

30 SUNDAY

**May**

10:30	B-Walking Club	LO
11:00	Church of Resurrection	TV
1:00	Afternoon Chat	LO
1:10	Royals vs. Twins	TV
2:00	Color Therapy	CR
6:00	Sunday Classic Film <i>The Spanish Prisoner</i>	TV
6:00	Jigsaw Puzzles	LB

31 MONDAY

**Memorial Day**

10:30	B-Walking Club	LO
11:00	Flex Your Brain <i>check your mailbox for brain games</i>	LO
1:30	Afternoon Chat	LO
2:30	Jigsaw Puzzles	LB
6:00	Holiday Movie <i>Forrest Gump (1994)</i>	TV

**Brookdale Wornall Place**  
501 West 107th Street  
Kansas City, MO 64114  
(816) 941-7777 | brookdale.com

Independent Living  
All activities are subject to change.  
Wornall Place Residents make our community feel like Home!



LOCATION KEY

- TV - TV Room
- CR - Card Room
- LB - 2nd FL Library
- MC - Man Cave
- BS - Basement
- AS - 3rd FL Art Studio
- PL - Pool
- BUS - Bus
- DR - Dining Room
- LO - Lobby
- PUB - Pub
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1 SATURDAY

10:30	B-Walking Club	LO
1:00	Afternoon Chat	LO
1:30	Mass/Limited Seating	TV
2:00	Jigsaw Puzzles	LB
3:00	Mass/Limited Seating	TV
6:00	Saturday Cinema <i>JoJo Rabbit (2019)</i>	TV
6:30	Poker Night <i>bring your nickels</i>	LB

2 SUNDAY

10:30	B-Walking Club	LO
11:00	Church of Resurrection	TV
1:00	Afternoon Chat	LO
1:10	Royals vs. Twins	TV
2:00	Color Therapy	CR
4:00	Crafting for a Cause <i>Diamond Painting</i>	AS
6:00	Sunday Classic Film <i>Going My Way (1944)</i>	TV

3 MONDAY

9:30	B-Fit	TV
10:00	Group Boggle	CR
11:00	Tai Chi	TV
1:30	Texas Hold'em	LB
2:30	Journaling	CR
2:45	Billiards & Darts	MC
3:00	Flex Your Brain	CR
6:00	HD Broadway <i>Show Boat (2015)</i>	PUB

4 TUESDAY

10:00	B-Fit/Balance <i>w/Mary Butler-Smith</i>	TV
10:00	Clay Class	BS
10:00	Price Chopper	BUS
11:00	Chair Yoga with Jenny	TV
1:30	Menu Chat	TV
1:30	Scenic Bus Ride	BUS
3:00	Hallway Happy Hour	LO
5:00	Money Bingo	CR
6:30	Canasta	LB

5 WEDNESDAY

10:00	B-Fit	TV
11:00	Black Jack	CR
1:30	Texas Hold'em <i>bring your nickels</i>	LB
2:30	Hand Made Card Class	CR
2:30pm - 4:30pm		
2:45	Billiards & Darts	MC
6:00	Wednesday Feature <i>Only the Brave (2017)</i>	PUB
6:15	Getting to Know You	LB

6 THURSDAY

9:30	B-Fit	TV
10:00	Flex Your Brain	CR
10:00	SunFresh/CVS	BUS
11:00	Devotional with Alice	CR
2:00	Mother's Day Photo Booth	LO
3:00	Friends for Life <i>Wornall Place Mother's Day Celebration</i>	LO
6:00	Series TV/Beauty & Baker	PUB

7 FRIDAY

9:00	Friendship Cafe <i>Coffee &amp; Conversation</i>	LO
9:30	B-Fit	CP
10:00	Hearts for Hospice	CR
12:00	Paint by Sticker & Color Therapy	CR
1:00	Friday Matinee <i>Love &amp; Friendship (2016)</i>	TV
2:00	Gin Rummy	CR
4:00	Boozy Bingo	CR
6:00	Friday Flick <i>Love &amp; Friendship (2016)</i>	TV

8 SATURDAY

10:30	B-Walking Club	LO
1:00	Afternoon Chat	LO
1:30	Mass/Limited Seating	TV
2:00	Jigsaw Puzzles	LB
3:00	Mass/Limited Seating	TV
6:00	Saturday Cinema <i>All The Way (2016)</i>	TV
6:30	Poker Night <i>bring your nickels</i>	LB

