



TIMELESS

AN EDITORIAL BY BRISTOL PARK CYPRESS

MARCH 2026

*Behind
the Scenes*



"We have the most wonderful time when we are together making memories"

Welcome To Our Community

Harold B. Martha S.
Shirley B. Charles S.

Happy Birthday

Brenda P.....3/11
Jerry T.....3/18
Mark R.....3/19
Esther M.....3/22
Mary G.....3/24
Sara S.....3/26



March 2026

Leadership Team

Kimberly Pera
Executive Director

Lashae Townsend
Business Director

Hilda Baldwin
Resident Care Director

Destiny Thomas
Sales & Marketing Director

Morena Blanco
Lifestyle Director

Jaime Welsh
Pathway Director

Lawunder Perkins
Culinary Director

John Costello
Maintenance Director

Letter from the Executive Director, Kim

I have been reflecting on the saying, "Age is just a number." I don't believe this is meant to deny the passage of time. I think it's meant more as a reminder that the way we experience life is shaped far more by our attitude, behavior, and perceptions than by the date on our birth certificate. While our bodies change as we grow older, how we think about aging often determines how fully we live, how capable we feel, and even how healthy we become and stay. In my experience, individuals who view aging as a period of growth, wisdom, and opportunity tend to be more engaged, resilient, and optimistic. Despite the heaviness of the world around us, I hope that you will join me in choosing optimism, laughter, and joy.



Meet Our Amazing Team

Did you know that nearly one-third of our team members have been part of our community for more than three years? Working in this industry truly takes someone special — a person with a generous, loving, and dedicated heart. While we always love celebrating our team, we want to give an extra special shout-out to the individuals who supported us during the February freeze. Four of our directors and approximately 20 of our hourly team members went above and beyond to ensure we had the coverage needed for care, the front desk, and the dining room. I am incredibly proud of this team and deeply grateful for everything they do.



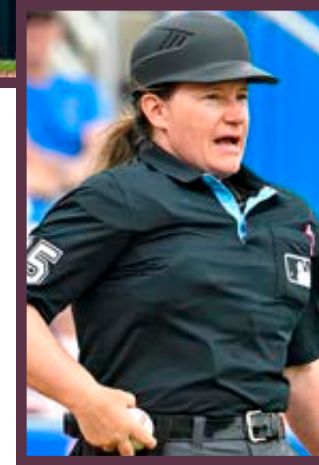
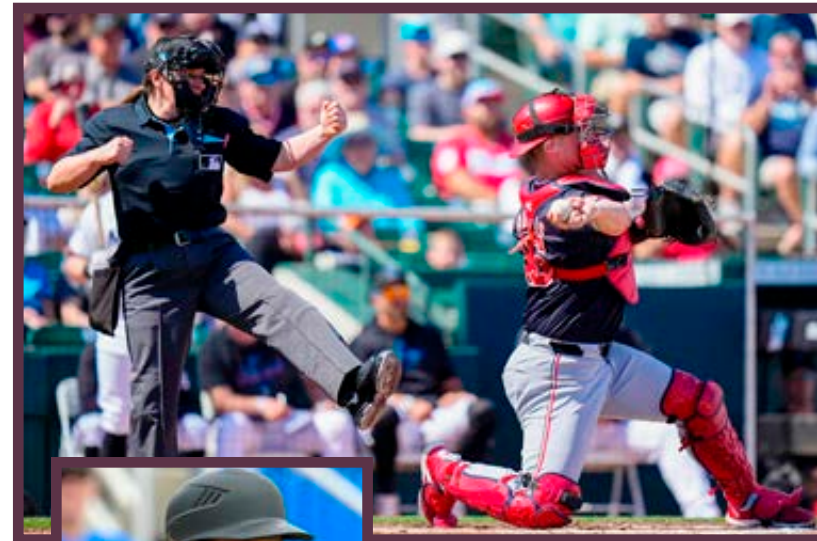
17935 Longenbaugh Road
Cypress, TX 77433
(281) 392-2200



