November 2026

Discover your Optimum Life® today

Brookdale Jones Farm
2815 Carl T. Jones Drive SE
Huntsville, AL 35802
(256) 881-6111
brookdale.com

Assisted Living
Brookdale
All activities are subject to change.

LOCATION KEY

- AT Atrium
- LFT Loft
- LR Living Room
- CR Community Room
- O Outing
- CH Chapel
- DR Dining Room
- BR Billiards Room
- FR Fireplace Room

SUNDAY 1
DAYLIGHT SAVING TIME END
- 10:00 Hymn Singing — AT
- 1:00 Piano w/Barry Sublett — AT
- 3:00 Poetry Potpourri — CH

MONDAY 2
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Publix Trip — O
- 1:00 Strength & Balance w/Arch Therapy — CR
- 1:30 Target Shopping — O
- **2:00 Say what?** — **LR**
- **3:00 BINGO!** — **CR**

TUESDAY 3
ELECTION DAY
- **9:00 Roll to the Polls! Election Day! *sign-up*** — **AT**
- 9:30 Walking Club — LR
- 10:30 Bible Study w/Willowbrook — CR
- 2:00 Pokeno — CR
- 3:00 Movie Matinee — LR
- 5:30 Bible Study w/Wes — CR

WEDNESDAY 4
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Scattergories — LR
- **1:00 Tech Made Easy: help w/ Phones, tablets, & more** — **LIB**
- **3:00 Wine Down Wednesday** — **AT**
- 5:30 Prayer Group — CH

THURSDAY 5
- 9:30 Walking Club — LR
- **10:30 Coffee & Crosswords** — **CR**
- 1:00 Strength & Balance w/Arch Therapy — CR
- **2:00 Miriam on the Keys** — **AT**
- 6:00 Bible Study w/Joe — CR

FRIDAY 6
- 9:30 B-Fit Cardio & Flex — LFT
- 10:00 Timeless Tidbits — LFT
- 10:30 BINGO! — CR
- **10:30 Women's Lunch Out** — **AT**
- 2:00 Wheel of Fortune — LR
- **3:00 LIVE music w/Phil Searcy** — **CR**
- 6:30 Movie Night — CR

SATURDAY 7
- 10:30 Corn Hole — CR
- 1:00 Better Balance w/Charlotte — CR
- 2:00 Think it through — LFT
- 3:00 Piece it together — LIB

SUNDAY 8
- 10:00 Hymn Singing — AT
- 2:00 Piano w/Bob Kirkbride — AT
- 3:00 Poetry Potpourri — CH

MONDAY 9
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Publix Trip — O
- 1:00 Strength & Balance w/Arch Therapy — CR
- 1:30 Walmart Shopping — O
- **2:00 A to Z** — **LR**
- 3:00 BINGO! — CR

TUESDAY 10
- 9:30 Walking Club — LR
- 10:30 Manicures — LR
- **2:00 The Art Experience with DeeDee*sign up*** — **CR**
- **2:00 Veteran's Group** — **BR**
- 3:00 Movie Matinee — LR
- 3:00 Book Club — CH
- 5:30 Bible Study w/Wes — CR

WEDNESDAY 11
VETERANS DAY
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Watercolor Art — LR
- **2:00 Veteran's Celebration** — **CR**
- **3:00 Wine Down Wednesday** — **AT**
- 5:30 Prayer Group — CH

THURSDAY 12
- 9:30 Walking Club — LR
- **10:30 Coffee & Crosswords** — **CR**
- 1:00 Strength & Balance w/Arch Therapy — CR
- **2:00 Miriam on the Keys** — **AT**
- 6:00 Bible Study w/Joe — CR

FRIDAY 13
- 9:30 B-Fit Cardio & Flex — LFT
- 10:00 Timeless Tidbits — LFT
- **10:30 Men's Lunch Out** — **O**
- 10:30 BINGO! — CR
- 2:00 Wheel of Fortune — LR
- 6:30 Movie Night — CR

SATURDAY 14
- 10:30 Corn Hole — CR
- 1:00 Better Balance w/Charlotte — CR
- 2:00 Think it through — LFT
- 3:00 Piece it together — LIB

SUNDAY 15
- 10:00 Hymn Singing — AT
- 1:00 Piano w/Barry Sublett — AT
- 3:00 Poetry Potpourri — CH

