

S M T W Th F S

**Brookdale Paulin Creek**  
2375 Range Avenue  
Santa Rosa, CA 95403  
(707) 575-3722 | brookdale.com



<p><b>05</b></p> <p>9:15 Joyous Movement Exercise 998 9:30 Bible Study AL 1:30 Sunday on Stage CL 1:45 Crafter's Corner: Ornaments AL 3:00 Sip &amp; Social Club AL 7:00 Sunday Night Movie 998</p>	<p><b>06</b></p> <p>9:30 Chair Exercise 998 10:00 B FIT L 11:00 Creating Wellness Canines AL 1:45 Flex Your Brain AL 3:00 Blackjack and Beer L 6:30 Ballet Folklorico Jazmin Rehearsal L</p>	<p><b>07</b></p> <p>9:30 Tai Chi 998 10:00 B FIT L 10:30 28 Days of Gratitude CL 1:45 Vitality Drumming L 3:00 My Life Story: Holiday Traditions AL 6:00 Swing and a Miss! Rehearsal L</p>	<p><b>08</b></p> <p>9:30 Posture Class 998 11:00 Blood Pressure Checks L 1:30 Scenic Ride with Gary ** 3:00 Menu Chat IC 3:30 Live Music: Holiday Songs with Joy L 6:30 Ballet Folklorico Jazmin Rehearsal L</p>	<p><b>09</b></p> <p>9:30 Qigong, Tai Chi &amp; Yoga 998 10:00 Flower Arrangements D 11:00 B FIT L 12:00 Holiday Shopping with Marie Macchia Jewelry 2:00 Welcome Ambassadors Mtg. CL 3:30 Happy Hour L 6:15 Bingo Night with Nancy CL</p>	<p><b>10</b></p> <p>9:30 Chair Yoga 998 10:00 B FIT L 11:00 Creating Wellness Canines AL 1:45 Watercolor Holiday Cards CL 3:00 Masterclass CL 7:00 Friday Night Film 998</p>	<p><b>11</b></p> <p>9:30 Mindful Meditation 998 10:00 B Walking Group AL 10:30 B FIT Stretch L 11:00 Joy of Painting CL 1:45 Cookie Decorating AL 3:00 Flex Your Brain CL 7:00 Movie Night 998</p>
<p><b>12</b></p> <p>9:15 Joyous Movement Exercise 998 9:30 Bible Study AL 1:45 Find Your Way Community Tour L 3:00 Sip &amp; Social Club AL 6:00 Accordionist Mike Carini L 7:00 Sunday Night Movie 998</p>	<p><b>13</b></p> <p>9:30 Chair Exercise 998 10:00 B FIT L 11:00 Creating Wellness Canines AL 1:45 Flex Your Brain AL 3:00 Pinochle L 6:30 Ballet Folklorico Jazmin Rehearsal L</p>	<p><b>14</b></p> <p>9:30 Tai Chi 998 10:00 B FIT L 10:30 Conversations in Aging Understanding Your Grief CL 1:30 Resident Town Hall L 3:00 Masterclass CL 6:00 Swing and a Miss! Rehearsal L</p>	<p><b>15</b></p> <p>9:30 Posture Class 998 11:00 B FIT L 1:30 Scenic Ride with Gary ** 3:00 Virtual U.S. History with Steve Boga CL 6:30 Ballet Folklorico Jazmin Rehearsal L 7:00 Movie Night 998</p>	<p><b>16</b></p> <p>10:00 Flower Arrangements D 11:00 B FIT L 1:45 Flex Your Brain CL 3:30 Resident &amp; Staff Holiday Happy Hour L 6:00 Holiday Scenic Light Drive with Gary ** 6:15 Bingo Night with Nancy CL</p>	<p><b>17</b></p> <p>9:30 Chair Yoga 998 10:00 B FIT AL 11:00 Balance Education L 11:00 Creating Wellness Canines AL 1:30 Movie Matinee w/ Popcorn CL 3:00 Trivia AL 7:00 Friday Night Film 998</p>	<p><b>18</b></p> <p>9:30 Coffee &amp; Classical Music L 10:30 B FIT Stretch L 11:00 Joy of Painting CL 1:45 Bingo AL 3:00 Crafter's Corner: Ornaments CL 7:00 Movie Night 998</p>