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:00 Sunlight Seeking 10:00 Sunday Worship 10:30 Fun Bingo w/ YMSL 1:00 Music Memories 1:30 Church Ser. w/Jimmy 2:00 Circle of Friends 2:30 Open Table Games 3:00 Cherished Memories 3:30 Community Stroll 5:00 Wind-down 6:00 Cinemania or Sudoku</p> <p>1</p>	<p>Nat.Dr. Seuss Day</p> <p>9:00 AM Community Stroll 10:00 Faithful Paw Pet Therapy 10:30 Bingo Showdown 12:30 Rhythm Circle 1:30 Dr.Seuss Reading w/Ashley 2:00 Seussical Snacks 2:30 Go Fishing 3:00 Dr.Seuss Trivia 3:30 Cherished Moments 5:00 Wind-down 6:00 Evening News/Games</p> <p>2</p>	<p>9:00 AM Community Stroll 10:00 Tuesday Zumba 10:30 Resident Council Meeting 11:00 Town Hall Meeting 12:30 Rhythm Circle 1:00 Afternoon Stroll 1:30 Daily Narrative with Ashley 2:00 Cornhole Variations 2:30 Afternoon Bingo with Jim 2:45 Timeless Trivia 5:00 Social Clique 6:00 Three Company or Bridge</p> <p>3</p>	<p>Marching Music Day</p> <p>9:00 AM Community Stroll 10:00 Chair Marching Exercises 10:30 Bingo Bonza 12:30 Rhythm Circle 1:00 Marching Through Time 1:30 Exploring God w/Frankie 2:30 Sing Along 3:45 Name That Tunes 4:00 Bible Study 5:00 Wind-down 6:00 News/Tabletop Games</p> <p>4</p>	<p>Nat.Cheese Doodle Day</p> <p>9:00 AM Community Stroll 10:00 Chair Yoga w/Angel 10:30 Bingo Showtime 10:45 Storytime w/Kiddle Acad. 12:30 Rhythm Circle 1:00 Daily Narrative 1:30 Music Therapy with Greg 2:15 Tasting & Comparison 3:30 Read to MC 5:00 Social Clique 6:00 MASH or Brainteaser</p> <p>5</p>	<p>9:00 AM Community Stroll 10:00 Dance Vibe 10:30 Bingo Klatch 12:30 Rhythm Circle 1:00 Sightseeing 1:30 Chronicles- Story Telling 2:00 Pop Song Trivia 2:30 Happy Hour 3:00 Karaoke with Lisa 5:00 Wind-down 6:00 Cinema & Popcorn/Games</p> <p>6</p>	<p>9:00 Morning Coffee Chat 10:00 Wonderful Walkers 10:30 Fun Bingo 1:00 Music Memories 1:30 Chronicles-Story Telling 2:00 Church Services w/Bob 2:30 Open Table 3:00 Mindfulness Coloring 3:30 Community Stroll 5:00 Social Clique 6:00 Sat. Movie & Popcorn</p> <p>7</p>	
<p>9:00 Sunlight Seeking 10:00 Sunday Worship 10:30 Fun Bingo w/ YMSL 1:00 Music Memories 1:30 Church Ser. w/Jimmy 2:00 Circle of Friends 2:30 Open Table Games 3:00 Cherished Memories 3:30 Community Stroll 5:00 Wind-down 6:00 Cinemania or Sudoku</p> <p>8</p>	<p>National Barbie Day</p> <p>9:00 AM Community Stroll 10:00 Listen to Your Body Exercises 10:30 Bingo Showdown 12:30 Rhythm Circle 1:30 Narrative with Ashley 2:00 Photo Booth Experience 2:30 Men's Social Club 3:00 "Life in Pink" 3:45 Barbie Trivia 5:00 Wind-down 6:00 Evening News/Games</p> <p>9</p>	<p>Nat.Land Line Tel. Day</p> <p>9:00 AM Community Stroll 10:00 Tuesday Zumba 10:15 Walmart Outing 10:30 Bingo Showtime 12:30 Rhythm Circle 1:00 Chef Talk w/ Lawunder 2:00 Cornhole Variations 2:45 Timeless Trivia 3:00 Rosary w/Denis 3:15 Land Line Telephone Reminisces 5:00 Social Clique 6:00 Three Company or Bridge</p> <p>10</p>	<p>9:00 AM Community Stroll 10:00 Upbeat Barre 10:45 Storytime w/Kiddle Acad. 12:30 Rhythm Circle 1:00 New