

## S M T W Th F S

### LOCATION KEY

- FR Fireside Room
- DR Dining Room
- MR Media Room
- CL Card Lounge
- LBR Library
- \* Outing
- TBA To Be Announced
- CR Craft Room

**07**

8:45	Transportation to/from Scheduled Churches	
1:30	Sunday Matinee	MR
1:30	Scrabble Games	CL
2:00	Chip & Putt	PG
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Sunday Cinema	MR
7:00	Card Games	CL

**14 Daylight Saving Time**

8:45	Transportation to/from Scheduled Churches	
1:30	Sunday Matinee	MR
1:30	Scrabble Games	CL
2:00	Chip & Putt	PG
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Sunday Cinema	MR
7:00	Card Games	CL

**21**

8:45	Transportation to/from Scheduled Churches	
1:30	Sunday Matinee	MR
1:30	Scrabble Games	CL
2:00	Chip & Putt	PG
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Sunday Cinema	MR
7:00	Card Games	CL

**28**

8:45	Transportation to/from Scheduled Churches	
1:30	Sunday Matinee	MR
1:30	Scrabble Games	CL
2:00	Chip & Putt	PG
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Sunday Cinema	MR
7:00	Card Games	CL

**01**

	Art by Gail Whitworth	
10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	Great Courses	MR
1:00	Wordscapes	MR
2:30	Spiro 100 Exercise	FR
2:30	Wii Bowling	MR
7:00	Motion Picture Monday	MR

**08**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	Great Courses	MR
12:30	Monday Poker	PC
1:00	Wordscapes	MR
2:30	Spiro 100 Exercise	FR
2:30	Wii Bowling	MR
7:00	Motion Picture Monday	MR

**15**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	Great Courses	MR
12:30	Monday Poker	PC
1:00	Wordscapes	MR
2:30	Spiro 100 Exercise	FR
2:30	Wii Bowling	MR
7:00	Motion Picture Monday	MR

**22**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	Great Courses	MR
12:30	Monday Poker	PC
1:00	Wordscapes	MR
2:30	Spiro 100 Exercise	FR
2:30	Wii Bowling	MR
7:00	Motion Picture Monday	MR

**29**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	Great Courses	MR
12:30	Monday Poker	PC
1:00	Wordscapes	MR
2:30	Spiro 100 Exercise	FR
2:30	Wii Bowling	MR
7:00	Motion Picture Monday	MR

**02**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	<b>Flex Your Brain</b>	FR
11:30	Pray for America	JC
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
2:00	Council Meeting	MR
7:00	Tuesday Theatre	MR

**09**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	<b>Flex Your Brain</b>	FR
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
1:00	Afternoon Bingo	FR
2:00	Resident Association Mtg	FR
7:00	Tuesday Theatre	MR

**16**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	<b>Flex Your Brain</b>	FR
11:30	Pray for America	JC
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
1:00	Afternoon Bingo	FR
7:00	Tuesday Theatre	MR

**23**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	<b>Flex Your Brain</b>	FR
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
1:00	Afternoon Bingo	FR
7:00	Tuesday Theatre	MR
7:00	Card Games	CL

**30**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:00	<b>Flex Your Brain</b>	FR
11:30	Pray for America	JC
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
1:00	Afternoon Bingo	FR
7:00	Tuesday Theatre	MR

**03**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:45	Relaxation/Meditation	CL
11:15	Wheel of Fortune	MR
12:30	Wednesday Poker	PC
1:00	Bible Study	MR
2:30	Spiro 100 Exercise	FR
7:00	Arm Chair Travelers	MR

**10**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
11:15	Wordscapes	MR
10:45	Relaxation/Meditation	CL
12:30	Wednesday Poker	PC
1:00	Bible Study	MR
2:30	Spiro 100 Exercise	FR
7:00	Arm Chair Travelers	MR

**17 St. Patrick's Day**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:45	Relaxation/Meditation	CL
10:45	Book Review Club	MR
1:00	Bible Study	MR
2:30	Spiro 100 Exercise	FR
4:00	Blarney Bar	DR
7:00	Arm Chair Travelers	MR

