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









Stay connected! Follow us on Facebook and Instagram.

@ChisholmTrailSeniorLiving @Chisholm_Trail_Senior_Living

THE SILVERCARE *Lifestyle*

NOVEMBER 2026

Independent Living



Resident of the Month
JOANN KARGES



Employee of the Month
ELIZABETH



Spot Recognition
TINA



Spot Recognition
MAYAH

SPOTLIGHT OF OUR RESIDENT OF THE MONTH

At the impressive age of 100 years old, Joann Karges shared some highlights of a life well lived.
Joann was born in Wichita Falls,Texas but grew up in Tulsa, Oklahoma. Her family moved back toTexas, Ft. Worth when she was 12 years old. Joann graduated high school from Poly High School and received her undergraduate degree from TCU. She went on to earn 2 Masters Degrees, one Master's Degree in English from the University of Texas in Austin and years later another Master's Degree in Library Studies from Michigan.
Joann married for a short time in 1955. She has one son, which she stated, "He was the best thing that ever happened in my life". Joann loves adventure! She has spent most of her adult life traveling the world. She lived in Paris, France for 4 years and emphasized how much she loved France. She lived in New York and worked at the New York Public Library. Her travels took her to California, Peru, Costa Rica, Ecuador and Africa just to name a few places she visited. She spent many of her adventures in a small tent, which she discovered when she took her young son, who was a Boy Scout out on a camping trip. Joann expressed, she just enjoyed going out in nature and sleeping under the stars in her tent.
Joann's love and career was working at TCU in the Library for 35 years, Once retired, she volunteered at the Ft. Worth Botanic Gardens for 15 years and gave numerous presentations and lectures in the Ft. Worth area on plants and insects (another one of her loves). She became so interested in insects that she wrote a book and several published articles on the subject.
Joann has lived at Chisholm Trails for 7 years. She enjoys spending time in her apartment with her cats, books and music. Joann continues to study and draw detailed pictures of her very favorite thing……bugs!

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 9:39 Bible Study 10:15 Lakewood Village Church Service - Chapel 3:00 Community Worship Service - Chapel 6:00 Worship Service - Chapel Daylight Saving Time Ends	2 10:00 Exercise Class - Wellness Center 1:30 New Resident Welcome - MPR 2:30 Adult Coloring - MPR 5:00 Games - Game Room	3 **Election Day** 10:00 Walmart - Bus Trip 2:30 BINGO - NDR 5:00 Games - Card Room	4 10:00 Exercise Class- Wellness Center 11:00 Everyone's Welcome Lunch Out Blue Mound Cafe 2:30 Craft Class - MPR 6:00 Bible Study - Chapel	5 10:00 Exercise Class - Wellness Center 11:30 Lunch Time Trivia 2:30 Mission Printing - MPR 2:30 Braum's Bus Trip 5:00 Games - Card Room	6 10:00 Walmart - Bus trip 2:00 Hot Chocolate and Cookies in the Lobby 2:30 Movie - AUD You've Got Mail 5:00 Games - Card Room	7 Visit with Family and Friends
8 9:39 Bible Study 10:15 Lakewood Village Church Service - Chapel 3:00 Community Worship Service - Chapel 6:00 Worship Service - Chapel	9 10:00 Exercise Class - Wellness Center 1:30 North East Mall Outing Bus Trip 5:00 Games - Card Room	10 10:00 Walmart - Bus Trip 2:30 BINGO - NDR 3:00 Hot Topics - AUD 5:00 Games - Card Room	11 **VETERAN;S DAY** 9:00 Veteran's Day Parade Bus Trip 10:00 - 2:00 You Are Beautiful Vendor - Card Room 3:00 Veteran's Day Program - North Dining Room 6:00 Bible Study - Chapel	12 10:00 H-E-B Grocery Store Bus Trip 1:30 Wing Rep Meeting - MPR 2:30 Mission Printing - MPR 5:00 Games - Card Room	13 **World Kindness Day** 10:00 Exercise Class - Wellness Center 2:00 Popcorn in the Lobby 2:30 Movie - AUD The Darkest Hours 2:30 Group Crossword Puzzle - MPR 5:00 Games - Card Room	14 Visit with Family and Friends
15 9:39 Bible Study 10:15 Lakewood Village Church Service - Chapel 3:00 Community Worship Service - Chapel 6:00 Worship Service - Chapel	16 **National Fast Food Day** 10:00 Exercise Class- Wellness Center 11:00 Fast Food Outing Jack in the Box 2:30 Wii Games - AUD 5:00 Games - Card Room	17 10:00 Walmart - Bus Trip 11:00 Veteran's Luncheon - North Dining Room 2:30 Cooking Demo -MPR Holiday Side Dishes 5:00 Games - Card Room	18 10:00 Exercise Class - Wellness Center 1:30 Food Committee Meeting - MPR 2:30 Hot Apple Cider - North Dining Room 3:00 Community BINGO - North Dining Room 6:00 Bible Study - Chapel	19 10:00 Exercise Class - Wellness Center 11:30 Lunch Time Laughs 1:00 Village Voice Meeting - AUD 2:30 Mission Printing - MPR 3:00 Play Monopoly - Card Room 5:00 Games - Card Room	20 10:00 Walmart - Bus trip 2:00 Hot Chocolate and Cookies in the Lobby 2:30 Movie - AUD Meet Me In St. Louis 3:00 Happy Hour - MPR 5:00 Games - Card Room	21 Visit with Family and Friends
22 9:39 Bible Study 10:15 Lakewood Village Church Service - Chapel 3:00 Community Worship Service - Chapel 6:00 Worship Service - Chapel	23 10:00 Exercise Class - Wellness Center 1:30 Vending Nut Co - Bus Trip 3:00 Checkers - Card Room 5:00 Games - Card Room	24 10:00 Walmart - Bus Trip 2:30 Turkey BINGO - NDR 5:00 Games - Card Room	25 10:00 Exercise Class - Wellness Center 2:30 Birthday Social - North Dining Room 6:00 Bible Study - Chapel	26 	27 2:00 Popcorn in the Lobby 2:30 Movie - AUD Miracle on 34th Street 5:00 Games - Card Room	28 Visit with Family and Friends 10:00 - 2:00 Klutch Memorabillia Vendor- Card Room
29 9:39 Bible Study 10:15 Lakewood Village Church Service - Chapel 3:00 Community Worship Service - Chapel 6:00 Worship Service - Chapel	30 10:00 Exercise Class - Wellness Center 2:30 Christmas Decorations for the Holiday - Community Trees Lobby and Dining Room 5:00 Games - Card Room					