Resident Orientation 1:00 Chronicles-Story Telling 1:30 Exploring God w/Frankie 2:30 Sing Along 3:45 Name That Tunes 4:00 Bible Study 5:00 Wind-down 5:00 Meet & Greet Family Night 6:00 News/Tabletop Games</p> <p>11</p>	<p>Nat. Plant a Flower Day</p> <p>9:00 AM Community Stroll 10:00 Barre Workout 10:15 Lunch Excursion 10:30 Bingo Showtime 12:30 Rhythm Circle 1:30 Daily Narrative 2:00 Painting Pots 2:30 Craft with Sarah 3:00 Seed Starting 3:30 Read to MC 5:00 Social Clique 6:00 MASH or Brainteaser</p> <p>12</p>	<p>9:00 AM Community Stroll 10:00 Dance Vibe 10:30 Bingo Klatch 12:30 Rhythm Circle 1:00 Sightseeing 1:30 Chronicles- Story Telling 2:00 Pop Song Trivia 2:30 Happy Hour 3:00 Entertainment with Jesus 5:00 Wind-down 6:00 Cinema or Dominoes</p> <p>13</p>	<p>9:00 Morning Coffee Chat 10:00 Wonderful Walkers 10:30 Fun Bingo 1:00 Music Memories 1:30 Chronicles-Story Telling 2:00 Brain Teaser 2:30 Open Table Game 3:00 Mindfulness Coloring 3:30 Community Stroll 4:00 Circle of Friends 5:00 Social Clique 6:00 Sat. Movie & Popcorn</p> <p>14</p>	
<p>9:00 Sunlight Seeking 10:00 Sunday Worship 10:30 Fun Bingo w/ YMSL 1:00 Music Memories 1:30 Church Ser. w/Jimmy 2:00 Circle of Friends 2:30 Open Table Games 3:00 Cherished Memories 3:30 Community Stroll 5:00 Wind-down 6:00 Cinemania or Sudoku</p> <p>15</p>	<p>National Panda Day</p> <p>9:00 AM Community Stroll 10:00 Faithful Paw Pet Therapy 10:30 Bingo Showdown 12:30 Rhythm Circle 1:30 Narrative with Ashley 2:00 Bowling 2:30 Panda Documentary Screenings 3:00 Book Review w/ Carol 3:30 Cherished Moments 5:00 Wind-down 6:00 Evening News/Games</p> <p>16</p>	<p>St Patrick's Day</p> <p>9:00 AM Community Stroll 10:00 Tuesday Zumba 10:00 St Pat.Day Parade w/Kayleigh 10:30 Connecting with Kim 12:30 Rhythm Circle 1:30 Daily Narrative with Ashley 2:00 St. Patrick's Cel.w/Sautaria 2:30 Trivia with Jim 2:45 Timeless Trivia 5:00 Social Clique 6:00 Three Company or Bridge</p> <p>17</p>	<p>Global Recycling Day</p> <p>9:00 AM Community Stroll 10:00 Upbeat Barre 10:30 Bingo Bonza 12:30 Rhythm Circle 1:00 Trash to Treasure 1:30 Exploring God w/Frankie 2:30 Sing Along 3:45 Name That Tunes 4:00 Bible Study 5:00 Wind-down 6:00 News/Tabletop Games</p> <p>18</p>	<p>Inter.Read to Me Day</p> <p>9:00 AM Community Stroll 10:15 Mass w/Father Innocent 10:30 Bingo Showtime 12:30 Rhythm Circle 1:00 Daily Narrative 1:30 Music Therapy with Greg 2:00 Guest Reader 3:00 Read to MC 3:30 Mindful Game 5:00 Social Clique 6:00 Dementia Support Group</p> <p>19</p>	<p>9:00 AM Community Stroll 10:00 Dance Vibe 10:30 Bingo Klatch 12:30 Rhythm Circle 1:00 Sightseeing 1:30 Chronicles- Story Telling 2:00 Pop Song Trivia 2:30 Happy Hour 3:00 Entertainment with Jimi 5:00 Wind-down 6:00 Cinema & Popcorn/Games</p> <p>20</p>	<p>9:00 Morning Coffee Chat 10:00 Wonderful Walkers 10:30 Fun Bingo 1:00 Music Memories 1:30 Chronicles-Story Telling 2:00 Church Services w/Bob 2:30 Open Table 3:00 Mindfulness Coloring 3:30 Community Stroll 5:00 Social Clique 6:00 Sat. Movie & Popcorn</p> <p>21</p>	
