

COMMUNITY CONNECTIONS CALENDAR

S	M	T	W	T	F	S
	<div>01</div> <div>10:00 B-Fit Cardio 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Christmas Tree Craft 3:00 Walking Club 4:00 Learn A Dance w/Rachel</div>	<div>02</div> <div>10:00 B- Fit Aerobics 10:30 Hymns & Devotion 11:00 Spanish Lesson W/Amber 2:00 Nail Spa 3:00 Bowling 4:00 Karaoke</div>	<div>03</div> <div>10:00 B-Fit Zumba 10:30 Hymns & Devotion 11:00 Do You Remember 2:00 Jewelry Making 3:00 I trust our Residents 4:00 Womens Social</div>	<div>04</div> <div>10:00 B-Fit Chair Yoga 10:30 Hymns & Devotion 11:00 Virtual Vacation 2:00 Cooking Club 3:00 Corn Hole 4:00 Bingo</div>	<div>05</div> <div>10:00 B-Fit Strength Training 10:30 Hymns & Devotion 11:00 Flashback Friday 2:00 Garden Club 3:00 Balloon Tic-Tac-Toe</div>	<div>06</div> <div>10:00 B-Fit Stretching 10:30 Hymns & Devotion 11:00 What in the World 2:00 Saran Wrap Squish Art 3:00 Bust A Move 4:00 Music on Patio</div>
<div>07</div> <div>10:00 B-Fit - Meditation 10:30 Worship 11:00 Virtual Church 2:00 Movie Matinee 4:00 Ring Toss</div>	<div>08</div> <div>10:00 B-Fit Cardio 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Cooking Club- Brownies 3:00 Walking Club 4:00 Christmas Sing A Long</div>	<div>09</div> <div>10:00 B- Fit Aerobics 10:30 Hymns & Devotion 11:00 Spanish Lesson W/Amber 2:00 Christmas Mugs 3:00 Air Hockey 4:00 Christmas Choir</div>	<div>10</div> <div>10:00 B-Fit Zumba 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Christmas Cards 3:00 Christmas Bell Practice 4:00 Mens Social</div>	<div>11</div> <div>10:00 B-Fit Chair Yoga 10:30 Hymns & Devotion 11:00 Tell Me About It 2:00 Garden Club 3:00 Cheeto Puff Head 4:00 Music Bingo</div>	<div>12</div> <div>10:00 B-Fit Strength Training 10:30 Hymns & Devotion 11:00 Do You Remember 2:00 Nail Spa 3:00 Shootout 4:00 Elvis Spotlight</div>	<div>13</div> <div>10:00 B-Fit Stretching 10:30 Hymns & Devotion 11:00 Unlock The Memories 2:00 Gingerbread Houses 3:00 Bowling</div>
<div>14 HANUKKAH BEGINS</div> <div>10:00 B-Fit - Meditation 10:30 Worship 11:00 Virtual Church 2:00 Frisbee</div>	<div>15</div> <div>10:00 B-Fit Cardio 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Snowflakes 3:00 Walking Club 4:00 Oldies Karaoke</div>	<div>16</div> <div>10:00 B- Fit Aerobics 10:30 Hymns & Devotion 11:00 Spanish Lesson W/Amber 2:00 Edible Snow 3:00 Chair Volleyball 4:00 Christmas Jaz</div>	<div>17</div> <div>10:00 B-Fit Zumba 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Garden Club 3:00 Cup Bingo 4:00 Whats In The Box</div>	<div>18</div> <div>10:00 B-Fit Chair Yoga 10:30 Hymns & Devotion 11:00 Finish my Sentence 2:00 Nail Spa 3:00 Bingo 4:00 Christmas Carols</div>	<div>19</div> <div>10:00 B-Fit Strength Training 10:30 Hymns & Devotion 11:00 Tell Me About It 2:00 Fab Friday Facials 3:00 Table Top Pool</div>	<div>20</div> <div>10:00 B-Fit Stretching 10:30 Hymns & Devotion 11:00 Virtual Vacation 2:00 Christmas Light Craft 3:00 Roll to Win 4:00 Story of Chritmas</div>
<div>21</div> <div>10:00 B-Fit - Meditation 10:30 Worship 11:00 Virtual Church 2:00 Chair Volleyball</div>	<div>22</div> <div>10:00 B-Fit Cardio 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Letters to Santa 3:00 Holiday Advice</div>	<div>23</div> <div>10:00 B- Fit Aerobics 10:30 Hymns & Devotion 11:00 Spanish Lesson W/Amber 2:00 Snowglobe Craft 3:00 Minute To Win It 4:00 Name That Tune</div>	<div>24 CHRISTMAS EVE</div> <div>10:00 B-Fit Zumba 10:30 Hymns & Devotion 11:00 All I Want for Christmas 2:00 Cookies for Santa 3:00 Movie Matinee: Elf</div>	<div>25 CHRISTMAS DAY</div> <div>10:00 B-Fit Chair Yoga 10:30 Hymns & Devotion 11:00 Christmas Carols 2:00 Movie Matinee 3:00 Christmas Bingo</div>	<div>26</div> <div>10:00 B-Fit Strength Training 10:30 Hymns & Devotion 11:00 What In The World 2:00 Nail Spa 3:00 Price is Right</div>	<div>27</div> <div>10:00 B-Fit Stretching 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Snowman Craft 3:00 Bust A Move</div>
<div>28</div> <div>10:00 B-Fit - Meditation 10:30 Worship 11:00 Virtual Church 2:00 Sily Jokes w/Rachel 3:00 Bingo</div>	<div>29</div> <div>10:00 B-Fit Cardio 10:30 Hymns & Devotion 11:00 Daily Chronicle 2:00 Cooking Club 3:00 Walking Club 4:00 Drumming</div>	<div>30</div> <div>10:00 B- Fit Aerobics 10:30 Hymns & Devotion 11:00 Spanish Lesson W/Amber 2:00 New Year Resolutions 3:00 Air Hockey 4:00 Dolly Parton</div>	<div>31 NEW YEAR'S EVE</div> <div>10:00 B-Fit Zumba 10:30 Hymns & Devotion 11:00 Do You Remember 2:00 Scrapbooking 3:00 Air Hockey 4:00 Music Circle</div>	<div>Brookdale Richland Hills</div> <div>7520 B</div> <div>Richland Hills, TX 76180</div> <div>(817) 589-8600</div> <div>brookdale.com</div> <div>Clare Bridge All activities are subject to change.</div>		

