

COMMUNITY CONNECTIONS

February 2026

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01
Happy Birthday Jerry!
 9:45 B-Fit Relax and Flex TS
 11:00 Hobbies Trivia TS
 11:15 Church Worship TS
 2:30 Gone Fishin' BL
 4:00 Country Classics TS
 6:00 Evening News LR

02 GROUNDHOG DAY
 9:45 B-Fit Cardio TS
 11:00 Daily Trivia TS
 2:00 Watercolor TS
 2:30 Ring Toss BL
 4:00 Name That Tune CD
 6:00 Cars LR

03
 9:45 B-Fit Lower Strength TS
 11:00 The Price Is Right TS
 2:00 Baking Club BCK
 2:30 Bowling BL
 4:00 Karaoke CD
 4:00 Smooth Jazz TS
 5:00 Support Group CR
 6:00 Classic Movies LR

04
 9:45 B-Fit Core Strength TS
 11:00 Wordsearch TS
 11:30 Rosary
 2:00 USA Fitness: Yoga BL
 3:30 BINGO BD
 4:00 Hymn Sing Along CD
 6:00 TV Game Shows LR

05
 9:45 B-Fit Lower Strength TS
 11:00 Family Feud TS
 2:00 Cooks in the Kitchen BCK
 2:30 Corn Hole BL
 4:00 Name That Artist CD
 6:00 Wild Earth LR

06
Happy Anniv. Dave!
 9:45 B-Fit Upper Strength TS
 11:00 Holiday Trivia TS
 2:30 Volleyball BL
 4:00 Classic Oldies TS
 6:00 American Pickers LR

07
 9:45 B-Fit Balance/Coord TS
 11:00 Hangman TS
 2:30 Curling BL
 4:00 Motown Hits TS
 6:00 TV Land Drama LR

08
Happy Anniv. Davina!
 9:45 B-Fit Relax and Flex TS
 11:00 State Trivia TS
 11:15 Church Worship TS
 2:30 Basketball BL
 4:00 40's Hits TS
 6:00 Current Events LR

09
Happy Birthday Teresa and Nick!
 9:45 B-Fit Cardio TS
 11:00 Food & Drink Trivia TS
 2:00 Canvas Painting TS
 2:30 Parachute BL
 4:00 Musical Ball CD
 6:00 In the News LR

10
 9:45 B-Fit Lower Strength TS
 11:00 Would You Rather TS
 2:00 Baking Club BCK
 2:30 Golf BL
 4:00 Music Club CD
 6:00 PBS Travel LR

11
 9:45 B-Fit Core Strength TS
10:00 Ice Dinosaurs O
Sloan Museum
 11:00 Animal Trivia TS
 11:30 Rosary
 2:30 Playing Catch BL
 4:00 Hymn Sing Along CD
 6:00 Game & Fish LR

12
 9:45 B-Fit Lower Strength TS
 10:00 Sing-a-long w/Matt TS
 11:00 Art & Literature TS
 2:00 Cooks in the Kitchen BCK
 2:30 Walking Club BL
 4:00 Karaoke TS
 6:00 Antiques Roadhouse LR

13
Happy Birthday Mary Lou & Jerae!
 9:45 B-Fit Upper Strength TS
 11:00 Hobbies Trivia TS
 2:30 Disc Toss BL
3:30 Valentine's Day Party TS
 4:00 Instrumental TS
 6:00 Friday Night Movies LR

14 VALENTINE'S DAY
 9:45 B-Fit Balance/Coord TS
 11:00 Cost of items in time TS
 2:30 Hand Therapy BL
 4:00 Sing-a-long TS
 6:00 Late Night Library LR

15
Happy Birthday Shante!
 9:45 B-Fit Relax and Flex TS
 11:00 Word Scramble TS
 11:15 Church Worship TS
 2:30 Gone Fishin' BL
 4:00 Classic Radio TS
 6:00 Wild Life LR

16 PRESIDENTS' DAY
 9:45 B-Fit Cardio TS
 10:00 ForMar Nature Center LR
 11:00 Sport Trivia TS
 2:00 Crafty Hands TS
 2:30 Ring Toss BL
 4:00 Classic 50's TS
 6:00 Home Refresher LR

