COMMUNITY CONNECTIONS

December 2025

All activities are subject to change.

S	М	Т		W		T		F		S
	01 —	02		03 —		04		05 —		06
	9:00 Seated Stretch 10:00 Spinning 11:00 MC Activity 1:30 Nickle Bingo 2:30 Hot Coco Bar 3:30 MC Activity	AR 9:30 Seated Stretch AR 10:00 Catholic Communion MC 10:30 Resident Council Meeting AR 1:00 MC Music AR 2:30 Creativity Hour MC Snowman Ornaments		9:30 Seated Stretch 10:00 Spinning	AR AR MC AR TH	9:30 Seated Stretch 10:00 Sit & Be Fit 11:00 MC Activity 1:30 Pass the Present	AR AR MC AR DR2	9:30 Seated Stretch 10:00 Sit & Be Fit 11:00 MC Piano Hour 1:30 Piano Hour With Becca 2:30 Happy Hour Cocktails & Chit Chat Peppermint Twists	AR AR MC PR PUB	10:00 Spinning AF 1:00 Resident Games - Grab A Friend- 2:30 Sunday Afternoon Movie Christmas Vacation 1989 3:30 MC Activity MC
07	08 —	<u> </u>		10		11		12		13
In The Theater 9:00 Catholic Mass TH 10:15 E-Free Church Service TH 1:00 Sunday Matinee TH Prancer 1989	9:30 Seated Stretch 10:00 Spinning 11:00 MC Activity 1:30 Nickle Bingo 2:30 Hot Coco Bar 3:30 MC Activity	AR 9:30 Seated Stretch AR 10:00 Spinning MC 11:00 Music With Becca AR 1:00 MC Music With Becca AR 2:30 Creativity Hour MC Snowflake Ornaments 5:30 Alpine Bells Perfomace	AR AR AR MC AR DR	9:30 Seated Stretch 10:30 Spinning	AR AR MC AR TH	10:00 Sit & Be Fit 11:00 MC Activity 1:00 Nails With Becca 1:30 Bible Study With Pastor Steve	AR AR MC SA PR	9:30 Seated Stretch 10:00 Spinning 11:00 MC Piano Hour 1:30 Santa Visits! 2:30 Happy Hour Cocktails & Chit Chat Eggnog & Cookies	AR AR MC AR PUB	10:00 Spinning AF 1:00 Resident Games -Grab A Friend!- 2:30 Sunday Afternoon Movie A Christmas Story 1983 3:30 MC Activity MC
14 HANUKKAH BEGINS	15	16		17		18		19		20
In The Theater 9:00 Catholic Mass TH 10:15 E-Free Church Service TH 1:00 Sunday Matinee TH ELF 2003	9:30 Seated Stretch 10:00 Spinning 11:00 MC Activity 1:00 Nickel Bingo 2:00 Ukulele Club 3:30 MC Activity	AR 9:30 Seated Stretch AR 10:00 Spinning MC 11:00 Music With Rebecca AR 1:00 MC Music With Becca DR2 2:30 Creativity Hour MC Xmas Cookie Decorating	AR AR AR MC AR AR	9:30 Seated Stretch 10:00 Spinning 11:00 MC Activity 1:30 Treat Bingo 2:45 Afternoon Matinee Miracle On 34th St. 1994	AR AR MC AR TH	10:00 Sit & Be Fit 10:00 Pastor Scott Church Service-E Free Church 10:30 After Church Chit Chat 1:00 Nails With Becca	AR AR TH PUB SA MC	9:30 Seated Stretch 10:00 Spinning 11:00 MC Piano Hour 1:30 Piano Hour 2:30 Happy Hour With Mark's Music	AR AR MC PR DR2	10:00 Spinning AF 1:00 Resident Games -Grab A Friend- 2:30 Sunday Afternoon Movie Jack Frost 1998 3:30 MC Activity MC
21	22 —	23		24 CHRISTMAS EVE		25 CHRISTMAS DAY		26		27
In The Theater 9:00 Catholic Mass TH 10:15 E-Free Church Service TH 1:00 Sunday Matinee TH The Santa Claus 1994	9:30 Seated Stretch 10:00 Spinning 11:00 MC Activity 1:30 Nickle Bingo 2:30 Hot Coco Bar 3:30 MC Activity 6:00 Family Christmas Night 6pm-8pm	MC	AR TH AR MC DR2	 9:30 Seated Stretch 10:00 Spinning 11:00 MC Activity 1:30 Treat Bingo 2:30 Afternoon Matinee The Christmas Chronicles 	AR AR MC AR TH	Merry Christmas! 12:00 Christmas Dinner I 2:00 Cookies & Punch - D -Visit With Friends	DR DR2 TH	9:30 Seated Stretch 10:00 Spinning 11:00 MC Piano Hour 1:30 Piano Hour 2:30 Happy Hour Cocktails & Chit Chat Gingerbread!	AR AR MC PR PUB	10:00 Spinning AF 1:00 Resident Games -Grab A Friend- 2:30 Sunday Afternoon Movie The Last Holiday 2006 3:30 MC Activity MC
In The Theater 9:00 Catholic Mass TH 10:15 E-Free Church Service TH 1:00 Sunday Matinee TH A Boy Called Christmas	9:30 Seated Stretch 10:00 Spinning 11:00 MC Activity 1:30 Nickle Bingo 2:30 Hot Coco Bar 3:30 MC Activity	AR 9:30 Seated Stretch AR 10:00 Spinning MC 11:00 Music With Becca AR 1:00 MC Music With Becca AR 2:30 Creativity Hour MC Paint & Sip	AR AR AR MC AR	9:30 Seated Stretch 10:00 Sit & Be Fit 11:00 MC Activity 1:30 Treat Bingo 2:45 Afternoon Matinee Royal New Year's Eve	AR AR MC AR TH	LOCATION KEY AR Activity Room PR Piano Room TH Theater SR Sun Room DR2 Dining Room #2 MC Memory Care PUB Pub		The Porches 435 Murner Road Gaylord, MI 49735 (989) 488-8807 brookdale.com	5	Assisted Living

PUB Pub

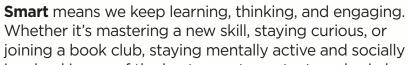
DR Main Dining Room

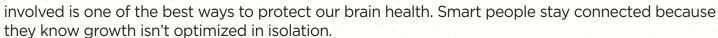
The Gerontologist's Corner

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.





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

brookdale.com

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.





Assisted Living

The Porches

435 Murner Road Gaylord , MI 49735 brookdale.com

COMMUNITY CONNECTIONS

December 2025

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.