classic Television: CA
2:00 Bingo CC
3:00 Short Stories CA
Rummikub

27

10:00 B-Fit: Lower Body CA
10:30 Hydration, Devotion, & CA
Daily Chronicles
11:00 Wordscapes CA
1:00 Classic Television
I Love Lucy
1:30 Music with CA
Wynne Buran
2:00 Shopping at Walgreens BUS
3:00 Crazy Eights

28

10:00 B-Fit Weekend CA
10:30 Hydration & Daily CA
Chronicles
11:00 Games & Puzzles CA
11:00 Classic Television: CA
The Beverly Hillbillies
2:00 Afternoon Delight CA
3:00 Hand Massages & Music CA

Brookdale Chambrel Roswell

1000 Applewood Drive
Roswell, GA 30076
(770) 594-4600
brookdale.com

Assisted Living
All activities are subject to change.

LOCATION KEY

CA Common Area
IL Independent Living
EA Entertainment Area
CC Crafters Corner
* Bus Outing
DR Dining Room



The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

Better Passwords for Better Peace of Mind

February 1 is **National Change Your Password Day**, a good reminder when checking bank statements or updating insurance, giving your online accounts a password tune-up is part of protecting your financial and personal well-being. The National Institute of Standards and Technology (NIST) offers simple, research-based guidance that can make your passwords stronger and easier to remember — without the headache of complicated rules.



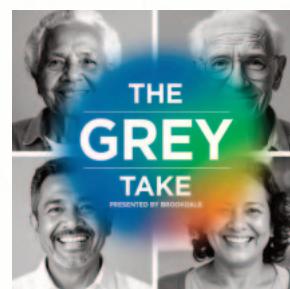
- **Make it long.** A strong password should be at least 15 characters (or longer). Longer passwords are much harder for attackers to guess or break.
- **Use a “passphrase”.** Instead of a short word plus numbers, try several simple, unrelated words strung together. For example, “sunflower-pillow-harbor-blue.” It’s easier to remember and harder for automated tools to crack.
- **Rethink the old rules.** You don’t have to rely on a confusing jumble of letters, numbers, and symbols for strength. Length is the biggest security booster, but adding numbers or symbols to a long passphrase can make it even stronger and is sometimes required as part of the rules set by the service provider.

Extra steps you can take for greater protection:

- **Turn on multifactor authentication (MFA).** This adds a second step — like a text message code or fingerprint/facial recognition — to confirm it’s really you.
- **Consider “passkeys”.** On websites that support them, passkeys replace passwords with a secure digital key stored on your device.
- **Use a password manager.** These secure tools create and store long, unique passwords for each account, so you don’t have to. You only need to remember one password for the manager.

Even updating just one or two important account passwords, like email or banking, can be a meaningful step toward greater peace of mind. Consider sharing the reminder with others to help keep the people you care about safer online, too. [National Institute of Standards and Technology](#)

Did You Know?



The Grey Take explores the complex challenges families encounter when caring for aging loved ones, highlighting that life—and aging—exists in shades of grey rather than simply black and white. The podcast combines humor, sincerity and expert perspectives to help listeners feel knowledgeable and supported, equipping them with the tools to navigate difficult topics such as balancing family dynamics, managing caregiver guilt and supporting aging loved ones as they find love again.

Hosted by documentary filmmaker Roy Clary, experienced caregiver Suzie Lind, and journalist and author Marybeth (MB) Roberts, each episode showcases the hosts' and guests' candid experiences in caregiving, open dialogues with industry professionals, and relatable anecdotes from the often chaotic and intricate process of aging. To learn more and how to listen, go to <https://www.brookdale.com/en/grey-take.html>. New episodes are released twice a month.

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Brookdale News

A Message from our new Chief Operating Officer, Mary Sue Patchett

I'm honored and excited to introduce myself and share that I've stepped into the role of Chief Operating Officer at Brookdale. Having recently served as Interim Executive Vice President of Community and Field Operations, I'm grateful for the opportunity to continue working alongside such a dedicated and passionate team of associates.

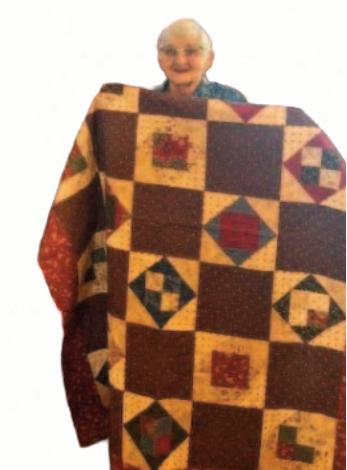
With more than 40 years in senior living, my heart has always been in supporting residents, families, and the team members who provide outstanding customer service and care every day. In my new role, I'll be working closely with our regional operations, clinical, dining, dementia care, and resident and family engagement and experience leaders. Together, our focus will remain on creating meaningful experiences and continually improving the way we serve you, our residents and your families. We are a passionate team and we're so happy you chose to live at Brookdale during this time in your life.



I've spent many years at Brookdale in various operating roles throughout my career, and it truly feels like coming home. I enjoy visiting communities across the 41 states we operate in, so I look forward to possibly meeting you in person soon. I'm incredibly thankful for the trust placed in me and I'm confident that, as a team, we will continue to deliver on our mission which is to enrich the lives of those we serve.

Mary Sue Patchett
Chief Operating Officer

An Engaged Life



Brookdale Briargate was invited by the local Pikes Peak Chapter of the Young Men's Service League organization to apply for their Ultimate Gift project. The project initiative provides a significant, transformative service for a charity or community need. The community was overjoyed when they were selected and began aligning ideas for the wishes. The idea was to grant 34 special wishes for their residents. The first wish was for resident Phyllis and included an afternoon of group quilting. As a lifelong quilter, Phyllis has crafted many quilt designs and shared her creations during her birthday celebration this past June.

Both moms and sons from the organization arrived with sewing machines and began cutting material to make quilted squares. They brought a special book, *The Quiltmaker's Gift* for quilting ideas, and everyone enjoyed a charcuterie board filled with sweet and savory treats. Phyllis's eyes lit up when she saw the sewing machines and she spent hours immersed in all things quilting. By the end of Phyllis's afternoon, she was able to show off her new quilt for her bed. Beautiful memories and priceless connections were made!