9 SUNDAY

**Mother's Day**  
Happy Mother's Day!

10:30	B-Walking Club	LO
11:00	Church of Resurrection	TV
1:00	Afternoon Chat	LO
1:10	Royals vs. White Sox	TV
2:00	Color Therapy	CR
6:00	Sunday Classic Film <i>My Fair Lady (1964)</i>	TV
6:00	Jigsaw Puzzles	LB

10 MONDAY

9:30	B-Fit	TV
10:00	Group Boggle	CR
11:00	Tai Chi	TV
1:30	Resident Engagement Chat	CR
1:30	Texas Hold'em	LB
2:30	Journaling	CR
2:45	Billiards & Darts	MC
3:00	Flex Your Brain	CR
6:00	HD Broadway <i>The Importance of Being Earnest</i>	PUB

11 TUESDAY

10:00	B-Fit/Balance <i>w/Mary Butler-Smith</i>	TV
10:00	Clay Class	BS
10:00	Price Chopper	BUS
11:00	Chair Yoga with Jenny	TV
1:30	Menu Chat	TV
1:30	Scenic Bus Ride	BUS
3:00	Birthday Happy Hour Live Music with <i>Doug &amp; One Man Band</i>	LO
5:00	Money Bingo	CR
6:30	Canasta	LB

12 WEDNESDAY

10:00	B-Fit	TV
11:00	Black Jack	CR
1:30	Texas Hold'em <i>bring your nickels</i>	LB
2:30	Hand Made Card Class	CR
2:30pm - 4:30pm		
2:45	Billiards & Darts	MC
6:00	Wednesday Feature <i>The Bodyguard (1992)</i>	PUB
6:15	Getting to Know You	LB

13 THURSDAY

9:30	B-Fit	TV
10:00	Flex Your Brain	CR
10:00	Walmart 115th & Metcalf	BUS
11:00	Devotional with Alice	CR
1:30	Resident Council Meeting	TV
1:30	Scenic Bus Ride	BUS
2:30	Town Hall Meeting	TV
3:00	Red, White & Blue <i>Hallway Happy Hour</i> Live Music/All That Jazz	LO
6:00	Series TV <i>Beauty &amp; the Baker</i>	PUB

14 FRIDAY

9:00	Friendship Cafe <i>Coffee &amp; Conversation</i>	LO
9:30	B-Fit	TV
10:00	Hearts for Hospice	CR
12:00	Paint by Sticker & Color Therapy	CR
1:00	Friday Matinee <i>Jerry Maguire (1996)</i>	TV
2:00	Gin Rummy	CR
4:00	Boozy Bingo	CR
6:00	Friday Flick <i>Jerry Maguire (1996)</i>	TV

15 SATURDAY

**Armed Forces Day**

10:30	B-Walking Club	LO
1:00	Afternoon Chat	LO
1:30	Mass/Limited Seating	TV
2:00	Jigsaw Puzzles	LB
3:00	Mass/Limited Seating	TV
6:00	Saturday Cinema <i>Misbehaviour (2020)</i>	TV
6:30	Poker Night <i>bring your nickels</i>	LB

16 SUNDAY

10:30	B-Walking Club	LO
11:00	Church of Resurrection	TV
1:00	Afternoon Chat	LO
1:10	Royals vs. White Sox	TV
2:00	Color Therapy	CR
4:00	Crafting for a Cause <i>Diamond Painting</i>	AS
6:00	Sunday Classic Film <i>The Natural (1984)</i>	TV

17 MONDAY

9:30	B-Fit	CP
10:00	Group Boggle	PUB
11:00	Welcome Event <i>New Residents &amp; Ambassadors</i>	CR
11:00	Tai Chi	CP
1:30	Texas Hold'em	LB
2:30	Journaling	CR
2:45	Billiards & Darts	MC
3:00	Flex Your Brain	CR
6:00	HD Broadway <i>Allegiance (2016)</i>	PUB

18 TUESDAY

10:00	B-Fit/Balance <i>w/Mary Butler-Smith</i>	TV
10:00	Clay Class	BS
10:00	Price Chopper	BUS
11:00	Chair Yoga with Jenny	TV
1:30	Scenic Bus Ride	BUS
1:30	Menu Chat	TV
3:00	Hallway Happy Hour	LO
5:00	Money Bingo	CR
6:30	Canasta	LB

19 WEDNESDAY

10:00	B-Fit	TV
11:00	Black Jack	CR
1:30	Texas Hold'em <i>bring your nickels</i>	LB
2:30	Hand Made Card Class	CR
2:30pm - 4:30pm		
2:45	Billiards & Darts	MC
6:00	Virtual Family Night <i>Movies Anywhere</i> <i>Trolls &amp; Treats</i>	PUB

