COMMUNITY CALENDAR November 2026

Discover your Optimum Life® today

S	M	T	W	T	F	S
01 DAYLIGHT SAVING TIME END 9:30 B-Fit Lower Body AR 10:00 Triva Time AR 10:30 Devotion w/ Joyce AR **2:00 Paint May Flower AR** 3:00 Refreshments CY 4:00 Bing Crosby Tunes AR 6:00 Soothing Sounds AR	**02** 9:30 B-Fit Upper Body AR 10:00 News & Devotions AR 10:30 Fun Trivia AR 11:00 What's That Sound AR **2:00 Pastor Joe FTR** 3:00 Refreshments AR 4:00 Dolly Parton Tunes AR 6:00 Nature Sights & Sounds AR	**03** ELECTION DAY 9:30 B-Fit Stretch AR 10:00 News & Devotion AR 10:30 Hot Coca and Cookies AR 11:00 Finish The Lyrics AR **2:00 Bobby Primm Tunes AR** 3:00 Mary Cake w/Concho AR 4:00 Songs w/ Mary AR 6:00 Spiritual Favorites FTR	**04** 9:30 B-Fit Core AR 10:00 News & Devotion AR 10:30 Darts & Card Games AR 11:00 Resident Council AR **2:00 Eddie's Soda Bar AR** 3:00 Refreshments AR 4:00 Classic Country AR 6:00 Classical Tunes FTR	**05** 9:30 B-Fit AR 10:00 News & Devotion AR 10:30 Hot Coca & Cookies AR 11:00 Manicures & Music AR **2:00 Kid Violinist & Pianist AR** 3:00 Refreshments AR 4:00 Classic Country Tunes AR 6:00 Relaxing Music FTR	**06** 9:30 B-Fit Lower Body AR 10:00 News & Devotion AR 10:30 Trivia Time AR 11:00 Family Feud AR **2:00 Craft Corner AR** 3:00 Refreshments AR 4:00 Do Wap Tunes AR 6:00 Soothing Sounds FTR	**07** 9:30 B-Fit Stretch AR 10:00 News & Devotion AR 10:30 Name That Tune AR 11:00 Karaoke Classics AR **2:00 Picture Bingo AR** 3:00 Refreshments AR 4:00 Elvis Presley Tunes AR 6:00 Aromatherapy & Music AR
08 9:30 B-Fit AR 10:00 Paster Steven AR 10:30 Karaoke AR 11:00 Devotions AR **2:00 Sink Or Float AR** 3:00 Coffee Hr w/Donuts AR 4:00 Patsy Cline Tunes AR 6:00 Waterfall Sensory FTR	**09** 9:30 B-Fit Upper AR 10:00 News & Devotions AR 10:30 Bobby & Kathy Duo AR **2:00 Manicures & Music AR** 3:00 Refreshments AR 4:00 Patsy Cline Tunes AR 6:00 Nature Sights & Sounds FTR AR	**10** 9:30 B-Fit Lower AR 10:00 News & Devotion AR 10:30 Fun Facts AR 11:00 Can You Get The Ducks AR **2:00 Frito Bar/w Brayleiah AR** 3:00 Refreshments AR 4:00 Karaoke AR 6:00 Spiritual Favorites FTR	**11** VETERANS DAY 9:30 B-Fit Balance AR 10:00 News & Devotion AR 10:30 Honoring Veterans AR 11:00 Trivia AR **2:00 Rotc Veteran Ceremony AR** 3:00 Refreshments AR 4:00 Frank Sinatra FTR 6:00 Classical Tunes AR	**12** 8:45 B-Fit Cardio AR 10:00 News & Devotion AR 10:30 Cluster Groups AR 11:00 What's The Cost AR **1:00 Chilli Cookoff AR** **Iwan Performs AR** 4:00 Artie Shaw Tunes FTR 6:00 Relaxing Music FTR	**13** 9:30 B-Fit Core AR 10:00 News & Devotion AR 10:30 On The Road w/Steve AR 11:00 Fun Trivia AR **2:00 Bingo Hall AR** 3:00 Refreshments AR 6:00 Soothing Sounds FTR	**14** 9:30 B-Fit Lower AR 10:00 News & Devotion AR 10:30 Trivia AR 11:00 Clusters AR **2:00 Football Day AR** 3:00 Refreshments AR 4:00 Patsy Cline Tunes AR 6:00 Sounds Of The 60's FTR