<p><b>19</b></p> <p>9:15 Joyous Movement Exercise 998 9:30 Bible Study AL 1:30 Sunday on Stage: The Nutcracker Ballet CL 1:45 No Bake Holiday Cookies AL 3:00 Sip &amp; Social Club AL 7:00 Sunday Night Movie 998</p>	<p><b>20</b></p> <p>10:00 B FIT L 11:00 Creating Wellness Canines AL 1:45 Flex Your Brain AL 2:30 Pokeno AL 3:30 Live Music: Ledesmda L 6:30 Ballet Folklorico Jazmin Rehearsal L</p>	<p><b>21</b> First Day of Winter</p> <p>9:30 Tai Chi 998 10:00 B FIT L 1:45 New Resident Connections CL 3:00 Short Story Discussion IC 6:00 Swing and a Miss! Rehearsal L 6:00 Holiday Scenic Light Drive with Gary **</p>	<p><b>22</b></p> <p>9:30 Posture Class 998 11:00 Blood Pressure Checks L 1:30 Scenic Ride with Gary ** 2:00 Clare Bridge Choir L 3:00 Menu Chat IC 6:30 Ballet Folklorico Jazmin Rehearsal L 7:00 Movie Night 998</p>	<p><b>23</b></p> <p>9:30 Qigong, Tai Chi &amp; Yoga 998 11:30 Holiday Celebration Lunch with The Merrie Olde Christmas Carolers D 1:30 Resident Holiday Party Music, Games &amp; Trivia L 6:15 Bingo Night with Nancy CL 7:00 Holiday Feature Film 998</p>	<p><b>24</b> Christmas Eve</p> <p>9:30 Chair Yoga 998 10:00 B FIT L 10:30 Flex Your Brain CL 1:45 Play Reading Circle A Christmas Carol L 3:00 Holiday Happy Hour AL 7:00 Christmas Feature Film 998</p>	<p><b>25</b> Christmas Day</p> <p>9:30 Mindful Meditation 998 9:30 Bible Study AL 10:30 Christmas Carols and Ornament Exchange AL 1:30 Holiday Movie Matinee It's a Wonderful Life CL 7:00 Christmas Feature Film 998</p>
<p><b>26</b></p> <p>9:15 Joyous Movement Exercise 998 9:30 Bible Study AL 1:45 Mexican Train Dominoes L 3:00 Sip &amp; Social Club AL 6:00 Accordionist Mike Carini L 7:00 Sunday Night Movie 998</p>	<p><b>27</b></p> <p>9:30 Chair Exercise 998 10:00 B FIT L 11:00 Creating Wellness Canines AL 1:45 Flex Your Brain AL 3:00 Pinochle L 6:30 Ballet Folklorico Jazmin Rehearsal L</p>	<p><b>28</b></p> <p>9:30 Tai Chi 998 10:00 B FIT L 11:00 Resident Engagement Chat CL 1:45 Vitality Drumming L 3:30 New Resident &amp; December Birthday Social L 6:00 Swing and a Miss! Rehearsal L</p>	<p><b>29</b></p> <p>9:30 Posture Class 998 11:00 B FIT L 1:30 Scenic Ride with Gary ** 3:00 Goal Setting Workshop CL 6:30 Ballet Folklorico Jazmin Rehearsal L 7:00 Movie Night 998</p>	<p><b>30</b></p> <p>9:30 Qigong, Tai Chi &amp; Yoga 998 10:00 Flower Arrangements D 11:00 B FIT L 1:45 Flex Your Brain CL 3:30 Happy Hour L 6:15 Bingo Night with Nancy CL 7:00 Movie Night</p>	<p><b>31</b> New Year's Eve</p> <p>1:30 B FIT AL 2:00 Trivia AL 6:00 Golden Champagne New Years Eve Celebration with Live Music by the Michael Bryant Trio L</p>	<p><b>LOCATION KEY</b></p> <p>CL Club Room D Dining Room L Living Room PDR Private Dining Room 998 Channel 998 ** SRJC Class B1 B Bldg. Alcove 1st Fl. IC Internet Cafe</p>

