

S

M

T

W

Th

F

S



March 2021

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:30 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:00 Refreshments

LOCATION KEY

- AR - Activity Room
- SC - Solace Courtyard
- BT - Bus Trip
- GC - Garden Courtyard
- CK - Country Kitchen
- CR - Conference Room
- LR - Living Room

License Number

01
 10:00 B-Fit Exercise AR
 11:00 Flex our Brain AR
 2:00 Comedy Hour - Gilligan's Island AR
 3:00 Parachute Fun AR
 4:00 Karaoke Jams AR
 6:30 Monday Movie Mania AR

02
 10:00 Music w/ The Yackley's AR
 11:00 B-Fit Exercise AR
 2:00 Baking Bunch CK
 3:00 Wheel of Fun AR
 3:30 Root Beer Float Social LR
 4:00 Music Therapy LR
 6:30 News Hour AR

03
 10:00 B-Fit Exercise AR
 11:00 Happy Birthday Florida AR
 2:00 Cooking w/ Kathy CK
 3:00 Horse Shoes AR
 4:00 Chair Dancing AR
 6:30 Discovery Channel AR

04
 10:00 B-Fit Exercise AR
 11:00 Happy Birthday Chicago AR
 2:00 Bingo CK
 3:00 Volleyball AR
 4:00 Spa Hour & Music AR
 6:30 Classic TV Shows AR

05
 10:00 B-Fit Exercise AR
 11:00 Brain Tease AR
 2:00 Bible Study w/ Caitlin AR
 3:00 Basketball Shots AR
 3:30 Happy Hour AR
 6:30 Friday Night at the Movies AR

06
 10:00 B-Fit Exercise AR
 11:00 Brain Fitness AR
 2:00 Bingo AR
 3:00 Toss & Talk AR
 4:00 Music Trivia AR
 6:30 Around the World AR

07
 10:00 B-Fit Exercise AR
 11:30 Church Sermon AR
 1:30 Sunday Matinee AR
 3:00 Art Corner AR
 4:00 Hymns AR
 6:30 Evening News AR

08
 10:00 B-Fit Exercise AR
 11:00 Famous Women Throughout History AR
 2:00 Comedy Hour - I Love Lucy AR
 3:00 Parachute Fun AR
 4:00 Karaoke Jams AR
 6:30 Monday Movie Mania AR

09
 10:00 B-Fit Exercise AR
 11:00 Junk Drawer Detective -AR Route 66
 2:00 Baking Bunch CK
 3:00 Noodle Ball AR
 3:30 Pizza Social LR
 4:00 "Name that Tune" LR
 6:30 News Hour AR

10
 10:00 B-Fit Exercise AR
 11:00 Cranium Crunch AR
 2:00 Craft Corner - Four LeafAR Clover Door Decor
 3:00 Bowling AR
 4:00 Chair Dancing AR
 6:30 Discovery Channel AR

11
 10:00 B-Fit Exercise AR
 11:00 Trivial Pursuit AR
 2:00 Clay Pot Painting CK
 3:00 Bean Bag Toss AR
 4:00 Spa Hour & Music AR
 6:30 Classic TV Shows AR

12
 10:00 B-Fit Exercise AR
 11:00 Brain Tease AR
 2:00 Bible Study w/ Caitlin AR
 3:00 Basketball Shots AR
 3:30 Happy Hour AR
 6:30 Friday Night at the Movies AR

13
 10:00 B-Fit Exercise AR
 11:00 Brain Fitness AR
 2:00 Bingo AR
 3:00 Toss & Talk AR
 4:00 Music Trivia AR
 6:30 Around the World AR

14 Daylight Saving Time
 10:00 B-Fit Exercise AR
 11:30 Church Sermon AR
 1:30 Sunday Matinee AR
 3:00 Art Corner AR
 4:00 Hymns AR
 6:30 Evening News AR

15
 10:00 B-Fit Exercise AR
 11:00 Bible Study w/ Caitlin AR
 2:00 Comedy Hour - The Dick Van Dyke Show AR
 3:00 Parachute Fun AR
 4:00 Music Trivia AR
 6:30 Monday Movie Mania AR

