



TIMELESS

AN EDITORIAL BY WALNUT CREEK

OCTOBER 2026

Ready Set, Game!

Celebrate the spirit of friendly
competition, active living,
and cheering each other on.

WALNUT CREEK | ASSISTED LIVING



Resident of the Month: Mary

Mary is known for her warm smile, kind heart, and willingness to help others. She is always ready to lend a helping hand, brighten someone's day, and make everyone feel welcome. Her positive attitude and caring spirit make her a valued part of our community. Congratulations, Mary, on being our Resident of the Month!

The Haunted Game Plan



Resident Council Meeting	10/1
Wolf Pack Meeting w/ Dan	10/8
Monopoly Munchies: Chefs Edition	Every Wed. @ 12:00 p.m.
Townhall	10/8
Chef Chat w/ Stanley	10/15
Sagora Senior Games Opener	10/19
Sagora Senior Games: Trivia.....	10/19
Sagora Senior Games: Bingo Olympics.....	10/20
Sagora Senior Games: Ready, Set Transfer	10/21
Sagora Senior Games: Target Toss	10/22
Sagora Senior Games: Pumpkin Paint Off.....	10/23
Sagora Senior Games: Closing Ceremony.....	10/23
Ice Cream Social.....	10/26
Ready, Set, Rock with Dan	10/29
Monthly Birthday Party	10/29
Trunk Or Treat (Happy Halloween).....	10/31



Ready Set, Game!

There is magic in movement, as evidenced by the ever-popular Sagora Senior Games, which is at the center of this month's theme, "Ready Set, Game". As we continue to highlight ways to live life in the spotlight through every age and stage of life, you'll see that there's plenty of opportunity to celebrate the self in the Sagora Senior Games and ways to maintain and enhance the thriving lifestyle in which you're currently living. Forming new friendships, collaborating as a team, honing in on one's skills, whether that's related to a new hobby or a pastime ... interactions at the Sagora Senior Games are significant and impactful, working toward providing a lively home life that fosters joy in each moment.

Competition is at the core of the games, with the "National Senior Games – The Senior Olympics," serving as its primary source of inspiration. Residents can participate on every level based on ability and interest, and the games are tailored to the residents at the individual facilities. Games are both traditional and exceptional, and include options such as chair volleyball, bowling, bean bag baseball, shuffleboard, and more. There's an opening ceremony, as well as an ending awards ceremony, and it's proven to be a community favorite over the years.

With the Senior Games, there are myriad ways to showcase life in the spotlight. Get excited!



Executive Director
Nina's Corner

As we welcome the month of October, we are reminded of the beauty that comes with the changing seasons. This time of year offers an opportunity to reflect on our many blessings, strengthen connections with one another, and enjoy the special moments that make our community such a wonderful place to call home.

Our team remains dedicated to providing meaningful programs, engaging activities, and exceptional care that support the well-being and happiness of every resident. I encourage you to take advantage of the opportunities this month brings, whether by participating in community events, spending time with friends and family, or simply enjoying the beauty of the autumn season.

Thank you for your continued trust and for the warmth and kindness you bring to our community each day. Your involvement and positive spirit make a lasting impact and help create an environment where everyone feels valued and welcomed.

Wishing you a wonderful October filled with joy, good health, and cherished memories.



