## HOW TO KEEP YOUR MIND SHARP?

Keeping your mind active is a great way to support memory, focus, and overall brain health. Small, enjoyable activities can help exercise your brain and make each day more engaging.
Start with a game or two to give your mind a fun workout. Here are some great options:

- Word puzzles
- Bingo
- Jigsaw puzzles
- Trivia
- Chess and checkers
- Card games
- Sudoku
- Crossword puzzles
- Brain game apps

You can also keep your mind sharp through everyday activities like:

- Reading books, magazines, or newspapers
- Arts and crafts such as painting, coloring, or knitting
- Learning a new hobby like gardening or cooking
- Listening to music and enjoying your favorite songs
- Socializing with friends and joining group activities

Remember, mental exercise can be fun! Choose activities you enjoy, try something new, and make time to keep your mind active every day.

## HAPPY BIRTHDAY

### RESIDENTS

11/01 Joyce Soles
11/05 Jackie Flick
11/07 Richie McClure
11/11 Loberta Scott
11/11 Barbara McKay
11/11 Jane Maxwell
11/14 Cheryl Lynn Scott
11/17 Darla Stanley
11/20 Doug Buecher
11/24 Nina Mulch
11/25 Nancy DePaul
11/27 Sylvia Naslund
11/28 Gayle Hess
11/28 Doug Rolston

### STAFF

11/06 Teresa Smith
11/13 Sharon Bell
11/23 Irma Gonzales









Happy 7th Work Anniversary
**JAIME STEVENS**





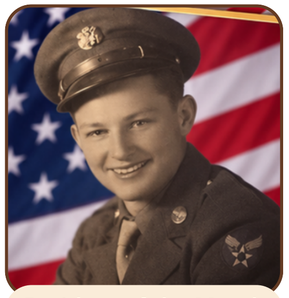
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# THE SILVERCARE *Lifestyle*

