TIMELESS

AN EDITORIAL BY LYNRIDGE SAN ANTONIO

NOVEMBER 2026



Standing Ovation

Applaud the everyday stars around you and honor their contributions.

LYNRIDGE SAN ANTONIO | ASSISTED LIVING

Resident Spotlight

Meet Margie, a proud Jewish woman and beloved resident of Pathways! Margie is the proud mother of two children and grandmother to several beautiful grandchildren. After spending many years as a nurse, including caring for patients in a burn unit, she became known by her coworkers as the steady anchor and trusted guide for those learning the art of nursing. Today, Margie's caring spirit shines just as brightly. She's always looking out for her neighbors, offering kindness, support, and a listening ear whenever it's needed. With her heart of gold and her warm, unforgettable hugs, Margie helps make Pathways feel like home for everyone around her.



Resident Birthdays

Roberta D	11/3
Edwin C	11/5
Joanne C	11/7
Jewel K	11/8
Barbara J	11/9
Daniel S	11/15
Jeannette M	11/17



Standing Ovation

What does gratitude mean to you? Is there someone who embodies it for you? Are we born with grateful hearts, or is gratitude something we can practice and learn over time? These are worth pondering this November, as Thanksgiving approaches and we look for ways to notice and thank the people who quietly make our lives better.

There are myriad ways to show gratitude toward our neighbors, family, and friends, but it's easy to let them slip by unnoticed. Think of the friend who shows up with comfort when a beloved pet of 15 years passes. The neighbor whose crockpot meal arrives right when you need it most. The stranger who offers you their umbrella in the rain. The grandchild who lights up when you show up for their school play. These moments are easy to take for granted, and easy to miss.

Research shows that practicing gratitude regularly benefits both mind and body. It brings a greater sense of peace, builds empathy, and supports overall well-being. No matter what kind of day you're having, there's almost always something, or someone, worth appreciating. This month, take a moment to notice the people who've shown up for you. Consider how best you can celebrate them this month. Give them the thanks – and the standing ovation – that they deserve.





From the Desk of our Executive Director,

Mark Shaffer

Last month, we talked about bringing unreasonable hospitality to life through the small things we do each day—the moments that help our residents and each other feel seen, valued, cared for, and truly at home. This month, I'd like us to keep building on that commitment by asking ourselves a simple question: "Whose day can I make better today?" Our community offers many features, services, and opportunities for residents. But what stays with a person is often the outcome of those experiences: how they feel because of the way we delivered them. Not so much "what we do," but rather "how we do what we do!" A meal should become a moment of connection. An activity should help someone feel included. A helping hand can bring comfort and reassurance. Courtesy and human kindness turn our features, what we offer, into an experience that can brighten someone's day and enrich their quality of life. The answer to our question may be a warm greeting, a little extra patience, remembering someone's favorite song, sharing a laugh, or taking a moment to listen. These gestures may seem small, yet they make us feel recognized and connected. When we notice those opportunities and act on them consistently, hospitality becomes more than something we do. It becomes a habit—and part of who we are as a community. Our core values guide us in those moments. Excellence means caring about the details. Empowerment means taking the initiative to make a difference. Communication helps us understand what matters to each resident. Consistency builds trust through the way we show up every day. Teamwork reminds us that each person contributes to the experience our residents have. I challenge each of us to look for one small opportunity each day to brighten a resident's day. Offer kindness. Say thank you. Help someone feel included. Make someone smile. When we deliver what we offer with care and humankindness, we create something remarkable: a community where residents feel they belong and where every day holds the possibility of a meaningful moment. And the most joy may well be realized at the end of the day, when our head hits the pillow at night, in that moment after we close our eyes but before we surrender to sleep, and we reflect on knowing we made a difference today! Whose day can we make better today?