16
 10:00 Music w/ The Yackley's AR
 11:00 Garden Club SC
 2:00 Art Club - Rock Paint CK
 3:00 Wheel of Fun AR
 3:30 Fruit Smoothie Social LR
 4:00 Music Therapy LR
 6:30 News Hour AR

17 St. Patrick's Day
 10:00 B-Fit Exercise AR
 11:00 St. Patrick's Day Trivia AR
 2:00 Irish Bingo CK
 3:00 Luck O' The Irish PartyAR
 4:00 Chair Dancing AR
 6:30 Discovery Channel AR

18
 10:00 B-Fit Exercise AR
 11:00 Trivial Pursuit AR
 2:00 Bingo CK
 3:00 Volleyball AR
 4:00 Spa Hour & Music AR
 6:30 Classic TV Shows AR

19
 10:00 B-Fit Exercise AR
 11:00 Brain Tease AR
 2:00 Chef's Table w/ Dan CK
 3:00 Basketball Shots AR
 3:30 Happy Hour AR
 6:30 Friday Night at the Movies AR

20
 10:00 B-Fit Exercise AR
 11:00 Brain Fitness AR
 2:00 Bingo AR
 3:00 Toss & Talk AR
 4:00 Music Trivia AR
 6:30 Around the World AR

21
 10:00 B-Fit Exercise AR
 11:30 Church Sermon AR
 1:30 Sunday Matinee AR
 3:00 Art Corner AR
 4:00 Hymns AR
 6:30 Evening News AR

22
 10:00 B-Fit Exercise AR
 11:00 Spring Trivia AR
 2:00 Comedy Hour - The Andy Griffith Show AR
 3:00 Parachute Fun AR
 4:00 Karaoke Jams AR
 6:30 Monday Movie Mania AR

23
 10:00 B-Fit Exercise AR
 11:00 Junk Drawer Detective -AR Spring Cleaning
 2:00 Art Club - Sun CatchersCK
 3:00 Noodle Ball AR
 3:30 Ice-Cream Social LR
 4:00 "Name that Tune" LR
 6:30 News Hour AR

24
 10:00 B-Fit Exercise AR
 11:00 Cranium Crunch AR
 2:00 Baking Bunch CK
 3:00 Bowling AR
 4:00 Spa Hour & Music AR
 6:30 Discovery Channel AR

25
 10:00 B-Fit Exercise AR
 11:00 Trivial Pursuit AR
 2:00 Chef's Table w/ Dan CK
 3:00 Bean Bag Toss AR
 4:00 Chair Dancing AR
 6:30 Classic TV Shows AR

26
 10:00 B-Fit Exercise AR
 11:00 Brain Tease AR
 2:00 Bible Study w/ Caitlin AR
 3:00 'Spring Fling' Birthday Party AR
 4:00 Resident Council AR
 6:30 Friday Night at the Movies AR

27 Passover Begins
 10:00 B-Fit Exercise AR
 11:00 Brain Fitness AR
 2:00 Bingo AR
 3:00 Toss & Talk AR
 4:00 Music Trivia AR
 6:30 Around the World AR

28
 10:00 B-Fit Exercise AR
 11:30 Church Sermon AR
 1:30 Sunday Matinee AR
 3:00 Art Corner AR
 4:00 Hymns AR
 6:30 Evening News AR

29
 10:00 B-Fit Exercise AR
 11:00 Flex Your Brain AR
 2:00 Comedy Hour - The Carol Burnett Show AR
 3:00 Parachute Fun AR
 4:00 Karaoke Jams AR
 6:30 Monday Movie Mania AR

30
 10:00 B-Fit Exercise AR
 11:00 Garden Club SC
 2:00 Baking Bunch CK
 3:00 Wheel of Fun AR
 3:30 Parfait Social LR
 4:00 Music Therapy LR
 6:30 News Hour AR

31
 10:00 B-Fit Exercise AR
 11:00 Bird Watchers Club SC
 2:00 Craft Corner - Crazy Paper Quilt Squares CK
 3:00 Horse Shoes AR
 4:00 Chair Dancing AR
 6:30 Discovery Channel AR

Brookdale Chambrel Roswell

1000 Applewood Drive
Roswell, GA 30076

(770) 594-4600 | brookdale.com

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Love Your Heart!



