TIMELESS

AN EDITORIAL BY WALNUT CREEK

NOVEMBER 2026

Standing Ovation

Applaud the everyday stars around you and honor their contributions.

WALNUT CREEK | MEMORY CARE

Happy Birthday!

Resident Birthdays

Gwendolyn H	11/1
Luwana J.	11/2
Zulema M	11/6
Robert J	11/15
Erma J	11/22
Karen D	11/24
Gloria L.	11/26

Staff Birthdays

Octavious E	11/6
Alexis R	11/7
Janissa T.	11/11
Margaret R.	11/15
Verna H	11/21
Bryanna A.	11/27

Resident of the Month

Congratulations to our Resident of the Month, Luwana! We are grateful for the kindness, positivity, and friendly spirit you bring to our community each day. Your warm smile and willingness to connect with others help make our community a wonderful place to call home. Thank you for being such a valued member of our family!

The VA and Veterans Day

Every year on November 11, America observes Veterans Day as a time to recognize and thank the people who have served in the U.S. armed forces. The day honors veterans from every era of service, whether they served in times of war or peace, past or present, are still living or have passed away, and volunteered or were drafted. The date also connects to an important moment in U.S. military history. In 1942, the minimum draft age was lowered from 21 to 18, helping strengthen the military during World War II.

The VA has a long history of caring for the people who have served our country. Much of that support began after the Civil War, when the government started creating homes and pensions for disabled veterans. By World War I, veterans' support had become more organized and included programs for benefits, insurance, and on-the-job training. Following World War II, service members came home numbering in the millions. At that point, the United States needed a bigger plan to help them get a fresh start as they adjusted and transitioned into everyday life. Subsequently, the GI Bill of 1944 came into play. It made a huge difference by helping veterans pay for school, buy homes, and find work as they got back on their feet.

Over time, all of these programs were brought together. In 1989, the VA officially became the Department of Veterans Affairs, a cabinet-level department. Since then, it has continued to grow and adapt, offering healthcare, support for veterans experiencing homelessness, and services for veterans from Vietnam, the Gulf War, and more recent conflicts.

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

Executive Director Nina's Corner

Dear Residents, Families, and Team Members,

As we welcome November and the season of gratitude, I want to express my sincere appreciation for each of you. Our community is made special by the kindness, friendships, dedication, and support shared every day. Thank you to our residents, families, and team members for creating a warm and caring environment that truly feels like home.

Wishing you and your loved ones a wonderful Thanksgiving filled with joy, good health, and cherished moments together.

With gratitude,
Nina,
Executive Director

Leaves, Laughter & Events

Curtain Call Cuisine: Chef's Edition	Every Wednesday @ 12:00 p.m.
Resident Council Meeting	Thursday, November 4th @ 11:00 a.m.
Store Outing	Friday, November 5th @ 10:15 a.m.
Veterans Lunch	Wednesday, November 11th @ 12:00 p.m.
Wolf's Pack Meeting w/ Dan	Thursday, November 12th @ 12:00 p.m.
Town Hall Meeting	Thursday, November 12th @ 3:00 p.m.
Store Outing	Friday, November 13th @ 10:15 a.m.
Thanksgiving Family Lunch	Thursday, November 19th @ 12:00 p.m.
Chef Council with Stanley	Thursday, November 19th @ 1:30 p.m.
Fall Fashion Show	Thursday, November 19th @ 2:30 p.m.
Store Outing	Friday, November 20th @ 10:15 a.m.
Ice Cream Social	Tuesday, November 24th @ 2:00 p.m.
Store Outing	Friday, November 27th @ 10:15 a.m.
Monthly Birthday Party	Monday, November 30th @ 2:00 p.m.

