

COMMUNITY CONNECTIONS

February 2026

S	M	T	W	T	F	S
<div>01</div> <div>8:45 Church Transportation</div> <div>10:00 B-Fit Weekend CA</div> <div>10:30 Daily Chronicles</div> <div>11:00 Virtual Church Service CA</div> <div>1:00 Classic Television CA</div> <div>The Partridge Family CA</div> <div>2:00 Kings In the Corner CC</div> <div>3:00 Puzzles & Games CA</div>	<div>02</div> <div>GROUNDHOG DAY</div> <div>10:00 B-Fit: Core & Balance CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>2:00 Crafter's Corner CC</div> <div>Edible Groundhogs</div> <div>3:30 Great Courses: CC</div> <div>IMAX's Amazing Caves CA</div>	<div>03</div> <div>10:00 B-Fit: Upper Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>10:30 Trivia Challenge CA</div> <div>1:00 Classic Television</div> <div>2:00 Cooking Demonstration: CC</div> <div>Fruity Olympic Rings CA</div> <div>3:30 Resident Engagement Chat CA</div>	<div>04</div> <div>10:00 B-Fit: Flexibility CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>1:00 Classic Television CA</div> <div>2:00 Bingo CC</div> <div>3:00 Modern Marvels: CA</div> <div>Invention of Fireworks</div>	<div>05</div> <div>10:00 B-Fit: Strength CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Morning Trivia CA</div> <div>1:00 Classic Television: CA</div> <div>The Jeffersons</div> <div>2:30 Scenic Drive BUS</div> <div>3:30 Short Stories CA</div>	<div>06</div> <div>10:00 B-Fit: Lower Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Wordscapes CA</div> <div>Classic Television</div> <div>1:30 Music with CA</div> <div>Robert Meadows</div> <div>3:00 Crazy Eights CC</div>	<div>07</div> <div>10:00 B-Fit Weekend CA</div> <div>10:30 Hydration & Daily Chronicles CA</div> <div>11:00 Games & Puzzles CA</div> <div>1:00 Classic Television: CA</div> <div>My Three Sons</div> <div>2:00 Afternoon Delight CA</div> <div>3:00 Hand Massages & Music CA</div>
<div>08</div> <div>8:45 Church Transportation BUS</div> <div>10:30 Daily Chronicles CA</div> <div>11:00 Virtual Church Service CA</div> <div>11:00 Crossword Puzzles CA</div> <div>1:00 Classic Television CA</div> <div>All In the Family</div> <div>2:00 Kings In the Corner CC</div> <div>3:00 Word Puzzles CC</div>	<div>09</div> <div>10:00 B-Fit: Core & Balance CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>2:00 Crafter's Corner: CC</div> <div>Valentine Designs</div> <div>3:30 Great Courses CC</div> <div>Touring New Zealand</div>	<div>10</div> <div>10:00 B-Fit: Upper Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>10:30 Trivia Challenge CA</div> <div>1:00 Classic Television</div> <div>2:00 Cooking Demonstration: CC</div> <div>Raspberry Parfaits CA</div> <div>3:30 Optimum Life Talk CC</div>	<div>11</div> <div>10:00 B-Fit: Flexibility CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>1:00 Classic Television CA</div> <div>2:00 Bingo CC</div> <div>3:00 Modern Marvels: CA</div> <div>Mount Rushmore</div>	<div>12</div> <div>10:00 B-Fit: Strength CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Outing: Longhorns CC</div> <div>1:00 Classic Television: CA</div> <div>All In the Family</div> <div>2:30 Short Stories CA</div> <div>3:30 Rummikub CC</div>	<div>13</div> <div>10:00 B-Fit: Lower Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Wordscapes CA</div> <div>Classic Television</div> <div>1:30 Music with CA</div> <div>Mike Silver</div> <div>3:00 Comm. Outreach Project</div>	<div>14</div> <div>VALENTINE'S DAY</div> <div>10:00 B-Fit Weekend CA</div> <div>10:30 Hydration & Daily Chronicles CA</div> <div>11:00 Games & Puzzles CA</div> <div>11:00 Classic Television: CA</div> <div>Gilligan's Island</div> <div>2:00 Afternoon Delight CA</div> <div>3:00 Hand Massages & Music CA</div>
