TIMELESS

AN EDITORIAL BY LYNRIDGE SAN ANTONIO

NOVEMBER 2026



Standing Ovation

Applaud the everyday stars around you and honor their contributions.

LYNRIDGE SAN ANTONIO | MEMORY CARE

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

15430 Huebner Rd
San Antonio, TX 78248
(210) 492-1928

November 2026
MC Monthly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Ends** 9:30 Coffee Social [AR] 10:30 Morning Arm Workout [AR] 11:00 Word Toss [AR] 1:30 Church Service [AR] 2:30 BINGO! [AR] 4:00 Spiritual Coloring [AR] 6:00 Soccer Club [AR]	**2** 9:30 Coffee and Chat 10:30 Chair Zumba! [AR] 11:00 Pictionary [AR] 2:30 Volleyball [AR] 3:00 Pen Pals [AR] 6:00 Soccer Circle [AR]	**3** **Election Day** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Helping Hands [AR] 2:30 Garden Gatherers [CY] 3:00 JAM SESH 4:00 Prayer Circle [AR] 6:00 Balloon Hockey [AR]	**4** 9:30 Coffee Social [AR] 10:00 Painting with All Seasons [AR] 10:30 Core Crunch [AR] 1:30 Stories and Smiles [AR] 4:00 Bowling Night [AR] 6:00 Nature Documentary [AR]	**5** 9:30 Tea and Trivia [AR] 10:30 Twist and Exercise! [AR] 1:00 Name that Tune with Suzzane [DR] 1:00 PAWS Visit w/ Prince [AR] 2:30 Craft Corner: Holiday Napkin Rings [CY] 4:00 Bean Bag Toss [AR] 6:00 Evening Meditations [AR]	**6** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Word Ball [AR] 2:00 Bus Karaoke 2:00 Healthy Hands Club [AR] 4:00 Evening Stroll [CY] 6:00 Golden Moments Music [AR]	**7** 9:30 Coffee Social [AR] 10:30 Chair Zumba! [AR] 11:00 Name the Price [AR] 2:30 Painter's Club [AR] 3:30 The Tea Society [AR] 4:00 Pathways Choir [AR] 6:00 Evening Cinema [AR]
8 9:30 Coffee Social [AR] 10:30 Morning Arm Workout [AR] 11:00 Word Toss [AR] 1:30 Church Service [AR] 2:30 BINGO! [AR] 4:00 Spiritual Coloring [AR] 6:00 Soccer Club [AR]	**9** 9:30 Coffee and Chat 10:30 Chair Zumba! [AR] 11:00 Pictionary [AR] 2:30 Volleyball [AR] 3:00 Pen Pals [AR] 6:00 Soccer Circle [AR]	**10** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Helping Hands [AR] 2:30 Stars and Scoops Veteran Social [CY] 3:00 JAM SESH 4:00 Prayer Circle [AR] 6:00 Balloon Hockey [AR]	**11** **Veterans Day** 8:00 Veterans Day Breakfast [DR] 9:30 Coffee Social [AR] 10:00 Painting with All Seasons [AR] 10:30 Core Crunch [AR] 1:30 Stories and Smiles [AR] 4:00 Bowling Night [AR] 6:00 Nature Documentary [AR]	**12** 9:30 Tea and Trivia [AR] 10:30 Twist and Exercise! [AR] 1:00 PAWS Visit w/ Prince [AR] 2:30 Craft Corner: Holiday Centerpiece [CY] 4:00 Bean Bag Toss [AR] 6:00 Evening Meditations [AR]	**13** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Word Ball [AR] 2:00 Bus Karaoke 2:00 Healthy Hands Club [AR] 4:00 Evening Stroll [CY] 6:00 Golden Moments Music [AR]	**14** 9:30 Coffee Social [AR] 10:30 Chair Zumba! [AR] 11:00 Name the Price [AR] 2:30 Painter's Club [AR] 3:30 The Tea Society [AR] 4:00 Pathways Choir [AR] 6:00 Evening Cinema [AR]