**24**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:45	Relaxation/Meditation	CL
11:15	Scattergories	FR
12:30	Wednesday Poker	PC
1:00	Bible Study	MR
2:30	Spiro 100 Exercise	FR
7:00	Arm Chair Travelers	MR

**31**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:45	Relaxation/Meditation	CL
11:15	Wordscapes	MR
12:30	Wednesday Poker	PC
1:00	Bible Study	MR
2:30	Spiro 100 Exercise	FR
7:00	Arm Chair Travelers	MR

**04**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:30	Stitch Witches	CR
11:00	<b>Flex Your Brain</b>	FR
1:00	<b>Conversations in Aging</b> <i>Well-being / Longevity</i>	MR
1:00	Arts & Crafts	CR
7:00	Thursday Documentary	MR

**11**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:30	Stitch Witches	CR
11:00	<b>Flex Your Brain</b>	FR
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
1:30	<b>My Life Story</b>	MR
4:00	Resident Birthday Dinner	FR

**18**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:30	Stitch Witches	CR
11:00	<b>Flex Your Brain</b>	FR
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
1:00	Resident Programs Chat	MR
7:00	Thursday Documentary	MR

**25**

10:00	<b>B-Fit Exercise - Class 1</b>	FR
10:30	<b>B-Fit Exercise - Class 2</b>	FR
10:30	Stitch Witches	CR
11:00	<b>Flex Your Brain</b>	FR
12:30	Poker Club	PC
1:00	Arts & Crafts	CR
4:00	Resident Birthday Dinner	FR
7:00	Thursday Documentary	MR

**05**

10:00	<b>B-Fit Seated Yoga</b>	FR
11:00	Hallway Hijinks	
11:30	Pray for America	JC
12:30	Poker	PC
1:00	Mah Jongg	CL
1:00	Poetry Club	MR
2:00	Musical Melodies	FR
7:00	Friday Feature Film	MR

**12**

10:00	<b>B-Fit Seated Yoga</b>	FR
11:00	Hallway Hijinks / Pi Day	
11:30	Pray for America	JC
12:30	Poker	PC
1:00	Mah Jongg	CL
2:00	Musical Melodies	FR
7:00	Card Games	CL
7:00	Friday Feature Film	MR

**19 Joy is Ageless**

10:00	<b>B-Fit Seated Yoga</b>	FR
11:00	Hallway Hijinks	
11:30	Pray for America	JC
1:00	Mah Jongg	CL
1:00	Poetry Club	MR
2:00	Musical Melodies	FR
7:00	Friday Feature Film	MR

**26**

10:00	<b>B-Fit Seated Yoga</b>	FR
11:00	Funny Friday Hijinks	
11:30	Pray for America	JC
12:30	Poker	PC
1:00	Mah Jongg	CL
2:00	Musical Melodies	FR
7:00	Card Games	CL
7:00	Friday Feature Film	MR

**06**

9:30	Target, Trader Joe's & Publix Shopping	*
11:30	Pray for America	JC
2:00	Mexican Train Dominoes	CL
2:30	Wii Bowling	MR
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Celebrations Theatre	MR
7:00	Bridge	CL

**13**

9:30	Target, Trader Joe's & Publix Shopping	*
11:30	Pray for America	JC
2:00	Mexican Train Dominoes	CL
2:30	Wii Bowling	MR
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Celebrations Theatre	MR
7:00	Bridge	CL

**20**

9:30	Target, Trader Joe's & Publix Shopping	*
11:30	Pray for America	JC
2:00	Mexican Train Dominoes	CL
2:30	Wii Bowling	MR
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Celebrations Theatre	MR
7:00	Bridge	CL

**27 Passover Begins**

9:30	Target, Trader Joe's & Publix Shopping	*
11:30	Pray for America	JC
2:00	Mexican Train Dominoes	CL
2:30	Wii Bowling	MR
3:00	<b>B-Fit Spiro Exercise</b>	FR
7:00	Celebrations Theatre	MR
7:00	Bridge	CL

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# 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!*



# COMMUNITY CONNECTIONS



brookdale.com

## 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.