November 2026

Leadership Team

Mark Shaffer
Executive Director

Felicita Ruiz
Business Director

Yolanda Forney
Marketing Director

Jojo Avila
Lifestyle Director

Leslie Alonzo
Pathways Director

Lisa Timms
Resident Service Director

Natasha Watson
Resident Service Coordinator

Dave Peterson
Culinary Director

Eric Montemayor
Maintenance Director

LYNRIDGE
OF SAN ANTONIO
ASSISTED LIVING • MEMORY CARE

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November 2026
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends **1** 10:00 Morning Walk [FL] 10:30 Sunday Chronicle [BAR] 11:00 Dominos [BAR] **1:30 Afternoon Movie Matine [MR]** 2:15 November IQ [BAR] **3:00 Chips Dips & Friendships [BAR]** 4:15 Faithful Friends Prayer Circle [AR]	9:30 Fit Feet w/ Irma [FL] **10:00 Mary Kay with Emma [FL]** **2** 10:00 Sittercise w/ Select Rehab [AR] 10:30 Morning Meditation [AR] **10:45 Activity Committee [AR]** **1:30 Pumpkin Pie Twists [BAR]** 2:15 BINGO [DR] **3:30 Happy Hour w/ Kai** 6:15 Evening Movie [MR]	**Election Day** **3** 9:30 Fit Feet w/ Irma [FL] 10:00 Sittercise [AR] **10:30 Total Thrive Tuesday: Injury Prevention [AR]** 11:00 Tapple Tuesday Trivia [AR] **1:30 Resident Council [AR]** **2:15 Fall Hot Chocolate Bar [AR]** 3:30 Left, Center, Right [AR] 4:15 Rosary Prayer Circle [AR]	**9:15 Shopping @ HEB [FL]** **4** 9:30 Fit Feet w/ Irma [FL] 10:00 Sittercise [AR] 10:30 Jeopardy [AR] **1:30 Nutter Butter Acorn Cookies [BAR]** 2:15 BINGO [DR] 3:30 **New Resident Meet & Greet Happy Hour [DR]** 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **5** 10:00 Sittercise [AR] 10:30 Nail Care [AR] **11:00 Paws Visits w/ Oso [AR]** 1:30 Holy Spirit Communion [AR] **2:00 Music Trivia w/ Suzanne** **2:30 Root Beer Floats [BAR]** **3:15 Gratitude Garland [AR]** **4:00 Creative Hands w/ Rosemary [AR]** 6:30 Bible Study w/ Sarah [PO]	9:30 Fit Feet w/ Irma [FL] **6** 10:00 Sittercise w/ Select Rehab [AR] 10:30 Parman Library Trip [FL] **1:30 Cinnamon Roll Pumpkins [BAR]** 2:15 You Bring It BINGO [DR] 3:30 Happy Hour & Trivia [DR] 6:15 Evening Movie [MR]	9:30 Lynridge Walk to End Alzheimer's [FL] **7** 10:00 Sittercise [AR] 10:30 Coffee & Conversation [FL] **11:00 Helping Hands: Fall Leaf Lanterns [PW]** 1:30 Uno Club [AR] 2:15 You be the Judge [AR] **3:00 Green Thumb Club: Fall Leaf Jewelry Tray [AR]** 4:30 Quick Think Trivia [AR]
10:00 Morning Walk [FL] 10:30 Sunday Chronicle [BAR] **8** **11:00 Sunday Brunch [DR]** **1:30 Afternoon Movie Matine [MR]** 2:15 November Crossword Puzzle [BAR] **3:00 Sunday Scoop Social [BAR]** 4:15 Faithful Friends Prayer Circle [AR]	9:30 Fit Feet w/ Irma [FL] **9** 10:00 Sittercise w/ Select Rehab [AR] 10:30 Morning Meditation [AR] **11:00 Lunch Bunch: Bobbies [FL]** 2:15 BINGO [DR] 3:30 Happy Hour w/ Thomas [DR] 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **10** 10:00 Sittercise [AR] 