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





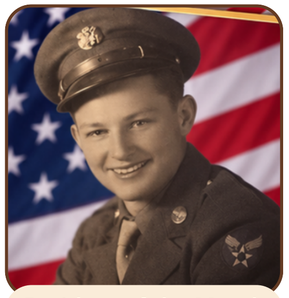
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THE SILVERCARE *Lifestyle*

NOVEMBER 2026

Parks Memory Care



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

November 2026

Chisholm Trail Senior Living, Parks Memory