15 9:30 B-Fit Lower Back AR 10:00 Green Acres Church AR 11:00 What's The Cost AR **2:00 Spray The Balloon AR** 3:00 Refreshments AR 4:00 Loretta Lynn AR 6:00 Nature Sounds AR	**16** 9:30 B-Fit Flex AR 10:00 News & Devotions AR 10:30 What's The Cost AR 11:00 Trivia Time AR **2:00 Rachels B-Fit AR** 3:00 Refreshments AR 4:00 Sounds oOf The 50's AR 6:00 Nature Sights & Sounds FTR	**17** 9:30 B-Fit Breath AR 10:00 News & Devotion AR 10:30 Thanksgiving Trivia AR 11:00 Pod Bucket Toss AR **2:00 Tunes/w Tiffany AR** 3:00 Refreshments AR 4:00 Hank William Jr Tunes FTR 6:00 Spiritual Favorites FTR	**18** 9:30 B-Fit Upper AR 10:00 News & Devotion AR 10:30 What's That Sound AR 11:00 Spray The Balloon AR **2:00 Iwan Showdown AR** 3:00 Hot Coca Bar AR 4:00 The Andrew Sisters AR 6:00 Classical Tunes FTR	**19** 9:30 B-Fit Lower AR 10:00 News & Devotion AR 10:30 Gypsums & the Travelers AR **11:30 Thanksgiving Luncheon AR** 2:00 Arts & Crafts AR 3:00 Refreshments AR 4:00 Smooth Groves AR 6:00 Relaxing Music FTR	**20** 9:30 B-Fit Balance AR 10:00 News & Devotion AR 11:00 Brain Crunches AR **2:00 Bobby O Tunes AR** 3:00 Refreshments AR 4:00 Tony Bennett Tunes AR 6:00 Soothing Sounds FTR	**21** 9:30 B-Fit AR 10:00 News & Devotion AR 10:30 On The Road W/Steve AR 11:00 Domino Games AR **2:00 Football Time AR** 3:00 Refreshments AR 4:00 Johnny Cash Tunes AR 6:00 Relaxing Music FTR
22 9:30 News & Devotions AR 10:00 Devotions w/Joyce AR 11:00 Family Feud AR **2:00 Bingo Hall AR** 3:00 Refreshments AR 4:00 Bing Crosby Tunes AR 6:00 Sounds Of the 20's FTR	**23** 8:45 B-Fit Cardio AR 10:00 News & Devotions AR 10:30 Bobby & Kathy Duo AR **2:00 Thanksgiving Crafts AR** 3:00 Refreshments AR 4:00 Bing Crosby Tunes 6:00 Nature Sights & Sounds	**24** 9:30 B-Fit Core AR 10:00 News & Devotion AR 10:30 Brain Crunches AR 11:00 What's That Cost AR **1:30 Gratitude Cart w Sara FTR** 3:00 Refreshments SS 4:00 Sounds Of The 50's FTR 6:00 Spiritual Favorites FTR	**25** 9:30 B-Fit Flex AR 10:00 News & Devotion AR 10:30 Finish The Lyrics AR 11:00 On The Road W/Steve AR **2:00 Baking Cookies AR** 3:00 Refreshments AR 4:00 Elvis Presly AR 6:00 Classical Tunes FTR	**26** THANKSGIVING 9:30 B-Fit Breath AR 10:00 News & Devotion AR 10:30 Family Feud AR 11:00 Fishing For Plates AR **2:00 Ball Drumming AR** 3:00 Refreshments AR 4:00 Sounds Of The 60;s FTR 6:00 Relaxing Music FTR	**27** 9:30 B-Fit Upper AR 10:00 News & Devotion AR 10:30 On The Road w/Steve AR 11:00 What's That Sound AR **2:00 Bucket Ball Toss AR** 3:00 Refreshments AR 6:00 Soothing Sounds FTR	**28** 9:30 B-Fit AR 10:00 News & Devotion AR 10:30 Autumn Crafts AR **2:00 Football Games AR** 3:00 Refreshments AR 4:00 Oldies Music AR 6:00 Waterfall Sensory FTR
29 9:30 B-Fit AR 10:00 News & Devotions AR 11:00 Family Feud AR **2:00 Go Fishing AR** 3:00 Refreshments AR 4:00 John Denver Tunes AR 6:00 Waterfall Sounds FTR	**30** 9:30 B-Fit Flex AR 10:00 News & Devotions AR 10:30 Hot Cocoa & Cookies AR 11:00 Family Feud AR **2:00 Thanksgiving Crafts AR** 3:00 Refreshments AR 4:00 Fats Domino Tunes AR 6:00 Do Wap Tunes FTR					

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Assisted Living
All activities are subject to change.