10:30 Tech Tuesday [AR] **11:00 Thankful Center Pieces [AR]** 1:30 Who am I? [AR] **2:15 Poppy Pins [AR]** 3:30 The Game of Spoons [AR] 4:15 Rosary Prayer Circle [AR] **6:30 Town Hall [AR]**	**Veterans Day** **11** **9:15 Shopping at Walmarat [FL]** 9:30 Fit Feet w/ Irma [FL] 10:00 Sittercise [AR] 10:30 Jeopardy [AR] **11:00 A Moment of Silence** **2:00 A Salute to Our Vets-Pinning Ceremony [DR]** **2:30 Stars Stripes & Stand Up w/ Cleto Rodrigues [DR]** **3:30 Happy Hour w/ Rob Bernal [DR]** 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **12** 10:00 Sittercise [AR] **10:30 Lynridge Family Support Group [LB]** 10:30 Nail Care [AR] **11:00 Paws Visits w/ Oso [AR]** 1:30 Holy Spirit Communion [AR] **2:15 Napkin Ring Charms [AR]** 3:30 Bunco [AR] **4:00 Creative Hands w/ Rosemary [AR]** 6:30 Bible Study w/ Sarah [PO]	9:30 Fit Feet w/ Irma [FL] **13** 10:00 Sittercise w/ Select Rehab [AR] 10:30 Pen Pals & Postcards [AR] **1:30 Pumpkin Spice Chips & Dip [BAR]** **2:00 Silver Derby Horse Races [DR]** 3:30 Happy Hour & Trivia [DR] 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **14** 10:00 Sittercise [AR] 10:30 Coffee & Conversation [FL] **11:00 Helping Hands: Fall Leaf Sun Catchers [PW]** 1:30 Uno Club [AR] **2:15 Place Mats for Jimenez Thanksgiving Lunch [AR]** **3:30 Green Thumb Club: Garlic & Onion Sets [CY]** 4:30 Quick Think Trivia [AR]
10:00 Morning Walk [FL] 10:30 Sunday Chronicle [BAR] **15** 11:00 Morning Mingle [FL] **1:30 Afternoon Movie Matine [MR]** 2:15 November Wordsearch [BAR] **3:00 Lemonade & Neighbors [BAR]** 4:15 Faithful Friends Prayer Circle [AR]	9:30 Fit Feet w/ Irma [FL] **16** 10:00 Sittercise w/ Select Rehab [AR] 10:30 Morning Meditation [AR] **10:45 Pumpkin Spice Sugar Scrub [AR]** **1:30 Harvest Caramel Corn [BAR]** 2:15 BINGO [DR] **3:30 Happy Hour w/ Suzanne [DR]** 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **17** **10:00 Chiquitas & Picosas Jewelry Boutique [FL]** 10:00 Sittercise [AR] **10:30 Total Thrive Tuesday: Diabetes Month [AR]** 11:00 Bean Bag Bocce [AR] 1:30 Where in the World? [AR] **2:15 Thanksgiving Place Cards [AR]** **3:30 Tea & Talk Tuesday [AR]** 4:15 Rosary Prayer Circle [AR]	**9:15 Shopping at HEB [FL]** **18** 9:30 Fit Feet w/ Irma [FL] 10:00 Sittercise [AR] 10:30 Jeopardy [AR] **1:30 Pumpkin Cream Cheese Muffins [BAR]** 2:15 BINGO [DR] **3:30 Happy Hour & Karaoke w/ Lisa [DR]** 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **19** 10:00 Sittercise [AR] 10:30 Nail Care [AR] **11:00 Paws Visits w/ Oso [AR]** 1:30 Holy Spirit Communion [AR] 2:00 Thanksgiving Table Settings [DR] 3:30 Bunco [AR] **4:30 Thanksgiving Dinner 1st Seating [DR]** **6:00 Thanksgiving Dinner 2nd Seating [DR]**	9:30 Fit Feet w/ Irma [FL] **20** 10:00 Sittercise w/ Select Rehab [AR] **10:30 Thankful Treats for our Staff [AR]** **1:30 Baked Caramel Apple Treats [BAR]** 2:15 You Bring It BINGO [DR] 3:30 Happy Hour & Trivia [DR] 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **21** 10:00 Sittercise [AR] 10:30 Coffee & Conversation [FL] **11:00 Helping Hands: Gratitude Pumpkins [PW]** 1:30 Uno Club [AR] 2:15 Journal Club [AR] **3:30 Green Thumb Club: Bird Seed Mini Wreaths [AR]** 4:30 Quick Think Trivia [AR]