17
 9:45 B-Fit Lower Strength TS
 10:30 Music Therapy TS
 w/St. Croix
 11:00 Free writing TS
 2:00 Baking Club BCK
 2:30 Bowling BL
 4:00 Finish The Lyrics CD
 6:00 Classic Movie LR

18
Happy Anniv. Dakota & Lleslie!
 9:45 B-Fit Core Strength TS
 11:00 Current Events TS
11:30 Bob Evans Lunch O
 2:30 Playing Catch BL
 4:00 Hymn Sing Along CD
 6:00 Game Show Central LR

19
 9:45 B-Fit Lower Strength TS
 11:00 Word-A-Thon TS
 11:30 Musical Hits by Rex TS
 2:00 Cooks in the Kitchen BCK
 2:30 Corn Hole BL
 4:00 Jazz Hits TS
 6:00 Read & Chat LR

20
 9:45 B-Fit Upper Strength TS
 10:00 Mid Michigan Therapy TS
Dog: Olive
 11:00 Daily Crossword TS
 2:30 Volleyball BL
 4:00 60's Hits TS
 6:00 Browsing the Articles LR

21
 9:45 B-Fit Balance/Coord TS
 11:00 Puzzle Club TS
 2:30 Curling BL
 4:00 Johnny Cash Hits TS
 6:00 Cars LR

22
 9:45 B-Fit Relax and Flex TS
 11:00 Current Events TS
 11:15 Church Worship TS
 2:30 Basketball BL
 4:00 70's Disco TS
 6:00 TV Land Drama LR

23
 9:45 B-Fit Cardio TS
 10:00 ForMar Nature Center LR
 11:00 Hangman TS
 2:00 Visionary Skills TS
 2:30 Parachute BL
 4:00 Elvis Greatest Hits TS
 6:00 PBS Travel LR

24
Happy Anniv. Kat!
 9:45 B-Fit Lower Strength TS
 11:00 Would You Rather TS
 2:00 Baking Club BCK
 2:30 Golf BL
 4:00 Coffee House Hits TS
 6:00 Let's Make a Deal LR

25
 9:45 B-Fit Core Strength TS
 11:00 Cost of Items TS
 11:30 Rosary
 2:30 Playing Catch BL
3:00 Planetarium O
Under the Skies
 4:00 Hymn Sing Along CD
 6:00 Short Stories LR

26
Happy Anniv. Natasha!
 9:45 B-Fit Lower Strength TS
 11:00 Word Scramble TS
 2:00 Cooks in the Kitchen BCK
 2:30 Walking Club BL
 4:00 Frank Sinatra Hits TS
 6:00 Hallmark Story LR

27
Happy Anniv. Liz!
 9:45 B-Fit Upper Strength TS
 11:00 Daily Trivia TS
 2:30 Disc Toss BL
 3:00 Birthday Celebration TS
 4:00 Band Drumming CD
 6:00 Paramount Movie LR

28
Happy Birthday Jai!
 9:45 B-Fit Balance/Coord TS
 11:00 BINGO TS
 2:30 Hand Therapy BL
 4:00 Bluegrass Country TS
 6:00 Home Refresher LR

Brookdale Grand Blanc

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Assisted Living
 All activities are subject to change.

LOCATION KEY

BD Bridge Dining Room BL Bridge Living Room
 CCK Clare Country Kitchen CR Conference Room
 TS Townsquare LR Living Rooms
 CD Clare Den
 BCK Bridge Country Kitchen
 BD Bridge Den



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.



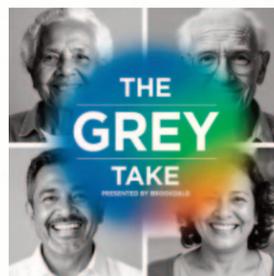
- **Make it long.** A strong password should be at least 15 characters (or longer). Longer passwords are much harder for attackers to guess or break.
- **Use a “passphrase”.** Instead of a short word plus numbers, try several simple, unrelated words strung together. For example, “sunflower-pillow-harbor-blue.” 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/standards/standards-and-technologies)

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 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!