

COMMUNITY CONNECTIONS

April 2026

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Brookdale Valparaiso

2501 Valparasio Street

Valparaiso, IN 46383

(219) 548-2770

brookdale.com

Assisted Living
All activities are subject to change.



01 APRIL FOOLS' DAY / PASSOVER BEGINS

10:00 B-Fit Walk FPL
11:00 Daily Chronicles FPL
2:00 Game Time FPL

02

10:00 Daily Chronicles FPL
11:00 B-Fit Core and Flexibility FPL
1:30 Trivia Fun BL
3:00 Coffee and Crafts DR
4:00 Games of Resident Choice SR

03 GOOD FRIDAY

10:00 Daily Chronicles FPL
10:30 Fun Fact Trivia FPL
11:00 B-Fit FPL
2:00 Bingo! DR
3:00 Afternoon Stretch SR
4:00 Resident Choice RA

04

10:00 Daily Chronicles FPL
10:30 B-Fit FPL
11:15 Music and Memories FPL
2:00 UNO DR
3:00 Saturday Cinema FPL

05 EASTER

8:15 Catholic Church Service FPL
10:00 Morning Fellowship FPL
10:30 B-Fit Walking (Independent Walking) FPL

06

10:00 Daily Chronicles BL
10:15 Brain Flex FPL
10:30 B-Fit Core FPL
11:00 Word Game FPL
11:30 Heart to Heart Visits RA
2:00 Bingo DR
3:30 Manicures and Music DR

07

10:00 Daily Chronicles FPL
10:15 Reminisce Reading FPL
10:30 B-Fit Balance FPL
2:00 Bible study w/ Rich FPL

08

10:00 B-Fit Walk FPL
11:00 Daily Chronicles FPL
2:00 Game Time FPL

09 PASSOVER ENDS

10:00 Daily Chronicles FPL
11:00 B-Fit Core and Flexibility FPL
1:30 Trivia Fun BL
3:00 Coffee and Crafts DR
4:00 Games of Resident Choice SR

10

10:00 Daily Chronicles FPL
10:30 Fun Fact Trivia FPL
11:00 B-Fit FPL
2:00 Bingo! DR
3:00 Afternoon Stretch SR
4:00 Resident Choice RA

11

10:00 Daily Chronicles FPL
10:30 B-Fit FPL
11:15 Music and Memories FPL
2:00 Yahtzee DR
3:00 Saturday Cinema FPL

12

8:15 Catholic Church Service FPL
10:00 Morning Fellowship FPL
10:30 B-Fit Walking (Independent Walking) FPL

13

10:00 Daily Chronicles BL
10:15 Brain Flex FPL
10:30 B-Fit Core FPL
11:00 Word Game FPL
11:30 Heart to Heart Visits RA
2:00 Bingo DR
3:30 Manicures and Music DR

14

10:00 Daily Chronicles FPL
10:15 Reminisce Reading FPL
10:30 B-Fit Balance FPL
2:00 Bible study w/ Rich FPL

15 TAX DAY

10:00 B-Fit Walk FPL
11:00 Daily Chronicles FPL
2:00 Game Time FPL

16

10:00 Daily Chronicles FPL
11:00 B-Fit Core and Flexibility FPL
1:30 Trivia Fun BL
3:00 Coffee and Crafts DR
4:00 Games of Resident Choice SR

17

10:00 Daily Chronicles FPL
10:30 Fun Fact Trivia FPL
11:00 B-Fit FPL
2:00 Bingo! DR
3:00 Afternoon Stretch SR
4:00 Resident Choice RA

18

10:00 Daily Chronicles FPL
10:30 B-Fit FPL
11:15 Music and Memories FPL
2:00 Taboo DR
3:00 Saturday Cinema FPL

19

8:15 Catholic Church Service FPL
10:00 Morning Fellowship FPL
10:30 B-Fit Walking (Independent Walking) FPL

20

10:00 Daily Chronicles BL
10:15 Brain Flex FPL
10:30 B-Fit Core FPL
11:00 Word Game FPL
11:30 Heart to Heart Visits RA
2:00 Bingo DR
3:30 Manicures and Music DR

21

10:00 Daily Chronicles FPL
10:15 Reminisce Reading FPL
10:30 B-Fit Balance FPL
2:00 Bible study w/ Rich FPL

22

10:00 B-Fit Walk FPL
11:00 Daily Chronicles FPL
2:00 Game Time FPL

23

10:00 Daily Chronicles FPL
11:00 B-Fit Core and Flexibility FPL
1:30 Trivia Fun BL
3:00 Coffee and Crafts DR
4:00 Games of Resident Choice SR

24

10:00 Daily Chronicles FPL
10:30 Fun Fact Trivia FPL
11:00 B-Fit FPL
2:00 Bingo! DR
3:00 Afternoon Stretch SR
4:00 Resident Choice RA

25

10:00 Daily Chronicles FPL
10:30 B-Fit FPL
11:15 Music and Memories FPL
2:00 Left, Right, Center DR
3:00 Saturday Cinema FPL

26

8:00 Church Service
8:15 Catholic Church Service FPL
10:00 Morning Fellowship FPL
10:30 B-Fit Walking (Independent Walking) FPL

27

10:00 Daily Chronicles BL
10:15 Brain Flex FPL
10:30 B-Fit Core FPL
11:00 Word Game FPL
11:30 Heart to Heart Visits RA
2:00 Bingo DR
3:30 Manicures and Music DR

