

COMMUNITY CONNECTIONS

December 2025



S	M	T	W	T	F	S
	01	02	03	04	05	06
	9:00 Seated Stretch AR 10:00 Spinning AR 11:00 MC Activity MC 1:30 Nickle Bingo AR 2:30 Hot Coco Bar AR 3:30 MC Activity MC	9:30 Seated Stretch 10:00 Catholic Communion 10:30 Resident Council Meeting 1:00 MC Music 2:30 Creativity Hour Snowman Ornaments	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 MC Activity MC 1:30 Treat Bingo AR 2:45 Afternoon Matinee TH It's A Wonderful Life	9:30 Seated Stretch AR 10:00 Sit & Be Fit AR 11:00 MC Activity MC 1:30 Pass the Present AR 2:45 Twister Nickel Toss DR2 Bring Your Nickels! Salon Day	9:30 Seated Stretch AR 10:00 Sit & Be Fit AR 11:00 MC Piano Hour MC 1:30 Piano Hour With Becca PR 2:30 Happy Hour PUB Cocktails & Chit Chat Peppermint Twists	10:00 Spinning AR 1:00 Resident Games -Grab A Friend- 2:30 Sunday Afternoon Movie TH Christmas Vacation 1989 3:30 MC Activity MC
07	08	09	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 AR 10:00 Spinning AR 11:00 MC Activity MC 1:30 Nickle Bingo AR 2:30 Hot Coco Bar AR 3:30 MC Activity MC	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 Music With Becca AR 1:00 MC Music With Becca MC 2:30 Creativity Hour AR Snowflake Ornaments 5:30 Alpine Bells Performace DR	9:30 Seated Stretch AR 10:30 Spinning AR 11:00 MC Activity MC 1:30 Treat Bingo AR 2:45 Afternoon Matinee TH The Mistle Tones 2012	9:30 Seated Stretch AR 10:00 Sit & Be Fit AR 11:00 MC Activity MC 1:00 Nails With Becca SA 1:30 Bible Study With Pastor Steve PR 3:30 MC Activity MC Salon Day	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 MC Piano Hour MC 1:30 Santa Visits! AR 2:30 Happy Hour PUB Cocktails & Chit Chat Eggnog & Cookies	10:00 Spinning AR 1:00 Resident Games -Grab A Friend!- 2:30 Sunday Afternoon Movie TH A Christmas Story 1983 3:30 MC Activity MC
14	15	16	17	18	19	20
HANUKKAH BEGINS 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 AR 10:00 Spinning AR 11:00 MC Activity MC 1:00 Nickel Bingo AR 2:00 Ukulele Club DR2 3:30 MC Activity MC	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 Music With Rebecca AR 1:00 MC Music With Becca MC 2:30 Creativity Hour AR Xmas Cookie Decorating AR	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 MC Activity MC 1:30 Treat Bingo AR 2:45 Afternoon Matinee TH Miracle On 34th St. 1994	9:30 Seated Stretch AR 10:00 Sit & Be Fit AR 10:00 Pastor Scott Church TH Service-E Free Church 10:30 After Church Chit Chat PUB 1:00 Nails With Becca SA 3:30 MC Activity MC Salon Day	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 MC Piano Hour MC 1:30 Piano Hour PR 2:30 Happy Hour DR2 With Mark's Music	10:00 Spinning AR 1:00 Resident Games -Grab A Friend- 2:30 Sunday Afternoon Movie TH Jack Frost 1998 3:30 MC Activity MC
21	22	23	24	25	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 AR 10:00 Spinning AR 11:00 MC Activity MC 1:30 Nickle Bingo AR 2:30 Hot Coco Bar AR 3:30 MC Activity MC 6:00 Family Christmas Night 6pm-8pm	9:30 Seated Stretch AR 10:00 Catholic Communion TH 11:00 Music With Becca AR 1:00 MC Music With Becca MC 2:30 Christmas Tea Party DR2	CHRISTMAS EVE 9:30 Seated Stretch AR 10:00 Spinning AR 11:00 MC Activity MC 1:30 Treat Bingo AR 2:30 Afternoon Matinee TH The Christmas Chronicles	CHRISTMAS DAY Merry Christmas! 12:00 Christmas Dinner DR 2:00 Cookies & Punch ~ DR2 -Visit With Friends 2:30 Christmas Matinee TH White Christmas 1954	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 MC Piano Hour MC 1:30 Piano Hour PR 2:30 Happy Hour PUB Cocktails & Chit Chat Gingerbread!	10:00 Spinning AR 1:00 Resident Games -Grab A Friend- 2:30 Sunday Afternoon Movie TH The Last Holiday 2006 3:30 MC Activity MC
28	29	30	31	LOCATION KEY		
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 AR 10:00 Spinning AR 11:00 MC Activity MC 1:30 Nickle Bingo AR 2:30 Hot Coco Bar AR 3:30 MC Activity MC	9:30 Seated Stretch AR 10:00 Spinning AR 11:00 Music With Becca AR 1:00 MC Music With Becca MC 2:30 Creativity Hour AR Paint & Sip	NEW YEAR'S EVE 9:30 Seated Stretch AR 10:00 Sit & Be Fit AR 11:00 MC Activity MC 1:30 Treat Bingo AR 2:45 Afternoon Matinee TH Royal New Year's Eve	AR Activity Room PR Piano Room TH Theater SR Sun Room DR2 Dining Room #2 MC Memory Care PUB Pub DR Main Dining Room	The Porches 435 Murner Road Gaylord , MI 49735 (989) 488-8807 brookdale.com	Assisted Living All activities are subject to change.



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.