MONDAY 16
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Publix Trip — O
- 1:00 Strength & Balance w/Arch Therapy — CR
- 1:30 Target Shopping — O
- **2:00 Fall Craft: Pinecone Owl** — **LR**
- 3:00 BINGO! — CR

TUESDAY 17
- 9:30 Walking Club — LR
- 10:30 Bible Study w/Willowbrook — CR
- 1:00 Fireplace Room — FR
- 3:00 Movie Matinee — LR
- 3:00 Open Communion — CR
- 5:30 Bible Study w/Wes — CR

WEDNESDAY 18
- 9:30 B-Fit Cardio & Flex — LFT
- 10:00 Timeless Tidbits — LFT
- 10:00 Holy Spirit Catholic Service — CH
- 10:30 Scattergories — LR
- **1:00 Tech Made Easy** — **LIB**
- **2:00 Whisking into Fall!** — **CR**
- **3:00 Wine Down Wednesday** — **AT**
- 5:30 Prayer Group — CH

THURSDAY 19
- 9:30 Walking Club — LR
- **10:30 Coffee & Crosswords** — **CR**
- 1:00 Strength & Balance w/Arch Therapy — CR
- 2:00 Miriam on the Keys — AT
- 3:00 Town Hall — DR
- **4-6pm Thanksgiving Dinner** — **CR**
- 6:00 Bible Study w/Joe — CR

FRIDAY 20
- 9:30 B-Fit Cardio & Flex — LFT
- 10:00 Timeless Tidbits — LFT
- **10:30 Scenic Drive** — **AT**
- 10:30 BINGO! — CR
- 2:00 Wheel of Fortune — LR
- **3:00 Strings & Songs with Sylvia Dean** — **CR**
- 6:00 Movie Night — CR

SATURDAY 21
- **10:30 BINGO! Thanksgiving Edition**
- 1:00 Better Balance w/Charlotte — CR
- 2:30 The Cider Social — CR
- **3:00 Timeless Tunes w/Tom** — **CR**

SUNDAY 22
- 10:00 Hymn Singing — AT
- 2:00 Piano w/Bob Kirkbride — AT
- 3:00 Poetry Potpourri — CH

MONDAY 23
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Publix Trip — O
- 1:00 Strength & Balance w/Arch Therapy — CR
- 1:30 Walmart Shopping — O
- 3:00 BINGO! — CR

TUESDAY 24
- 9:30 Walking Club — LR
- 10:30 Manicures — LR
- 2:00 Pokeno — CR
- 3:00 Movie Matinee — LR
- 5:30 Bible Study w/Wes — CR

WEDNESDAY 25
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Trivia — LR
- **12:00 Cookin' with Chris** — **CR**
- **1:00 Tech Made Easy** — **LIB**
- **3:00 Wine Down Wednesday** — **AT**
- 5:30 Prayer Group — CH

THURSDAY 26
THANKSGIVING
- 8:30 Macy's Thanksgiving Parade — LR
- 10:00 Canvas & Chill — CR
- 2:00 Miriam on the Keys — AT
- 3:00 Movie Matinee — LR

FRIDAY 27
- 9:30 B-Fit Cardio & Flex — LFT
- 10:00 Timeless Tidbits — LFT
- **10:30 Out to Lunch @ Walton's Southern Table** — **AT**
- 10:30 BINGO! — CR
- 2:00 Wheel of Fortune — LR
- 6:30 Movie Night — CR

SATURDAY 28
- 10:30 Corn Hole — CR
- 1:00 Better Balance w/Charlotte — CR
- 2:00 Think it through — LFT
- 3:00 Piece it together — LIB

SUNDAY 29
- 10:00 Hymn Singing — AT
- **2:30 LIVE music w/Joseph** — **AT**
- 3:00 Poetry Potpourri — CH

MONDAY 30
- 9:30 B-Fit Cardio & Flex — LFT
- 9:45 Holy Spirit Catholic Service — CH
- 10:00 Timeless Tidbits — LFT
- 10:30 Publix Trip — O
- **11:00 Hallelujah Choir** — **CR**
- 1:00 Strength & Balance w/Arch Therapy — CR
- 3:00 BINGO! — CR

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

November 2026

Brookdale

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brookdale.com

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.