As we get older our risk for heart disease increases. High blood pressure and plaque buildup are associated with aging, but because there are steps we can take to reduce, delay or avoid this risk, they are not considered an inevitable part of aging. Although the heart and blood vessels experience natural changes as we age that can reduce the heart's ability to pump as fast during exercise or stress, the resting heart rate does not change significantly. We can keep our heart healthy well into old

age by making healthy lifestyle choices for our heart.

What is Heart Disease?

Heart disease is an umbrella term for conditions that restrict the flow of blood to the heart.

The most common cause of heart disease is the buildup of plaque in the arteries, known as atherosclerosis or coronary artery disease (CAD). The plaque buildup constricts blood flow and eventually can form a blockage resulting in a heart attack or stroke.

Tips for Leading a Heart-Healthy Lifestyle

Maintain a Healthy Diet
Diet is a major contributing factor to heart health. By making proper adjustments to your diet, you can lower or reverse heart disease risk factors including high cholesterol, blood pressure,

blood sugar and triglycerides along with overall body weight.

Exercise Regularly and Move throughout the day

Reduce the amount of time you sit throughout the day. Make sure you are standing, walking or moving for at least 5 minutes each hour of the day. A wearable activity tracker such as a Fitbit can help you track the amount of activity you are getting and send you reminders to when you sit for too long.

Reduce Stress

Try some of the following relaxation techniques on a regular basis to promote relaxation and lower chronic stress:

- Deep Breathing
- Meditation
- Yoga
- Tai Chi
- Positive Visualization

Wellness Challenge

An Optimal Heart Starts With an Optimum Life

The human heart is truly a marvel and it requires a well-being balance that comprises the whole person. Optimum Life® is how we at Brookdale frame well-being. We meet you where you are in life's journey with six dimensions so you'll never stop growing. Each of the six dimensions - Purposeful, Emotional, Physical, Social, Spiritual and Intellectual are all essential in optimal heart health. Remember, your heart is your first love!

Be Well on Purpose!



Brookdale News

Brookdale Is Here For You! Cindy R. Kent, EVP and President of Senior Living



Brookdale has been a frontrunner during the COVID-19 pandemic, innovating to meet your needs. We do this because our top priority is the health and safety—both physical as well as emotional—of our residents, patients, and associates. There's been a tremendous amount of cross-functional collaboration and partnership across the company to leverage our clinical and operational expertise on your behalf. We have continued to provide quality care and services, while also focusing on limiting the spread of the virus within our communities.

Nothing could be more critical than successfully completing our vaccination clinics to “crush Covid” and move beyond the acute phase of virus transmission.

I'm sure you share the hope that the vaccines' arrival brings within our communities and to the world! At the same time, the need for active engagement and mitigating social isolation has also never been greater. Brookdale's associates are working hard to help you stay engaged and connected, with new programs, even as we practice social distancing. I applaud the “above-and-beyond” efforts of our associates during these unprecedented times. I'm honored to be part of this extraordinary company, and a team who is so deeply and passionately committed to our mission to enrich the lives of those we serve.

Thank you for your continued trust in Brookdale!

An Engaged Life

Engagement during a Pandemic!



Bill “Billy” Burleson leads an active life at Brookdale Club Hill in Dallas, Texas. While the pandemic changed some things that Billy was able to do, it did not stop him from living an active life. One day he noticed a Saturn V Lego set begging for someone to build it and decided to take on the challenge. The rest is history. Billy became an expert Lego builder.

Building Legos keeps Billy active and engages his mind. He has built five Lego sets for a total of 12,036 pieces. His favorite is the Saturn V, with 1,969 pieces, which is also the year that Neil Armstrong became the first to step on the moon. When asked what he most enjoys about his new skill, Billy said, “I like the challenge it presents, and when I come across a part I don't understand, I leave it alone while I think it over.”

Billy's newfound hobby is a perfect example of using a change in situation such as the pandemic, to look for silver linings. Remaining positive and open to trying new things allowed Billy to enjoy and continue living an engaging life.