28

10:00 Daily Chronicles FPL
10:15 Reminisce Reading FPL
10:30 B-Fit Balance FPL
2:00 Bible study w/ Rich FPL
3:00 Walking Club HW

29

10:00 B-Fit Walk FPL
11:00 Daily Chronicles FPL
2:00 Game Time FPL

30

10:00 Daily Chronicles FPL
11:00 B-Fit Core and Flexibility FPL
1:30 Trivia Fun BL
3:00 Coffee and Crafts DR
4:00 Games of Resident Choice SR

LOCATION KEY

DR Dining Room
VT Van Trip
HW Hallways
BL Back Lounge
FP Front Porch
CY Courtyard
SR Sun Room
RA Resident Apartment
FPL Fireplace Lounge

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

Vice, Virtue and the Science of Healthy Aging

The fortune cookie included from my last order of steamed Chinese vegetables and chicken read, "What's vice today may be virtue tomorrow." It immediately struck me as an accurate summation of what happens so often in research related to health behaviors.

If you've watched the headlines over the years, you've seen the shifts. Eggs were once solidly on the "limit" list due to cardiovascular health concerns; today they're recognized as part of a healthy diet in moderation, offering high-quality protein and other important nutrients. Strength training for older adults used to be approached with great caution and is now one of the most evidence-supported ways to combat frailty and maintain muscle and mobility. Even coffee, long treated as a vice, has more recently been linked to potential health benefits when consumed in reasonable amounts.

But the reverse is also true: What's celebrated as a virtue can later be reconsidered. For years, red wine was widely promoted as healthy. More recent research has complicated that story, suggesting the benefits may not be as universal as once believed, and that alcohol carries risks that deserve careful consideration.

What changed? In most cases, it's that science became more precise. Researchers asked better questions, followed people longer, and found better ways to test hypotheses. And while some factors may impact health more than others, I keep coming back to the same conclusion: Moderation matters.

Healthy aging rarely thrives at the extremes. Overindulgence can undermine well-being, but rigid restriction can also diminish quality of life. The strongest evidence continues to point toward balance: nourishing meals, regular movement, meaningful connections, restorative sleep, and living with purpose.

Today's headlines may evolve and guidance may be refined, but holding the steady middle ground seems to be one of the most enduring virtues of all. *Source: Washington State Department of Health, Journal of Cachexia, Sarcopenia and Muscle, Mayo Clinic*



Did you Know?

Feedback is a Gift

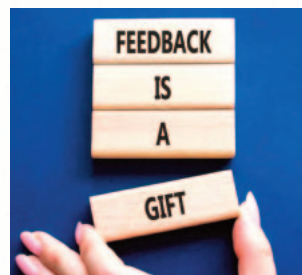
At Brookdale, it is our mission to enrich lives every day, and we strive to create the best possible experience for our residents and their families. Your feedback is a gift. Below is how you can share with us.

Fill Out a Survey

You may be randomly selected to receive a survey via mail, email from Brookdale, or a third-party organization such as U.S. News or J.D. Power. All you have to do is fill it out and send it back. Your feedback is important to us and we appreciate you taking the time to complete a survey. All responses will remain anonymous unless you choose to self-identify.

Give Us a Call or Email

Feel free to provide feedback to your local community managers at any time, or call the Resident & Family Connection Line at (877) 400-5296 or email familyconnection@brookdale.com. An associate will be happy to connect with you.



Assisted Living

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Brookdale News

Brookdale Welcomes Derek Schultze as Vice President, Dining Services



Derek Schultze has joined the Brookdale family as Vice President of Dining where he oversees and supports culinary operations across our over 500+ independent, assisted, memory care and skilled communities. Derek comes with vast expertise across diverse foodservice sectors and deep experience in complex healthcare settings. He leads the continued transformation of dining at Brookdale by prioritizing quality, variety, and choice while spearheading a menu platform centered on choice, consistency, and hospitality designed to elevate dining for our residents and simplify execution for our associates.

Derek strongly believes in earning resident trust at every meal and establishing Brookdale as a nationally recognized dining center of excellence. Derek will also continue to focus on the goal of creating memorable food experiences, and unique Brookdale signatures by expanding on the Seasonings program and introducing more diverse culinary options.

Derek's leadership approach is shaped by his military background, which instilled a strong foundation in service, accountability, and operational rigor. That perspective continues to inform his servant-leadership mindset and emphasis on disciplined execution and leader development. He holds an MBA and is a Certified Dietary Manager and Certified Food Protection Professional.

When asked about his commitment to serving residents, Derek shares, "Dining is one of the most personal experiences in a community. My commitment is to ensure that every meal feels thoughtful, consistent, and worthy of the trust our residents and families place in us."

An Engaged Life

Marie moved into Brookdale Arrowhead Ranch in Glendale, AZ back in November 2017, for a short-term additional support stay. Prior to her stay, her daughter did extensive research on senior care communities and found Brookdale Arrowhead Ranch offered "good things" regarding quality care.

During Marie's initial recovery at the community, she was encouraged and followed the care plan recommended by her doctors, and was supported by the clinical team. Marie beat what she was fighting and still thrives to this day. She is a huge advocate of the B-Fit programs offered at her community and is a constant voice encouraging others to participate. Marie also enjoys leading some of the B-Fit sessions and supporting residents during the class.

Marie has made many close friendships throughout her years at the community. She's also been a Welcome Ambassador for years connecting with new residents and helping everyone around her. Marie continues to volunteer at the community including the Alzheimer's Committee, Resident Council, and Resident Engagement Chat. Marie is proud to call Brookdale home and living an engaged life her way, every day.