November 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

Michelle Thurston
Lifestyle Director

WALNUT CREEK™
ASSISTED LIVING & MEMORY CARE

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

November 2026
MC Monthly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends 9:00 Faith On Air 9:30 Soulful Steps 10:00 Courtyard & Conversation 10:00 Courtyard & Conversation 10:30 Daily Chronicles **11:30 Freshen Up Program** 1:30 Tone & Tap With Bowls 2:00 Sunday Sip 2:30 Garden Club 3:00 Bingo! 3:30 Story Time In Motion 4:00 Guided Meditation **4:30 Freshen Up Program**	**1**	9:30 Bowl Me Now 10:00 Courtyard & Conversation 10:30 Daily Chronicles 11:00 Morning Match-Up **11:30 Freshen Up Program** 1:30 Toss & Tone 2:30 The Cozy Kitchen Club 3:30 Balloon & Buddies 4:00 Spotlight Stories **4:30 Freshen Up Program** 6:00 Evening Puzzle Hour	**2**	**Election Day** 9:30 Toss & Tone 10:00 Courtyard & Conversation 10:00 Finish the Phrase 10:30 Daily Chronicles 11:00 Trivia **11:30 Freshen Up Program** 1:00 Guided Aroma Meditation 1:30 Balloon Exercise 2:30 Pathways Out and About 3:00 Manicure Tuesday 3:30 Sensory Stations 4:00 Dining Delight Crew **4:30 Freshen Up Program**	**3**	9:30 Pool Noodle Bash 10:00 Courtyard & Conversation 10:30 Daily Chronicles **11:30 Freshen Up Program** **12:00 Monopoly Munchies: Chef's Edition** 2:00 Bowling for Fitness 2:30 Color Craze 3:00 Trivia/ Mocktails 4:00 Balloon & Buddies 4:00 Daily Scripture Read **4:30 Freshen Up Program**	**4**	9:00 Coffee & Conversation 10:00 Courtyard & Conversation 10:00 Finish the Phrase 10:00 Tone up w/ Pt Chibuzor 10:30 Daily Chronicles 11:00 Morning Match-Up **11:30 Freshen Up Program** 3:00 Finish The Saying 3:30 Sensory Stations 4:00 Guided Meditation **4:30 Freshen Up Program**	**5**	9:30 Tap and Tone 10:00 The Hands- On Collective With Merrily 10:30 Daily Chronicles 11:00 Ready, Set, Bingo! **11:30 Freshen Up Program** 1:30 Crafting Connection 2:30 Dancing Scarves 3:00 Trivia/ Happy Hour 3:30 Guided Aroma Meditation 3:30 Guided Aroma Meditation 4:00 Garden Club **4:30 Freshen Up Program**	**6**	9:30 Balloon Volleyball 10:00 Courtyard & Conversation 10:00 Finish the Phrase 10:30 Daily Chronicles 11:00 Morning Match-Up **11:30 Freshen Up Program** 1:30 Reach for the Stars 3:00 Color & Create 3:30 Garden Club 4:00 Sensory Stations **4:30 Freshen Up Program** 6:00 Evening Book Club	**7**
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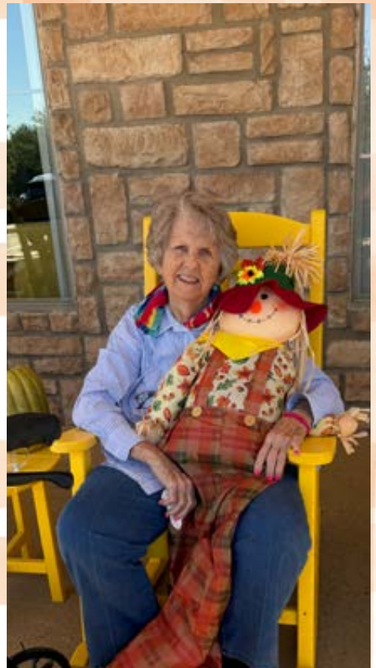
WALNUT CREEK
ASSISTED LIVING & MEMORY CARE

- Creative
- Emotional/Sensory
- Environmental
- Intellectual
- Physical
- Professional Wellness
- Social
- Spiritual

"Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves."

— Unknown

Capturing Wonderful Memories



Capturing Wonderful Memories

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.

Sharing Gratitude

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

F	R	I	E	N	D	S	F	F	A	M	I	L	C	G	F	A	M	I	L	Y
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