**NOVEMBER 2026**

***Cummings Assisted Living***



Resident of the Month
**RAY OWEN**



Employee of the Month
**ELIZABETH**



Spot Recognition
**TINA**



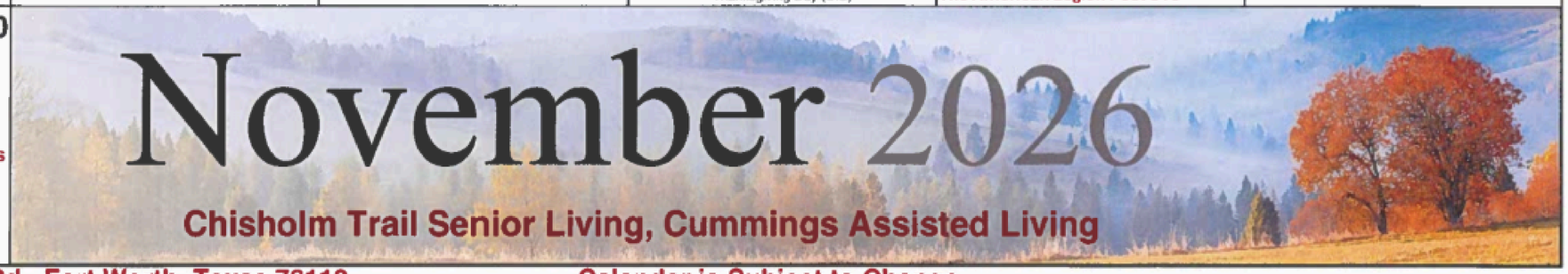
Spot Recognition
**MAYAH**

## SPOTLIGHT OF OUR RESIDENT OF THE MONTH

Ray Owen was born near Huckabay, Texas, in 1923, and was raised by his aunt and uncle on their farm in Gunter after losing his mother at only two years old. Life on the farm instilled a deep work ethic in him early on; by five years old, he was already out in the fields picking cotton by hand, a foundation of hard work and perseverance that shaped the rest of his life. Years later, Ray was able to purchase that very same family farm, which he still proudly owns today as a cherished piece of his heritage. During his school years in Gunter, Ray played varsity basketball and football, forming lifelong friendships before graduating and joining the United States Air Force to serve his country during World War II—a service he considers one of his life's greatest achievements. Following the war, he embarked on a dedicated 30-year career with the American Greetings Card Company.
Ray built a loving life with his wife, Nelda Emma Price, raising their two children, Jan and Ronnie, and later welcoming two grandchildren and three great-grandchildren. Beyond his career and family, Ray remained active in his community as a member of the Masonic Order and Shriners Motor Corps, enjoyed traveling to Arkansas with Nelda, and expressed his love for nature and country music by playing the guitar and harmonica. Today, at 103 years old, living happily at Chisholm Trail and recently honored as the Grand Marshal of the Fort Worth Veterans Day Parade, Ray continues to inspire others with his bright outlook on life, staying true to his lifelong values: "Do unto others as you would unto yourself," marry for life, stay honest, and "Save your money for the future."