<p>9:00 Sunlight Seeking 10:00 Sunday Worship 10:30 Fun Bingo w/ YMSL 1:00 Music Memories 1:30 Church Ser. w/Jimmy 2:00 Circle of Friends 2:30 Open Table Games 3:00 Cherished Memories 3:30 Community Stroll 5:00 Wind-down 6:00 Cinemania or Sudoku</p> <p>22</p>	<p>Nat. Chips & Dip Day</p> <p>9:00 AM Community Stroll 10:00 Faithful Paw Pet Therapy 10:30 Bingo Showdown 12:30 Rhythm Circle 1:30 Narrative with Ashley 2:00 Balloon Toss 2:30 Men's Social Club 2:45 DIY Dip Station 3:30 Bingo Country Store 5:00 Wind-down 6:00 Evening News/Games</p> <p>23</p>	<p>9:00 AM Community Stroll 10:00 Tuesday Zumba 10:15 Walmart Outing 10:30 Bingo Showtime 12:30 Rhythm Circle 1:00 New Residents Oritation 1:30 Daily Chronicles 2:00 Cornhole Variations 2:45 Timeless Trivia 3:15 March Craft 5:00 Social Clique 6:00 Three Company or Bridge</p> <p>24</p>	<p>9:00 AM Community Stroll 10:00 Upbeat Barre 10:30 Bingo Bonza 10:45 Storytime w/Kiddle Acad. 12:30 Rhythm Circle 1:00 Lifestyle Meeting 1:30 Exploring God w/Frankie 2:30 Sing Along 3:45 Name That Tunes 4:00 Bible Study 5:00 Wind-down 6:00 News/Tabletop Games</p> <p>25</p>	<p>9:00 AM Community Stroll 10:00 Barre Workout 10:30 Bingo Showtime 10:45 Shopping Excursion 11:30 Bridgeland Orchestra Per. 12:30 Rhythm Circle 1:00 Health Talk w/Michell 1:30 Daily Narrative 2:00 Pass the Ball 3:30 Read to MC 5:00 Social Clique 6:00 MASH or Brainteaser</p> <p>26</p>	<p>9:00 AM Community Stroll 10:00 Dance Vibe 10:30 Bingo Klatch 12:30 Rhythm Circle 1:00 Sightseeing 1:30 Chronicles- Story Telling 2:00 Pop Song Trivia 2:30 Happy Hour 2:30 March Birth. Party w/Shawn 3:00 Entertainment with Nathan 5:00 Wind-down 6:00 Cinema or Dominoes</p> <p>27</p>	<p>9:00 Morning Coffee Chat 10:00 Wonderful Walkers 10:30 Fun Bingo 1:00 Music Memories 1:30 Chronicles-Story Telling 2:00 Piano Per.w/Amanda 2:30 Open Table Game 3:00 Mindfulness Coloring 3:30 Community Stroll 4:00 Circle of Friends 5:00 Social Clique 6:00 Sat. Movie & Popcorn</p> <p>28</p>	
<p>9:00 Sunlight Seeking 10:00 Sunday Worship 10:30 Fun Bingo w/ YMSL 1:00 Music Memories 1:30 Church Ser. w/Jimmy 2:00 Circle of Friends 2:30 Open Table Games 3:00 Cherished Memories 3:30 Community Stroll 5:00 Wind-down 6:00 Cinemania or Sudoku</p> <p>29</p>	<p>Nat.Virtual Vac.Day</p> <p>9:00 AM Community Stroll 10:00 Faithful Paw Pet Therapy 10:30 Bingo Showdown 12:30 Rhythm Circle 1:00 Afternoon Exercises 1:30 Narrative with Ashley 2:00 Immersive Atmosphere 2:30 Travelogue 3:30 Cherished Vacation Moments 5:00 Wind-down 6:00 Evening News/Games</p> <p>30</p>	<p>National Crayon Day</p> <p>9:00 AM Community Stroll 10:00 Tuesday Zumba 10:30 Bingo Blitz 10:45 Cypress Bus Tour 12:30 Rhythm Circle 1:30 Daily Narrative with Ashley 2:00 Multi Snacks 2:30 Crayon Picture Frames 3:30 Guess the Color 5:00 Social Clique 6:00 Three Company or Bridge</p> <p>31</p>	<p><i>Behind the Scenes</i></p>				<p>Living Room L.R Activities Room A.R Media Room M.R Recreation Room Rec.R Dining Room D.R Memory Care M.C Patio Pat.</p>