October 2026

Staff Directory

Nina Harvey
Executive/Business Director

Courtney Pinkney
Resident Service Director

Rae Boutchee
Sales and Marketing Director

Daniel Grothe
Maintenance Director

Stanley Peppers
Culinary Supervisor

Pricilla Summerall
Lifestyle Director



2281 Country Club Dr.
Mansfield, TX 76063
(817) 473-3018



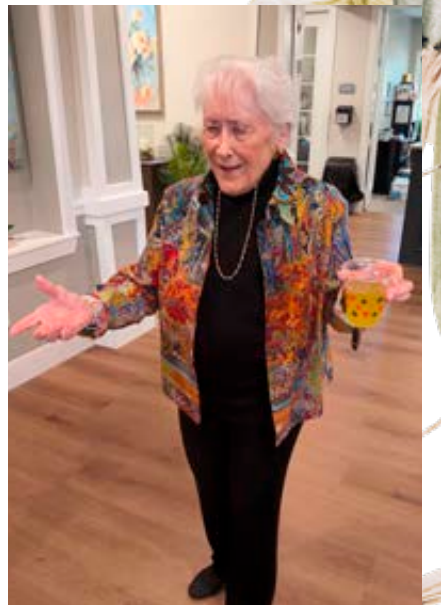
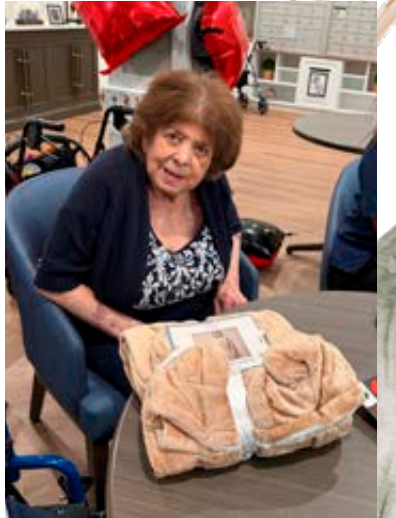
October 2026
AL Monthly