10:00 Morning Walk [FL] 10:30 Sunday Chronicle [BAR] **22** 11:00 Dominos [BAR] **1:30 Afternoon Movie Matine [MR]** 2:15 Thanksgiving Would You Rather? [BAR] **3:00 Popcorn Social** 4:15 Faithful Friends Prayer Circle [AR]	9:30 Fit Feet w/ Irma [FL] **23** 10:00 Sittercise w/ Select Rehab [AR] 10:30 Morning Meditation [AR] **11:00 Lunch Bunch: Purple Garlic [FL]** **1:30 Baking w/ Select Rehab [BAR]** 2:15 BINGO [DR] 3:30 Happy Hour [DR] 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **24** 10:00 Sittercise [AR] 10:30 Tech Tuesday [AR] 11:00 Thanksgiving: Don't Say the Word Game [AR] **1:30 Smore's Trail Mix [BAR]** **2:00 Tom Jackson Presents: The History of Thanksgiving [AR]** 3:30 Skipbo Card Game [AR] 4:15 Rosary Prayer Circle [AR]	9:15 Shopping at HEB [FL] **25** 9:15 **Shopping at Walmart [FL]** 9:30 Fit Feet w/ Irma [FL] 10:00 Sittercise [AR] 10:30 Nail Care [AR] **11:00 Turkey Hunt [AR]** **1:30 Cream Cheese Stuffed Pumpkins [BAR]** 2:15 Lynridge Auction [DR] **3:30 Happy Hour w/ Carlos [DR]** 6:15 Evening Movie [MR]	**Happy Thanksgiving** **26** 9:30 Fit Feet Club [FL] 10:00 Sittercise [AR] **11:00 Paws Visits w/ Oso [AR]** 1:30 Holy Spirit Communion [AR] **2:15 Hot Apple Cider Bar [BAR]** 3:30 Bunco [AR]	9:30 Fit Feet w/ Irma [FL] **27** 10:00 Sittercise w/ Select Rehab [AR] **10:30 Creative Hands w/ Rosemary [AR]** **1:00 Happy Tails [FL]** 1:00 You Bring It BINGO [DR] **1:30 Honey Harvest Nuts [BAR]** 3:30 Happy Hour & Trivia [DR] 6:15 Evening Movie [MR]	9:30 Fit Feet w/ Irma [FL] **28** 10:00 Sittercise [AR] 10:30 Coffee & Conversation [FL] **11:00 Helping Hands: Fall This or That? [PW]** 1:30 Uno Club [AR] 1:30 Word Challenge [AR] 3:30 Green Thumb Club: Garden Chat [CY] 4:30 Quick Think Trivia [AR]
10:00 Morning Walk [FL] 10:30 Sunday Chronicle [BAR] **29** **1:30 Afternoon Movie Matine [MR]** 2:15 Autumn Word Hunt [BAR] **3:00 Tea & Cookies [BAR]** 4:15 Faithful Friends Prayer Circle [AR]	9:30 Fit Feet w/ Irma [FL] **30** 10:00 Sittercise w/ Select Rehab [AR] 10:30 Morning Meditation [AR] **1:30 Caramel Apple Bark [BAR]** 2:15 BINGO [DR] **3:30 Happy Hour Social [DR]** 6:15 Evening Movie [MR]	LYNRIDGE OF SAN ANTONIO ASSISTED LIVING • MEMORY CARE	**Resident Birthdays** Edwin C. 11/5 Jewel K. 11/8 Daniel S. 11/15 Aurelia M. 11/17	**Location Keys** Activity Room AR Bar Area BAR Courtyard CY Dining Room DR Front Lobby FL Library LB Media Room MR Pathways PW Piano Area PO	Creative Emotional/Sensory Environmental Intellectual Physical Professional Wellness Social Spiritual	