<div>15</div> <div>8:45 Church Transportation</div> <div>10:30 Daily Chronicles</div> <div>11:00 Virtual Church Service CA</div> <div>11:00 Crossword Puzzles CC</div> <div>1:00 Classic Television CA</div> <div>The Golden Girls</div> <div>2:00 Kings In the Corner CC</div> <div>3:00 Puzzles & Games CC</div>	<div>16</div> <div>PRESIDENTS' DAY</div> <div>10:00 B-Fit: Core & Balance CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>2:00 Crafter's Corner CC</div> <div>Lincoln Penny Bookmarks</div> <div>3:30 Great Courses: CC</div> <div>IMAX's Antarctica</div>	<div>17</div> <div>10:00 B-Fit: Upper Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>10:30 Trivia Challenge CA</div> <div>1:00 Classic Television</div> <div>2:00 Cooking Demonstration: CC</div> <div>Mardi Gras Snacks</div> <div>3:30 Words Within Words CA</div>	<div>18</div> <div>10:00 B-Fit: Flexibility CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>1:00 Classic Television CA</div> <div>2:00 Bingo CC</div> <div>3:00 Modern Marvels: CA</div> <div>The Golden Gate Bridge</div>	<div>19</div> <div>10:00 B-Fit: Strength CA</div> <div>10:30 Hydration, Devotions, Daily Chronicles CA</div> <div>11:00 Wacky Word Puzzles CC</div> <div>1:00 Classic Television: CA</div> <div>The Golden Girls</div> <div>2:00 Shopping at Walgreens BUS</div> <div>3:30 Wheel of Fortune CA</div>	<div>20</div> <div>10:00 B-Fit: Lower Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Wordscapes CA</div> <div>Classic Television</div> <div>1:30 Music with CA</div> <div>John Freitas</div> <div>3:00 Crazy Eights CC</div>	<div>21</div> <div>10:00 B-Fit Weekend CA</div> <div>10:30 Hydration & Daily Chronicles CA</div> <div>11:00 Games & Puzzles CA</div> <div>11:00 Classic Television: CA</div> <div>Hazel</div> <div>2:00 Afternoon Delight CA</div> <div>3:00 Hand Massages & Music CA</div>
<div>22</div> <div>8:45 Church Transportation</div> <div>10:30 Daily Chronicles</div> <div>11:00 Virtual Church Service CA</div> <div>11:00 Crossword Puzzles CC</div> <div>1:00 Classic Television CA</div> <div>The Partridge Family</div> <div>2:00 King In the Corner CC</div> <div>3:00 Word Puzzles CC</div>	<div>23</div> <div>10:00 B-Fit: Core & Balance CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>2:00 Crafter's Corner CC</div> <div>Fortune Sticks</div> <div>3:30 Great Courses: CC</div> <div>Touring Australia</div>	<div>24</div> <div>10:00 B-Fit: Upper Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>10:30 Trivia Challenge CA</div> <div>1:00 Classic Television CA</div> <div>2:00 Cooking Demonstration: CC</div> <div>Sweet Pecan Pie</div> <div>3:30 My Life Story CA</div>	<div>25</div> <div>10:00 B-Fit: Flexibility CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Flex Your Brain CC</div> <div>1:00 Classic Television CA</div> <div>2:00 Bingo CC</div> <div>3:00 Modern Marvels: CA</div> <div>Roller Coasters</div>	<div>26</div> <div>10:00 B-Fit: Strength CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Lunch at Olive Garden BUS</div> <div>1:00 Classic Television: CA</div> <div>I Love Lucy</div> <div>2:30 Short Stories CA</div> <div>3:30 Rummikub CC</div>	<div>27</div> <div>10:00 B-Fit: Lower Body CA</div> <div>10:30 Hydration, Devotion, & Daily Chronicles CA</div> <div>11:00 Wordscapes CA</div> <div>Classic Television CA</div> <div>1:30 Music with CA</div> <div>Wynne Buran</div> <div>3:00 Crazy Eights CC</div>	<div>28</div> <div>10:00 B-Fit Weekend CA</div> <div>10:30 Hydration & Daily Chronicles CA</div> <div>11:00 Games & Puzzles CA</div> <div>11:00 Classic Television: CA</div> <div>The Beverly Hillbillies</div> <div>2:00 Afternoon Delight CA</div> <div>3:00 Hand Massages & Music CA</div>



Brookdale Chambrel Roswell

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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
- BUS Outing
- SR Sunroom



COMMUNITY CONNECTIONS

February 2026

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](https://www.nist.gov/identity/identitymanagement/passwords)

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.

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 the 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 Phyliss and included an afternoon of group quilting. As a lifelong quilter, Phyliss 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 charcutier board filled with sweet and savory treats. Phyliss’s eyes lit up when she saw the sewing machines and she spent hours immersed in all thing’s quilting. By the end of Phyliss’s afternoon, she was able to show off her new quilt for her bed. Beautiful memories and priceless connections were made!