20 THURSDAY

9:30	B-Fit	TV
10:00	Flex Your Brain	CR
10:15	SunFresh/CVS	BUS
11:00	Devotional with Alice	CR
1:30	Hen House 119th & Roe	BUS
1:30	Music, Music, Music <i>Songs/40's, 50's &amp; 60's</i>	PUB
3:00	Mix & Mingle	LO
3:00	Diamond Painting <i>Group Project</i>	AS
6:00	Series TV <i>Beauty &amp; the Baker</i>	PUB

21 FRIDAY

9:00	Friendship Cafe <i>Coffee &amp; Conversation</i>	LO
9:30	B-Fit	TV
10:00	Hearts for Hospice	CR
11:00	My Life Story	CR
12:00	Paint by Sticker & Color Therapy	CR
2:00	Gin Rummy	CR
4:00	Boozy Bingo	CR
6:00	Friday Flick <i>Get Low (2009)</i> <i>Also showing at 1pm</i>	TV

22 SATURDAY

10:30	B-Walking Club	LO
1:00	Afternoon Chat	LO
1:30	Mass/Limited Seating	TV
2:00	Jigsaw Puzzles	LB
3:00	Mass/Limited Seating	TV
6:00	Saturday Cinema <i>The Aftermath (2019)</i>	TV
6:30	Poker Night <i>bring your nickels</i>	LB

23 SUNDAY

10:30	B-Walking Club	LO
11:00	Church of Resurrection	TV
1:00	Afternoon Chat	LO
1:10	Royals vs. Tigers	TV
2:00	Color Therapy	CR
4:00	Crafting for a Cause <i>Diamond Painting</i>	AS
6:00	Sunday Classic Film <i>The Lost Weekend (1945)</i>	TV

24 MONDAY

9:30	B-Fit	TV
10:00	Group Boggle	CR
11:00	Tai Chi	TV
11:00	Conversations in Aging	CR
1:30	Texas Hold'em	LB
2:30	Journaling	CR
2:45	Billiards & Darts	MC
3:00	Flex Your Brain	CR
6:00	HD Broadway (2014) <i>From Here to Eternity</i>	PUB

25 TUESDAY

10:00	B-Fit/Balance with <i>Mary Butler Smith</i>	TV
10:00	Clay Class	BS
10:00	Price Chopper	BUS
11:00	Chair Yoga with Jenny	TV
1:30	Menu Chat	TV
1:30	Scenic Bus Ride	BUS
3:00	Happy Hour/Music <i>Rob McHenry</i>	LO
5:00	Money Bingo	CR
6:30	Canasta	LB

26 WEDNESDAY

10:00	B-Fit	TV
11:00	Black Jack	CR
1:30	Texas Hold'em <i>bring your nickels</i>	LB
2:30	Hand Made Card Class	CR
2:30pm - 4:30pm		
2:45	Billiards & Darts	MC
6:00	Virtual Family Night <i>Movies Anywhere</i> <i>Trolls &amp; Treats</i>	PUB

27 THURSDAY

9:30	B-Fit	TV
10:00	Flex Your Brain	CR
10:15	Walmart	BUS
11:00	Devotional with Alice	TV
1:30	Welcome Ambassador Meeting	CR
1:30	Scenic Bus Ride	BUS
3:00	Hallway Happy Hour	LO
3:00	Diamond Painting <i>Group Project</i>	AS
6:00	University Class & Group Discussion with Norma	LO

28 FRIDAY

9:00	Friendship Cafe <i>Coffee &amp; Conversation</i>	LO
9:30	B-Fit	TV
10:00	Hearts for Hospice	CR
12:00	Paint by Sticker & Color Therapy	CR
1:00	Friday Matinee <i>Happy-Go-Lucky (2008)</i>	TV
2:00	Gin Rummy	CR
4:00	Boozy Bingo	CR
6:00	Friday Flick <i>Happy-Go-Lucky (2008)</i>	TV

29 SATURDAY

10:30	B-Walking Club	LO
1:00	Afternoon Chat	LO
1:30	Mass/Limited Seating	TV
2:00	Jigsaw Puzzles	LB
3:00	Mass/Limited Seating	TV
6:00	Saturday Cinema <i>Tolkien (2019)</i>	TV
6:30	Poker Night <i>bring your nickels</i>	LB

## COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

## Chasing the Blues Away



Everyone gets the blues now and then, especially if you have experienced a recent loss or significant life change. The following suggestions are things that you can do for yourself when you are “in a rut” or just not feeling like yourself.