Created on Wednesday, October 14, 2026 11:16 AM

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Capturing Wonderful Memories



"Brushes & Booz" Happy Hour

Our residents and families had a spooktacular time painting these friendly ghosts with Jojo, our Lifestyle Director, at our "Brushes & Booz" Happy Hour.





Game On!

We had such a blast at our 2026 Sagora Senior Games! From Team Jenga to relays, trivia challenges, and bean bag bocce! Our residents and staff came with their game faces on and were ready for the challenge!

November 2026

DATES TO CELEBRATE

Daylight Saving Time Ends	11/1	World Kindness Day	11/13
Día de los Muertos	11/1-2	Full Moon	11/24
Election Day	11/3	Thanksgiving	11/26
National Nurse Practitioner Week	11/8-14	Black Friday	11/27
Veterans Day	11/11	Small Business Saturday	11/28

Birthstone - Yellow Topaz | **Flower** - Chrysanthemum | **Zodiac** - Scorpio & Sagittarius

Upcoming at Lynridge!



Welcome to our Family!

New Resident Meet & Greet Happy Hour
Wednesday, November 4th @ 3:30 p.m.

We are excited to welcome our new residents. We know that moving to a new place can be an overwhelming experience, which is why we do everything we can to make the transition a little easier. We host a New Resident Meet & Greet Happy Hour each month to give our newest residents the chance to mingle and meet new friends. We hope that everyone will join us in making our newest residents feel right at home.

New Resident & Family Orientation:
Thursday, November 29th @ 4 p.m.
Sit down and meet the coordinating team!



Join us for an afternoon of laughter, music, and patriotic pride as we honor the brave men and women who have served our country.

Wednesday, November 11th:

Pinning Ceremony for our Veterans and a special recognition to Veteran Spouses @ 2 p.m.

"Stars, Stripes, and Stand Up" Comedy Show by Cleto Rodrigues, Happy Hour, and Music with Rob Bernal @ 3:30 p.m.

We would be honored to showcase any memorabilia you or your loved one may have. A special table will be set in the front lobby. See Jojo, Lifestyle Director, for more information.



Lynridge Family Support Group

Thursday, November 12th @ 10:30 a.m.

Family & Friends, we are excited to invite you to our ongoing family support group-a positive, welcoming space to connect, share ideas, and build community with others who understand the journey. Join us for conversation, encouragement, and practical resources in a relaxed & supportive setting.

Please RSVP with our concierge.



The best memories are made around the table. Join us and celebrate the season of thankfulness with a delicious dinner shared with friends, family, and our Lynridge community. Let's enjoy the flavors of the season, share a little laughter, and reflect on the many blessings that bring us together.

Please RSVP for our Thanksgiving Dinner:
Thursday, November 19th

Pathways: 4:30 p.m.
Assisted Living: 1st seating at 4:30 p.m.
or 2nd seating at 6 p.m.

Reminder: Please RSVP with our concierge for our events!

Turkey Traditions: The Presidential Pardon



President George H. W. Bush at the 3rd annual pardoning of the Thanksgiving turkey, 1991.

Turkeys have become a traditional part of the Thanksgiving Day feast since the early 1800s, once it became clear that one of these birds could feed an entire family. Access was readily available, so it basically just made sense, especially in New England. By the 1870s, turkeys were such a common Thanksgiving delight that some decided they were a worthy White House gift for the president.

The first turkey on the books to be given to a president was done so by a Rhode Island farmer named Horace Vose. He openly described turkey as the "most patriotic bird" and gave turkeys to 11 presidents, the first of which was Ulysses S. Grant in 1873. The hearty birds were generally slaughtered and eaten during the Thanksgiving feast over the years. However, in 1989, President George H.W. Bush offered up the poultry pardon instead of indulging in the offering. The turkey presented to the president wasn't eaten, but rather sent to a children's farm to live. This was the first ceremonial instance of record that pertained to a turkey's presidential pardon. Other presidents who have officially pardoned turkeys include Bill Clinton, George W. Bush, Barack Obama, among others. Those who have unofficially pardoned poultry include Abraham Lincoln and John F. Kennedy.

These days, the National Turkey Federation gives at least one turkey to the president around Thanksgiving. The ceremonies are typically held in the White House Rose Garden. As the ceremony progresses, the president offers a ceremonial pardon to the gifted poultry, ensuring it will most certainly not be eaten at a Thanksgiving dinner table. After the ceremony, the birds go on to live out their time on earth at various parks, farms, and universities that provide a loving home and care, as well as specialized programs, for the turkeys.

Sharing Gratitude

ABUNDANCE
APPRECIATION
BLESSINGS
CELEBRATE
FAMILY
FRIENDSHIP
GENEROSITY
GIVING
GRATITUDE
HARVEST
JOY
KINDNESS
THANKFUL
TOGETHER

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