LOCATION KEY

AR ACTIVITY ROOM
FTR Front tv room
CY Court Yard
MC Man Cave
SS She Shed

Optimum Life® Inspiration

How to Make Friends After 60



Friendships are a vital part of aging well. They help combat loneliness and isolation, create feelings of belonging and provide a valuable support network. While it's never too late to make new friends, sometimes it can feel challenging to do so. Maybe you don't know where to start or you're a bit nervous about putting yourself out there — that's completely normal. Here are a few ideas for how to meet new people and build lasting relationships, no matter your age.

Take a Class

Is there a subject or skill you've always wanted to learn, but never took the time to? Now's your chance! Join a community of curious older adults who have a strong thirst for knowledge and are also ready to engage with likeminded peers. Start by exploring the offerings at your community or local library.

Join a Hobby Group or Club

Knitting circles, pottery workshops, book clubs and painting classes — whatever you love doing, there's a club or group out there for you. Shared interests are a simple way to connect with people you don't know. That's what makes hobby groups and clubs so enticing.

Attend an Exercise Class

Physical activity is about more than just breaking a sweat. The short- and long-term benefits of exercising can include everything from improved sleep quality and decreased anxiety to better bone health and a lowered risk of heart disease. Exercise classes combine the benefits of physical activity with the excitement of meeting new people.

Become a Volunteer

If there's a cause you're particularly passionate about or simply want to give back to your community, volunteering is a great way to do some good in the world. In addition to making a difference, you can meet individuals who share your same passions.

One of the hardest parts of making new friends is putting yourself out there. Navigating an unfamiliar environment, starting conversations or worrying about being a burden can make the experience feel overwhelming. The good news? Others probably feel the same way you do, and they're just waiting for someone to break the ice. Why not have it be you? There's no better time than now to step out of your comfort zone and create genuine bonds.



Did You **Know?**

The Grey Take podcast 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 SENIOR LIVING

COMMUNITY CONNECTIONS

Assisted Living

Brookdale Tyler South
5403 Plantation Drive
Tyler, TX 75703
brookdale.com

November 2026

Brookdale **News**

Brookdale Welcomes Margaret Cabell as Chief Sales Officer



Margaret Cabell has joined the Brookdale family as Chief Sales Officer. She brings extensive experience in sales leadership, relationship development, and strategic growth, along with a strong passion for serving seniors and supporting the teams who care for them every day.

"As Chief Sales Officer, Margaret's leadership will be instrumental in advancing our sales strategy and improving alignment throughout the organization," said Nick Stengle, Brookdale's Chief Executive Officer. "Having a Chief Sales Officer with Margaret's demonstrated capabilities will continue to drive Brookdale toward operational excellence with a sharp focus on our operational priorities."

Margaret has deep expertise across sales, marketing, operations, and P&L management. Most recently, she served as Chief Community Relations Officer and Head of Sales at A Place for Mom. Prior to that, she was Chief Executive Officer of Harmony Senior Services, a senior living community management company, following her tenure as the company's Chief Sales and Marketing Officer. Earlier in her career, Margaret spent 15 years at Brookdale, serving in leadership roles across multiple levels of the organization.

"While my career has taken me across the senior living landscape, Brookdale has never been far from my heart," said Margaret. "I have always deeply respected the brand and stayed close to the people leading it. I could not be more excited to come home."

An **Engaged** Life



Anne moved to Brookdale Montclair Poulsbo, WA in 2023. She grew up in the United Kingdom and was born in Scotland, where she went on to receive her education in music and studied to be a concert pianist. Anne moved later to London to teach English and during that time became involved in the theater. Her journey in the theater arts continued not only in England but extended to Germany, Middle East, Africa, Mexico, and when she moved to the United States. While in Mazatlán, Mexico, she started a Readers Theatre group.

Anne quickly became involved in her community and was the president of Resident Council until she started a Readers Theatre there. Anne's passion and enthusiasm for the theater carries over to everyone involved. There is now a waiting list of prospective readers. Since starting Readers Theatre at the community, she has directed five plays. The group is practicing for the next production and the residents and guests are eagerly awaiting.

Anne has a genuine talent for working with people and passion for the theater. She has shown this in her music, teaching and acting career. Anne is truly living an Engaged Life.