Finding the Joy in Every Note and Every Move!



Magnificent March

The 31 days of March are extraordinary, with all too many special occasions to highlight. March is a month where new beginnings are paramount and long-held traditions re-emerge. We usher in the season of spring as new life begins, and with all this newness, we embrace the start of baseball season. One of America's favorite pastimes continues to prove captivating. The first Major League Baseball pitch of 2026 is scheduled to be thrown on March 25 as the San Francisco Giants and the New York Yankees kick off the season.

We also highlight notable women of the world as we celebrate National Women's History Month. This commemoration began in 1987 and is actually an extension of Women's History Week, which started in 1980. This annual observance is devoted to all things female, recognizing and celebrating the contributions of women to society, culture, history, and beyond.

Where does MLB and Women's History Month intersect, you might wonder. The answer is with Jen Pawol.

Jen Pawol became the first female umpire in MLB history on August 9, 2025, as she was the first base umpire during an Atlanta Braves and Miami Marlins game. The next day, she found herself behind home plate, another female first.

Pawol's love of baseball began earlier in life. She served as an umpire in minor league ball since 2016. She worked in Triple-A baseball in 2023 before moving on to umpire Spring Training games in 2024 and 2025. Her historic debut has been widely recognized as a significant milestone for women in sports. This is where you find the intersection of MLB and National Women's History Month. March is magnificent indeed!

Behind the Scenes

As we continue to explore "Life in the Spotlight" each month, we find ourselves getting into life behind the scenes during March. There's no better example of what goes into creating something truly special than what transpires in the season of spring. It's a time where beauty can bloom on screen, just as it does in real life.

What about your favorite film? Do you ever think about the screenwriter's life or what fuels their mojo? Who is their muse? One's curiosity is piqued, without a doubt, when it comes to filmmaking. Notable directors like Steven Spielberg, Alfred Hitchcock, and Martin Scorsese make the magic happen, no matter the obstacle. They surround themselves with energetic and excited peers.

Without a great production team, the film wouldn't exist. From the inspiration comes the initial script, and each layer requires its own level of thoughtfulness. How does that intriguing storyboard get created? How is the best set, cast, and crew chosen? Each piece is an integral component to the overall fabulous masterpiece you call your favorite flick. If this were your film, who would you choose to write your story?

Life behind the scenes is a space where one's livelihood can easily come alive and thrive. Whether it's the movie industry we're talking about or crafting special programming in a community, the work that occurs behind the scenes is something to be admired and appreciated.



Tasty Corner

“One cannot
think well, love
well, sleep well,
if one has not
dined well.”

- Virginia Woolf



Lucky AROUND THE WORLD

LUCKY
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HELDIG
CHANCEUX
FORTUNATO
SUERTE
LLWYDDIANNUS
ONNEKAS
GELUKKIG
MAHŽŪŽ
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RAKKII
SORTUDO

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