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		Creative Environmental Intellectual Physical Professional Wellness Social Spiritual						10:00 ⊗ Balloon Volleyball 11:00 ⊗ Resident Council Meeting 1:00 ⊗ Chair Yoga 1:30 ♀ Living and Learning Series 2:00 ⊖ Bingo 3:30 ⊖ Words with Friends 1		9:15 ♀ Garden Club 10:00 ⊗ Beach Ball Bash 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 1:30 ♀ Crafting Connection 3:00 ⊖ Trivia/ Happy Hour 4:00 ♀ Gadget Guidance with Mallaya 2		9:15 ⊗ Balloon Volleyball 10:15 ⊗ ALDI Outing 1:00 ⊗ Chair Yoga 2:30 ♀ Living and Learning Series 3:00 ⊖ Bingo! 4:00 ⊖ Game Show Saturday (Family Feud) 3	
8:30 + Faith On Air 10:00 ⊗ Balloon Volleyball 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 2:00 ⊖ Bingo! 3:30 ⊖ Word with Friends 6:00 Evening Dominoes with Friends 4		10:00 ⊗ Stretching Exercise 11:00 ♀ Clue to the Past: Lifelong Learning 11:00 ♀ Decades of Games 1:00 ⊗ Chair Yoga 1:30 ♀ Garden Club 2:00 ⊖ The Cozy Kitchen Club 3:00 ♀ Keep your Sense Strong with Alexandra 5		10:00 ⊗ Tone up w/ Pt Chibuzor 11:00 ♀ Game On: Lifelong Learning 1:00 ⊗ Chair Yoga 1:30 ⊗ Jeri Social Circle 2:00 ⊖ Bingo 4:00 ⊖ Cards & Connections 6		10:00 ⊗ Beach Ball Bash 12:00 ⊗ Monopoly Munchies: Chef's Edition 1:00 ⊗ Chair Yoga 2:00 + Bible Study With Jean 3:00 ⊖ Music and Mocktails 4:30 ⊖ Dominoes with Friends 7		10:00 ⊗ Balloon Volleyball 11:00 ♀ Living and Learning Series 12:00 Wolf Pack Meeting w/ Dan 1:00 ⊗ Chair Yoga 2:00 ⊖ Bingo 3:00 Town Hall 4:00 ⊖ Game Show Thursday 8		9:15 ♀ Garden Club 10:00 ⊗ Beach Ball Bash 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 1:30 ♀ Crafting Connection 3:00 ⊖ Trivia/ Happy Hour 4:00 ⊖ Resident Choice Activity 9		9:15 ⊗ Balloon Volleyball 10:15 ⊗ Walmart Outing 1:00 ⊗ Chair Yoga 2:30 ♀ Living and Learning Series 3:00 ⊖ Bingo! 4:00 ⊖ Game Show Saturday (Family Feud) 10	
8:30 + Faith On Air 10:00 ⊗ Balloon Volleyball 1:00 ⊗ Chair Yoga 2:00 ⊖ Bingo! 3:30 ⊖ Word with Friends 6:00 Evening Dominoes with Friends 11		Columbus Day 10:00 ⊗ Stretching Exercise 11:00 ♀ Clue to the Past: Lifelong Learning 1:00 ⊗ Chair Yoga 1:30 ♀ Garden Club 2:00 ⊖ The Cozy Kitchen Club 3:00 ⊖ Words with Friends 12		10:00 ⊗ Tone up w/ Pt Chibuzor 11:00 ♀ Game On: Lifelong Learning 1:00 ⊗ Chair Yoga 1:30 ⊗ Jeri Social Circle 2:00 ⊖ Bingo 4:00 ⊖ Cards & Connections 13		10:00 ⊗ Beach Ball Bash 11:00 ♀ Around the World: Lifelong Learning 12:00 ⊗ Monopoly Munchies: Chef's Edition 1:00 ⊗ Chair Yoga 2:00 + Bible Study With Jean 3:00 ⊖ Music and Mocktails 4:30 ⊖ Dominoes with Friends 14		10:00 ⊗ Balloon Volleyball 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 2:00 ⊖ Bingo 4:00 ⊖ Game Show Thursday 15		9:15 ♀ Garden Club 10:00 ⊗ Beach Ball Bash 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 1:30 ♀ Crafting Connection 3:00 ⊖ Trivia/ Happy Hour 4:00 ⊖ Resident Choice Activity 16		9:15 ⊗ Balloon Volleyball 10:15 ⊗ Walmart Outing 1:00 ⊗ Chair Yoga 2:30 ♀ Living and Learning Series 3:00 ⊖ Bingo! 4:00 ⊖ Game Show Saturday (Family Feud) 17	
8:30 + Faith On Air 10:00 ⊗ Balloon Volleyball 1:00 ⊗ Chair Yoga 2:00 ⊖ Bingo! 3:30 ⊖ Word with Friends 6:00 Evening Dominoes with Friends 18		10:00 ⊗ Stretching Exercise 11:00 ♀ Clue to the Past: Lifelong Learning 1:00 ⊗ Chair Yoga 1:30 ♀ Garden Club 2:00 ⊖ The Cozy Kitchen Club 2:45 ⊗ Sagora Senior Games Opening Ceremony 3:00 ⊖ Sagora Senior Games: International Triva 19		10:00 ⊗ Tone up w/ Pt Chibuzor 11:00 ♀ Game On: Lifelong Learning 1:00 ⊗ Chair Yoga 1:30 ⊗ Jeri Social Circle 2:00 ⊖ Sagora Senior Games: Bingo Olympics 4:00 ⊖ Cards & Connections 20		10:00 ⊗ Beach Ball Bash 11:00 ♀ Around the World: Lifelong Learning 12:00 ⊗ Monopoly Munchies: Chef's Edition 1:00 ⊗ Chair Yoga 2:00 + Bible Study With Jean 3:00 ⊖ Sagora Senior Games: Ready, Set, Transfer 4:30 ⊖ Dominoes with Friends 21		10:00 ⊗ Balloon Volleyball 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 2:30 ⊖ Sagora Senior Games: Target Toss 4:00 ⊗ Bright Star Care Support Group 6:30 ⊖ Evening Puzzle Hour 22		9:15 ♀ Garden Club 10:00 ⊗ Beach Ball Bash 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 2:00 ♀ The Great Pumpkin Paint-Off 4:00 ⊖ Resident Choice Activity 4:00 ⊗ Sagora Senior Games: Closing Ceremony 23		9:15 ⊗ Balloon Volleyball 10:15 ⊗ Walmart Outing 1:00 ⊗ Chair Yoga 2:30 ♀ Living and Learning Series 3:00 ⊖ Bingo! 4:00 ⊖ Game Show Saturday (Family Feud) 24	
8:30 + Faith On Air 10:00 ⊗ Balloon Volleyball 1:00 ⊗ Chair Yoga 2:00 ⊖ Bingo! 3:30 ⊖ Word with Friends 6:00 Evening Dominoes with Friends 25		10:00 ⊗ Stretching Exercise 11:00 ♀ Clue to the Past: Lifelong Learning 1:00 ⊗ Chair Yoga 1:30 ♀ Garden Club 2:00 ⊖ Ice Cream Social 3:00 ⊖ Trivia 26		2:00 ⊖ Bingo! 10:00 ⊗ Tone up w/ Pt Chibuzor 11:00 ♀ Game On: Lifelong Learning 1:00 ⊗ Chair Yoga 1:30 ⊗ Jeri Social Circle 2:00 ⊖ Bingo! 4:00 ⊖ Cards & Connections 27		10:00 ⊗ Beach Ball Bash 11:00 ♀ Around the World: Lifelong Learning 12:00 ⊗ Monopoly Munchies: Chef's Edition 1:00 ⊗ Chair Yoga 2:00 + Bible Study With Jean 3:00 ⊖ Music and Mocktails 4:30 ⊖ Dominoes with Friends 28		10:00 ⊗ Balloon Volleyball 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 2:00 ⊗ Ready, Set, Rock with Dan! 3:00 ⊖ Ready, Set, Celebrate! (Monthly Birthday Party) 6:30 ⊖ Evening Puzzle Hour 29		9:15 ♀ Garden Club 10:00 ⊗ Beach Ball Bash 11:00 ♀ Living and Learning Series 1:00 ⊗ Chair Yoga 1:30 ♀ Halloween Decorating Committee 3:30 ⊖ Trivia/ Happy Hour 4:00 ⊖ Resident Choice Activity 30		Halloween 9:15 ⊗ Balloon Volleyball 10:15 ⊗ Walmart Outing 1:00 ⊗ Chair Yoga 2:30 ♀ Living and Learning Series 3:00 ⊖ Bingo! 4:00 ⊖ Game Show Saturday (Family Feud) 5:30 Trunk or Treat 31	