15 9:30 Coffee Social [AR] 10:30 Morning Arm Workout [AR] 11:00 Word Toss [AR] 1:30 Church Service [AR] 2:30 BINGO! [AR] 4:00 Spiritual Coloring [AR] 6:00 Soccer Club [AR]	**16** 9:30 Coffee and Chat 10:30 Chair Zumba! [AR] 11:00 Pictionary [AR] 2:30 Volleyball [AR] 3:00 Pen Pals [AR] 6:00 Soccer Circle [AR]	**17** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Helping Hands [AR] 2:30 Garden Gatherers [CY] 3:00 Birthday Celebration with Kai 3:00 JAM SESH 4:00 Prayer Circle [AR] 6:00 Balloon Hockey [AR]	**18** 9:30 Coffee Social [AR] 10:00 Painting with All Seasons [AR] 10:30 Core Crunch [AR] 1:30 Stories and Smiles [AR] 4:00 Bowling Night [AR] 6:00 Nature Documentary [AR]	**19** 9:30 Tea and Trivia [AR] 10:30 Name that Tune w/ Suzzane [AR] 1:00 PAWS Visit w/ Prince [AR] 2:30 Garden Gatherers [CY] 4:00 Bean Bag Toss [AR] 4:30 Thanksgiving Dinner 6:00 Evening Meditations [AR]	**20** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Word Ball [AR] 2:00 Bus Karaoke 2:00 Healthy Hands Club [AR] 4:00 Evening Stroll [CY] 6:00 Golden Moments Music [AR]	**21** 9:30 Coffee Social [AR] 10:30 Chair Zumba! [AR] 11:00 Name the Price [AR] 2:30 Painter's Club [AR] 3:30 The Tea Society [AR] 4:00 Pathways Choir [AR] 6:00 Evening Cinema [AR]
22 9:30 Coffee Social [AR] 10:30 Morning Arm Workout [AR] 11:00 Word Toss [AR] 1:30 Church Service [AR] 2:30 BINGO! [AR] 4:00 Spiritual Coloring [AR] 6:00 Soccer Club [AR]	**23** 9:30 Coffee and Chat 10:30 Chair Zumba! [AR] 11:00 Pictionary [AR] 2:30 Volleyball [AR] 3:00 Pen Pals [AR] 6:00 Soccer Circle [AR]	**24** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Helping Hands [AR] 2:30 Garden Gatherers [CY] 3:00 JAM SESH 4:00 Prayer Circle [AR] 6:00 Balloon Hockey [AR]	**25** 9:30 Coffee Social [AR] 10:00 Painting with All Seasons [AR] 10:30 Core Crunch [AR] 1:30 Stories and Smiles [AR] 4:00 Bowling Night [AR] 6:00 Nature Documentary [AR]	**26** **Happy Thanksgiving** 9:30 Tea and Trivia [AR] 10:30 Twist and Exercise! [AR] 1:00 PAWS Visit w/ Prince [AR] 2:30 Garden Gatherers [CY] 3:00 Name That Tune w/ Suzzane 4:00 Bean Bag Toss [AR] 6:00 Evening Meditations [AR]	**27** 9:30 Coffee and Craft [AR] 10:30 Power Kicks [AR] 11:00 Word Ball [AR] 2:00 Bus Karaoke 2:00 Healthy Hands Club [AR] 4:00 Evening Stroll [CY] 6:00 Golden Moments Music [AR]	**28** 9:30 Coffee Social [AR] 10:30 Chair Zumba! [AR] 11:00 Name the Price [AR] 2:30 Painter's Club [AR] 3:30 The Tea Society [AR] 4:00 Pathways Choir [AR] 6:00 Evening Cinema [AR]
29 9:30 Coffee Social [AR] 10:30 Morning Arm Workout [AR] 11:00 Word Toss [AR] 1:30 Church Service [AR] 2:30 BINGO! [AR] 4:00 Spiritual Coloring [AR] 6:00 Soccer Club [AR]	**30** 9:30 Coffee and Chat 10:30 Chair Zumba! [AR] 11:00 Pictionary [AR] 2:30 Volleyball [AR] 3:00 Pen Pals [AR] 6:00 Soccer Circle [AR]	LYNRIDGE OF SAN ANTONIO ASSISTED LIVING • MEMORY CARE	Creative Emotional/Sensory Environmental Intellectual Physical Professional Wellness Social Spiritual	**Resident Birthdays** Roberta D. 11/3 Joanne C. 11/7 Barbara J. 11/9	**Location Keys** Activity Room AR Courtyard CY Dining Room DR	15430 Huebner Rd San Antonio, TX 78248 210-492-1928

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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