DECEMBER
2025

THE DAILY PATH

UPCOMING EVENTS

- 08:00 Breakfast
- 10:00 B-Fit, Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout:
Reminiscing/
Discussion and
Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art
and Clustered
Groups
- 03:00 Physical
- 03:30 Refreshments
- 04:00 Music/
Intergenerational
- 05:00 Dinner
- 06:00 Sensory/News and
Reading Groups
- 06:30 Refreshments

 Life Skills & Life
Enrichment boxes are
offered 24 hours a day

LOCATION KEY



COMMUNITY CONNECTIONS

December 2025

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

Smart, Sassy, and Strong: Staying Socially Connected Across the Lifespan

During an after-work social connect, a few of us sat around sharing appetizers and laughter. Somewhere between stories and a second round of bruschetta, someone said, "You know what? We're smart, sassy, strong, and socially connected!" We all laughed, but in the moment also realized—it's true! And that's exactly what helps humans thrive, no matter our age or stage in life.

Smart means we keep learning, thinking, and engaging. Whether it's mastering a new skill, staying curious, or joining a book club, staying mentally active and socially involved is one of the best ways to protect our brain health. Smart people stay connected because they know growth isn't optimized in isolation.

Sassy is that spark that keeps life interesting—the humor, authenticity, and boldness to show up as ourselves. It's laughing freely, sharing ideas, and keeping a sense of play. Sassy is all about energy, confidence, and joy that draw others in.

Strong means more than physical fitness (though that matters too). It's emotional strength—resilience, kindness, and the courage to reach out. Checking in on a friend, joining a group, or saying yes to something new are all signs of strength.

Social connection doesn't just feel good—it's good medicine. Studies show that people who maintain strong relationships have lower rates of depression, better cognitive health, and even longer lives.

So, whether it's a monthly meet-up, a morning walk with a neighbor, or a shared laugh over dinner, nurture your circle. Be smart, be sassy, be strong—and stay socially connected. Because life really is better when we're in it together. Source: [World Psychiatry](#)



Did you Know?

Feedback is a Gift

At Brookdale, it is our mission to enrich lives every day, and we strive to create the best possible experience for our residents and their families. Your feedback is a gift. Below is how you can share with us.

Fill Out a Survey

You may be randomly selected to receive a survey via mail, email from Brookdale, or a third-party organization such as U.S. News or J.D. Power. All you have to do is fill it out and send it back. Your feedback is important to us and we appreciate you taking the time to complete a survey. All responses will remain anonymous unless you choose to self-identify.

Give Us a Call or Email

Feel free to provide feedback to your local community managers at any time, or call the Resident & Family Connection Line at **(877) 400-5296** or email familyconnection@brookdale.com. An associate will be happy to connect with you.

Brookdale News

Brookdale Appoints Nick Stengle as CEO

Brookdale Senior Living announced the appointment of Nick Stengle as Chief Executive Officer and as a member of the Brookdale Board of Directors, effective October 6, 2025.

Mr. Stengle, whose appointment is the result of a comprehensive search led by the Board's Search Committee, brings to Brookdale a deep understanding of the senior living, healthcare, and hospitality industries with extensive leadership and operations experience, including in multi-site, geographically dispersed healthcare settings. Since 2022, he has served as President and Chief Operating Officer of Gentiva, a leading provider of hospice, palliative, and home health services with over 12,000 associates and approximately 550 locations across 38 states. Prior to that, Mr. Stengle served as EVP and Chief Operating Officer for Sunrise Senior Living where he led all community operations, sales, marketing, and clinical operations for approximately 250 communities, providing care to over 20,000 residents.

"I've long respected Brookdale as a leading senior living operator, and it is an honor to join this talented team," said Mr. Stengle. "Brookdale has a strong foundation in place with compelling long-term growth drivers, and I believe the Company is well positioned to extend its leadership position in the industry as we enter the next chapter and capitalize on attractive industry demographics. I look forward to building on the Company's recent success and to capturing the significant opportunities ahead to drive shareholder value."



An Engaged Life



Meet Lewis — a true craftsman and proud resident of Brookdale West Ashley in Charleston, SC, who joined the community in 2025.

With a steady hand and a creative heart, Lewis has brought his love of woodworking to life, crafting stunning pieces that reflect the charm and beauty of Charleston — the city he's called home his entire life. Each project, rich with detail and expertly finished, tells a story of his passion for the Lowcountry and his remarkable talent. Lewis is already preparing for his next creative endeavor, teaming up with fellow resident and friend Charlie, for an exciting woodworking collaboration.

Lewis's impact goes far beyond his craft. He's an active, engaged member of the community — enjoying games, participating in clubs like Rummikub and Scrabble, and embracing every opportunity to stay connected and involved. With his enthusiasm, creativity, and warm spirit, Lewis reminds us all that life here isn't just about living — it's about thriving.