# Health and Wellness

## Overcoming Holiday Blues



The holidays are supposed to be the happiest time of the year, yet for many, they can trigger deep feelings of sadness and anxiety. Many people experience a drop in mood in anticipation of the holidays. The good news - seasonal doldrums tend to fade once the festivities are over.

### Beating the Holiday Blues with the Optimum Life Six Dimensions

Optimum Life is the way we define well-being at Brookdale. We meet you where you are with six dimensions - Purposeful, Emotional, Physical, Social, Spiritual and Intellectual. The philosophy for each of the dimensions can be applied in helping to prevent the holiday blues.

**Purposeful** - Volunteer your time to help others in need. The benefits can help you reduce stress and provide a sense of purpose.

**Emotional** - Although it can be tempting to isolate yourself when you have the holiday blues, it can be beneficial to

spend time with your friends and family.

**Physical** - A quick 10-minute walk will get your heart rate up and release mood-boosting endorphins.

**Social** - Instead of spending the holidays alone at home, get your friends or family together for a dinner party.

**Spiritual** - Don't be afraid to ask others for help in running holiday errands to lighten your load. Be sure to set aside time to meditate and reflect.

**Intellectual** - It can be difficult to be alone around the holiday season. Instead of sitting at home, fill-up your calendar with activities and perhaps learn something new.

## Wellness Challenge

### Holiday Trivia

1. How many American states have towns named Santa Claus?
2. What is the name of the author of the popular children's story, 'How the Grinch Stole Christmas'?
3. What traditional New Year's Eve song begins with lyrics, 'Should auld acquaintance be forgot'?
4. Which famous Christmas movie featured Bing Crosby as Bob Wallace?
5. What month of the year is Thanksgiving celebrated in Canada?
6. Which famous Christmas song was introduced by Judy Garland in the 1944 movie, 'Meet Me in St. Louis'?
7. True or False: The musical film 'Babes in Toyland' was produced by Walt Disney?
8. Which 1946 fantasy film was directed by Frank Capra and based on a story called, 'The Greatest Gift'?

### Answers:

1. 3- Indiana, Georgia, Arizona
2. Dr. Seuss
3. Auld Lang Syne
4. White Christmas
5. October
6. Have Yourself a Merry Little Christmas
7. True
8. It's a Wonderful Life

### Be Well on Purpose!

## COMMUNITY CONNECTIONS

December 2021

## Brookdale News

### Happy Holidays!



We celebrate and cherish the holidays in many different ways. I want to share with you some of my most memorable holiday traditions. Let's start with food! Growing up my family ate pizza on Christmas Eve and then woke up to a cinnamon roll breakfast on Christmas morning. These foods were synonymous with Christmas for my grandparents, my mom, my sister, and I because we ate them together for so many years. A more unique way we celebrated involves my mom's favorite color, purple. She always proudly displayed a special purple Christmas tree, with purple lights, and even purple ornaments.

In more recent years we ate and celebrated with a special friend who has become like family. April Huber ran the senior living community where my mom's husband lived. She was so warm and hospitable during that time that my mom began to see her as another family member. Even though my mom has passed, April is still like family to us. Each year I make sure to let her know how grateful we are for her years of service improving the quality of our family's lives.

During this holiday season, I also want to thank you, our residents, for making Brookdale your home. This holiday season I hope you feel loved and inspired by your community.

Sincerely,  
Cindy Baier  
President & CEO

## An Engaged Life



Friendships have a powerful effect on us and bring happiness to our lives. When starting in a new place, we know how valuable friendships are in our everyday life. Bophareth "Bo" Grossmann, a resident at Brookdale Lake Shore Drive in Chicago, IL, is no stranger in needing to create friendships in a new location. She spent a good deal of time in France because she enjoys traveling and France is her second home. In France she was able to visit relatives, as well as experience French culture and cuisine, which she enjoys. She attended Lycee Rene Descartes and Graduated from La Faculte des Sciences Commerciales.

Three years ago, when Bo moved to the community, she wanted to tap into her interests and create an opportunity for connections. Her first thought was to create an inclusive club to explore French culture, politics, and lifestyle. Bo started the French Connection Club in June 2019, and after a hiatus due to the pandemic, it is one of the largest regularly attended clubs in the community.

Bo's focus on inclusiveness has created a safe place for members to open up with each other; friendships are being formed and cultivated. For example, a resident recently attended the French Club, and the group found out about her French background. As a result, she and Bo agreed to meet regularly to keep up their French. Other friendships are forming and doing things like going out to lunch at French restaurants and tapping into new interests by seeing architecture crafted after the Palace of Versailles.

We can't wait to see what's in store next for this group of friends.