Community Memories





Happy Birthday!

Resident Birthdays

Patricia Paige 10/9
 Kathy Kelly 10/16
 Clerence Dupree 10/20
 Shirley Blake 10/21

Staff Birthdays

Mary-Anne Mvenge 10/9
 Courtney Pinkey 10/12
 Monsurat Emmanuel 10/19
 Laocie Harville 10/28

October 2026

Dates to Celebrate

World Smile Day 10/2
 Active Aging Week 10/5-11
 National Physician Assistant Day 10/6
 World Mental Health Day 10/10
 Columbus Day 10/12
 Indigenous Peoples' Day 10/12
 Healthcare Quality Week 10/18-24
 National Medical Assistant Day 10/21
 Full Moon 10/26
 Halloween 10/31

Birthstone: Opal | **Flower:** Marigold

Zodiac: Libra & Scorpio

Champion Challenge!

BRONZE
 CHAMPION
 COMPETITION
 EXCELLENCE
 GOLD
 MEDAL
 OLYMPICS
 PERSEVERANCE
 PODIUM
 SILVER
 SPIRIT
 TEAMWORK
 TORCH
 VICTORY

B	V	I	C	T	A	R	Y	C	H	I	M	P	A	O	N	S	M	T	I	O
R	B	P	O	O	D	U	I	M	C	M	T	E	A	W	O	R	K	E	P	C
W	R	A	Z	T	E	A	M	W	O	R	K	S	E	B	O	E	E	A	E	G
L	C	E	R	L	E	X	C	E	L	L	A	N	C	E	R	I	I	M	R	O
I	H	L	A	U	R	E	L	B	R	O	N	Z	Z	S	P	O	R	W	S	E
C	A	P	P	A	L	M	C	H	A	M	P	I	O	N	O	Z	N	O	E	E
O	M	E	I	R	A	S	I	L	L	R	I	E	N	T	D	M	T	Z	V	C
M	P	R	T	I	U	P	D	R	E	C	L	O	S	V	I	E	R	P	E	N
P	I	S	O	L	R	I	A	O	R	X	I	E	R	R	U	C	R	U	R	T
E	S	E	R	R	E	R	V	O	V	T	C	I	I	E	M	Y	O	T	E	I
T	C	V	C	M	R	I	T	I	I	P	E	S	G	O	G	O	L	N	D	
I	O	E	C	C	O	T	P	T	C	S	C	Y	L	O	B	A	N	O	C	O
T	M	R	S	I	L	V	E	R	M	T	O	T	L	L	S	R	T	L	E	P
O	P	A	C	O	N	P	S	I	L	V	O	R	O	D	E	E	I	A	C	C
I	E	N	H	H	M	S	I	L	V	E	V	T	C	R	R	N	H	N	E	E
N	T	C	I	O	E	X	C	E	L	L	E	N	A	I	Y	A	C	P	Z	M
T	I	E	C	I	O	L	Y	M	P	I	C	S	P	K	B	H	O	E	E	U
H	T	M	U	D	O	P	U	M	O	I	Z	S	T	C	I	E	U	S	C	E