**Get Moving**

Physical activity is essential to well-being. It has been shown in numerous research trials to have a beneficial effect on mild depression or anxiety.

**Laugh**

Laughter has been shown to produce a number of bio-chemical responses in the body. Those changes result in feeling better and having an improved immune response.

**Social Contact**

Finding one or two people with whom you can connect and share concerns will help you to live a more Optimum Life. How about getting a socially distanced walking club going now that the weather is getting better?

**Help Someone Else**

Studies show that older adults who are involved in volunteer activities have less depression. Find a way to help others that matches your time and abilities.

**Practice Gratitude**

Learning to be thankful helps to move the focus from what you don't have to what you do have. Keep a gratitude journal where you write down five things you are grateful for every day.

**Learn a New Skill**

Much has been written in recent months and years about the importance of learning new things to keep the brain active. In addition to “building the brain”, mastering a new skill helps to increase your sense that you can handle life's challenges. It helps you to feel good about yourself and gives you a renewed sense of purpose.

## Wellness Challenge

**Know When to Get Help**

If you are having symptoms of depression that won't go away and are interfering with your normal activities, seek the help of a medical professional. According to the National Institute on Aging, symptoms of depression may include the following:

- An “empty” feeling, ongoing sadness, and anxiety
- Tiredness, lack of energy
- Sleep problems
- Eating more or less than usual

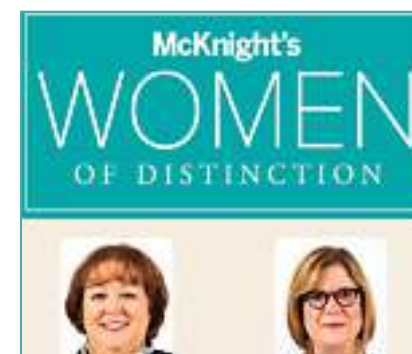
Some people will have difficulty recognizing that they are depressed. If you have a friend or family member that you are concerned about, assist them in taking the proper steps to get help. Depression is not normal at any age and it can be successfully treated. Together we can chase those blues away!

*Be Well on Purpose!*



## Brookdale News

## Brookdale's Leaders Recognized as McKnight's “Women of Distinction”



Two Brookdale Senior Living leaders have been recognized by McKnight's as “Women of Distinction” in the senior living industry. The Women of Distinction program is a joint offering of both McKnight's Senior Living and McKnight's Long-Term Care News. Mary Sue Patchett, executive vice president of strategic operations, and Juliet Holt Klinger, senior director of dementia care, were named as award recipients in McKnight's 3rd Annual Women of Distinction program.

Beyond her expert leadership at Brookdale, Patchett has dedicated her work to changing how the world views senior living. Her trailblazing efforts include: assisting in the creation of the first senior living trade association now known as Argentum, establishing Florida's chapter of Argentum and changing “Homes for the Aged” to what we now know as Assisted Living. She will be inducted into McKnight's Hall of Honor, which recognizes executive-level women who have made significant contributions to the senior housing and care fields.

Holt Klinger, a gerontologist, was instrumental in developing Brookdale's award-winning dementia care program to support memory care residents and families, has been named a Veteran VIP. This category is new and recognizes leaders with over 15 years of experience who are making an impact on the senior living field and have demonstrated an exceptional commitment to the senior living and care industry through their accomplishments.

“I'm proud to see our dedicated leaders at Brookdale recognized by McKnight's for their impassioned work shaping the senior living industry,” Lucinda (“Cindy”) Baier, Brookdale president and chief executive officer, said.

## An Engaged Life



It was 1932 and the music world was abuzz with greats like Bing Crosby, Fred Astaire and Louis Armstrong. It was also the same year that Cathy Lundstrom was born. Perhaps inspired by the abundance of hit songs during this time, a young Cathy learned to play the piano, and her passion for music influenced her enjoyment in playing for herself and others. Music shaped Cathy's career and life as she began to teach others to play the piano.

So, it was just natural that when Cathy moved into Brookdale Montrose in Montrose, Ohio in January 2020, her love of music came with her. If you look for Cathy, you may hear her before you see her, as she is often in the community's large living room playing the piano. Her gentle spirit comes to life as she plays, bringing comfort to herself and others. In addition to her enjoyment of the piano, Cathy continues to build more connections as she also engages in new experiences and creative projects. Whether it's painting, reading, gardening, or sharing her musical talent, she is dedicated to leading a life of passion and purpose.