**KNOW SOMEONE WHO MAY ENJOY OUR COMMUNITY?**
**Refer them to us and receive $1,500 (payable over 3 months at $500/month) when they move in!**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>Change your clock back 1 hour!<br>9:00- Bible Study<br>10:15- Church Services<br>2:00- Visiting Circle<br>3:00- Community Worship<br>6:00- Worship Service<br><br>Location- Chapel<br>& Channel 67.1<br>Daylight Saving Time Ends | **2**<br>10:00- Seated Exercise<br>11:00- Horse Races<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- Creative Hands- Parks<br>Autumn Leaf Lanterns | **3**<br>9:30- Domino Game w/ Larry<br>10:30- Seated Exercise<br>11:00- Table Tennis<br>2:00- Visiting Circle<br>3:00- Creative Hands- Parks<br>Autumn Leaf Lanterns | **4**<br>Beauty Shop<br>10:30- Seated Exercise<br>11:00- Guess Who Am I<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- Bingo For a Buck<br>6:00- Bible Study- IL Chapel/ 96.1 | **5**<br>10:00- Pet Visit w/ Drake<br>10:30- Seated Exercise<br>11:00- Lunch & Shopping Outing<br>Cracker Barrel<br>2:00- Visiting Circle<br>3:00- Would You Rather! - Parks | **6**<br>10:30- Seated Exercise<br>11:00- Hungry Hippo Game<br>1:00- Neighborhood Store<br>1:30- Visiting Circle<br>2:00- Hot Choc. & Cookie Bar<br>IL Lobby<br>2:30- Movie Time<br>"Meet Me in St. Louis"<br>IL Auditorium | **7**<br>Visit w/ Friends and Family<br>Activities Stations<br>2:00- Visiting Circle<br>3:00- Bingo Game |
| **8**<br>Activities Station<br>9:00- Bible Study<br>10:15- Church Services<br>2:00- Visiting Circle<br>3:00- Community Worship<br>6:00- Worship Service<br><br>Location- Chapel<br>& Channel 67.1<br>Diwali (Hindi) | **9**<br>10:30- Seated Exercise<br>11:00- Pool Table Game<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- What is Missing? - Parks | **10**<br>9:30- Dominoes w/ Larry<br>10:30- Seated Exercise<br>11:00- Hockey Game<br>2:00- Visiting Circle<br>3:00- Chat w/ Judge Fred- Parks<br>Topic- Power of Attorney | **11**<br>Beauty Shop<br>9:30- Outing- Veterans Parade<br>10:30- Seated Exercise<br>11:00- Stations<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- Patriotic Sing-Along<br>6:00- Bible Study- IL Chapel/ 96.1<br>Veterans Day<br>Remembrance Day (Canada) | **12**<br>10:00- Pet Visit w/ Drake<br>10:30- Seated Exercise<br>11:00- Thanksgiving Friendly Feud<br>2:00- Visiting Circle<br>3:00- Good Old Happy/ Hymns<br>Songs Sing-Along | **13**<br>10:00- Outing<br>Veterans Roll Call Luncheon<br>10:30- Seated Exercise<br>11:00- Stations<br>1:00- Neighborhood Store<br>1:30- Visiting Circle<br>2:00- Popcorn Bar- IL Lobby<br>2:30- Movie Time<br>"Darkest Hour"<br>IL Auditorium | **14**<br>Visit w/ Friends and Family<br>Activities Stations<br>2:00- Visiting Circle<br>3:00- Bingo Game |
| **15**<br>Activities Station<br>9:00- Bible Study<br>10:15- Church Services<br>2:00- Visiting Circle<br>3:00- Community Worship<br>6:00- Worship Service<br><br>Location- Chapel<br>& Channel 67.1 | **16**<br>10:00- Seated Exercise<br>11:00- Floor Horse Races<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- Creative Hands- Parks<br>Wood Fall Painting | **17**<br>9:30- Dominoes w/ Larry<br>10:30- Seated Exercise<br>11:30- Veteran Luncheon- ND<br>2:00- Visiting Circle<br>3:30- Hot Topics w/ Craig<br>(IL Auditorium) | **18**<br>Beauty Shop<br>10:30- Seated Exercise<br>11:00- Thanksgiving Word<br>Scrabble Game<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- Bingo- American Legion-ND<br>6:00- Bible Study- IL Chapel/ 96.1 | **19**<br>10:00- Pet Visit w/ Drake<br>10:30- Seated Exercise<br>11:00- Good Old Happy/ Hymns<br>Songs Sing-Along<br>2:00- Visiting Circle<br>5:30- Family Thanksgiving<br>Dinner- ID Dining Room | **20**<br>10:30- Seated Exercise<br>11:00- Granny Pants<br>1:00- Neighborhood Store<br>1:30- Visiting Circle<br>2:00- Hot Choc. & Cookie Bar<br>IL Lobby<br>2:30- Movie Time- "You Got Mail"<br>IL Auditorium | **21**<br>Visit w/ Friends and Family<br>Activities Stations<br>2:00- Visiting Circle<br>3:00- Bingo Game |
| **22**<br>Activities Station<br>9:00- Bible Study<br>10:15- Church Services<br>2:00- Visiting Circle<br>3:00- Community Worship<br>6:00- Worship Service<br><br>Location- Chapel<br>& Channel 67.1 | **23**<br>10:30- Seated Exercise<br>11:00- Stations<br>1:00- Neighborhood Store<br>3:00- Visiting Circle | **24**<br>9:30- Domino Game w/ Larry<br>10:30- Seated Exercise<br>11:00- Thanksgiving Spelling Bee<br>2:00- Visiting Circle<br>3:00- November Birthday Social | **25**<br>Beauty Shop<br>10:30- Seated Exercise<br>11:00- Volley Balloon Game<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- Bingo For a Buck<br>6:00- Bible Study- IL Chapel/ 96.1 | **26**<br>10:00- Pet Therapy w/ Charlie<br>10:30- Seated Exercise<br>11:00- What In the World<br>Do You Mean? Game<br>2:00- Visiting Circle<br>3:00- The Gratitude Game- Parks<br>Thanksgiving Day (U.S) | **27**<br>10:30- Seated Exercise<br>11:00- Wheelchair races/<br>Reel in the Newspaper Relay<br>1:00- Neighborhood Store<br>1:30- Visiting Circle<br>2:00- Popcorn Bar- IL Lobby<br>2:30- Movie Time<br>"Miracle on 34th Street"<br>IL Auditorium<br>6:30- Dancing and Karaoke at<br>The American Legion Post 516 | **28**<br>Visit w/ Friends and Family<br>Activities Stations<br>10:00- Clutch Memorabilia Sale<br>Custom Printing T-Shirts- IDL<br>2:00- Visiting Circle<br>3:00- Bingo Game |
| **29**<br>Activities Station<br>9:00- Bible Study<br>10:15- Church Services<br>2:00- Visiting Circle<br>3:00- Community Worship<br>6:00- Worship Service<br><br>Location- Chapel<br>& Channel 67.1 | **30**<br>10:30- Seated Exercise<br>11:00- Cup Pong Game<br>1:00- Neighborhood Store<br>2:00- Visiting Circle<br>3:00- Down Memory Lane- Parks<br>Life without Electricity | | | | | |




Chisholm Trail Senior Living, 5100 Randol Mill Rd., Fort Worth, Texas 76112.

Calendar is Subject to Change.