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March 2021



THE DAILY PATH

UPCOMING EVENTS

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

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- DR - Dining Room
- BLR - Back Living Room
- FR - Front Room
- BS - Beauty Salon
- AL - Assisted Living
- OT - Outing/Outside
- WR - Whole residence

License Number

01

10:00 B-Fit Exercise DR
 11:00 Table Topics DR
 2:00 Pampering BS
 3:00 Kick Ball DR
 4:00 Advice From Kids DR
 6:30 Ted Talks DR

02

10:00 B-Fit Exercise DR
 11:00 Pennies DR
 2:00 Apple Nachos DR
 3:00 Drum Exercise DR
 4:00 Karaoke DR
 6:30 Guess The Scent DR

03

9:30 Pet Therapy WR
 10:00 B-Fit Exercise DR
 11:00 Family Fued DR
 2:00 Mix and Mingle DR
 3:00 Afternoon Exercise DR
 4:00 Name That Song DR
 6:30 Water Beads DR

04

10:00 B-Fit Exercise DR
 11:00 Dominos DR
 2:00 Pastor Paul BLR
 3:00 Bucket of Beans DR
 4:00 Move to the Music DR
 6:30 Short Stories DR

05

10:00 B-Fit Exercise DR
 11:00 Bingo! DR
 2:00 Confetti Bowl DR
 3:00 Drum Exercise DR
 4:00 Virtual Concert DR
 6:30 Evening News BLR

06

10:00 B-Fit Exercise DR
 11:00 List 10 DR
 2:00 Creative Coloring DR
 3:00 Bowling DR
 4:00 Suzie Q DR
 6:30 Movie and Popcorn BLR

07

10:00 B-Fit Exercise DR
 11:00 On This Day DR
 2:00 Honey Do List DR
 3:00 Golf DR
 3:30 Church Service FR
 4:00 Inspirational Music DR
 6:30 Bible Study FR

08

10:00 B-Fit Exercise DR
 11:00 Trivia DR
 2:00 Pampering BS
 3:00 Afternoon Exercise DR
 4:00 Karaoke DR
 6:30 Water Beads DR

09

10:00 B-Fit Exercise DR
 11:00 My Life Story DR
 2:00 Ice Cream Social DR
 3:00 Drum Exercise DR
 4:00 Twister Sing Along DR
 6:30 Aromatherapy DR

10

9:30 Pet Therapy WR
 10:00 B-Fit Exercise DR
 11:00 Tell me a Joke DR
 2:00 Mix and Mingle DR
 3:00 Table Ball DR
 4:00 Advice From Kids DR
 6:30 Moon Sand DR

11

10:00 B-Fit Exercise DR
 11:00 Live Web Cams DR
 2:00 Pastor Paul BLR
 3:00 Community Walk WR
 4:00 Name That Song DR
 6:30 Ted Talks DR

12

10:00 B-Fit Exercise DR
 11:00 Resident Council BLR
 2:00 Stone Photo Holder DR
 3:00 Drum Exercise DR
 4:00 Virtual Concert DR
 6:30 Evening News BLR

13

10:00 B-Fit Exercise DR
 11:00 Checkers DR
 2:00 Puzzles and Pondering DR
 3:00 Wii Sports BLR
 4:00 Move to the Music DR
 6:30 Movie and Popcorn BLR

14

Daylight Saving Time

10:00 B-Fit Exercise DR
 11:00 Animal Explorers DR
 2:00 Cards for Friends DR
 3:00 Afternoon Exercise DR
 3:30 Church Service FR
 4:00 Inspirational Music DR
 6:30 Bible Study FR

15

10:00 B-Fit Exercise DR
 11:00 Table Topics DR
 2:00 Pampering BS
 3:00 Basketball DR
 4:00 Move to the Music DR
 6:30 Short Stories DR

16

10:00 B-Fit Exercise DR
 11:00 Around The World DR
 2:00 Brownie Batter DR
 3:00 Drum Exercise DR
 4:00 Advice From Kids DR
 6:30 Ted Talks DR

17

St. Patrick's Day

9:30 Pet Therapy WR
 10:00 B-Fit Exercise DR
 11:00 St. Patty's Trivia DR
 2:00 Cellophane Paint DR
 3:00 Wicked Pong DR
 4:00 St. Patty's Mingle DR
 6:30 Water Beads DR

18

10:00 B-Fit Exercise DR
 11:00 Bounce Off DR
 2:00 Pastor Paul BLR
 3:00 Tennis DR
 4:00 Karaoke DR
 6:30 Guess The Scent DR

19

10:00 B-Fit Exercise DR
 11:00 Bingo! DR
 2:00 Marbled Paper DR
 3:00 Drum Exercise DR
 4:00 Virtual Concert DR
 6:30 Evening News BLR

20

10:00 B-Fit Exercise DR
 11:00 Coffee and News DR
 2:00 Dough Matters DR
 3:00 Bean Bag Toss DR
 4:00 Sing with Mary DR
 6:30 Movie and Popcorn BLR

21

10:00 B-Fit Exercise DR
 11:00 Trivia DR
 2:00 Beading DR
 3:00 Kick Ball DR
 3:30 Church Service FR
 4:00 Inspirational Music DR
 6:30 Bible Study FR

22

10:00 B-Fit Exercise DR
 11:00 Tell me a Joke DR
 2:00 Pampering BS
 3:00 Bowling DR
 4:00 Name That Song DR
 6:30 Ted Talks DR

23

10:00 B-Fit Exercise DR
 11:00 My Life Story DR
 2:00 Bird Cookies DR
 3:00 Drum Exercise DR
 4:00 Suzie Q DR
 6:30 Short Stories DR

24

9:30 Pet Therapy WR
 10:00 B-Fit Exercise DR
 11:00 On This Day DR
 2:00 Birthday Bash DR
 3:00 Bucket of Beans DR
 4:00 Twister Sing Along DR
 6:30 Aromatherapy DR

25

10:00 B-Fit Exercise DR
 11:00 Would you Rather DR
 2:00 Pastor Paul BLR
 3:00 Afternoon Exercise DR
 4:00 Move to the Music DR
 6:30 Water Beads DR

26

10:00 B-Fit Exercise DR
 11:00 Menu Chat DR
 2:00 String Painting DR
 3:00 Drum Exercise DR
 4:00 Advice From Kids DR
 6:30 Evening News BLR

27

Passover Begins

10:00 B-Fit Exercise DR
 11:00 Dominos DR
 2:00 Creative Coloring DR
 3:00 Basketball DR
 4:00 Karaoke DR
 6:30 Movie and Popcorn BLR

28

10:00 B-Fit Exercise DR
 11:00 Family Fued DR
 2:00 Honey Do List DR
 3:00 Wicked Pong DR
 3:30 Church Service FR
 4:00 Inspirational Music DR
 6:30 Bible Study FR

29

10:00 B-Fit Exercise DR
 11:00 Table Topics DR
 2:00 Pampering BS
 3:00 Community Walk WR
 4:00 Advice From Kids DR
 6:30 Guess the Scent DR

30

10:00 B-Fit Exercise DR
 11:00 Trivia DR
 2:00 Rainbow Bites DR
 3:00 Drum Exercise DR
 4:00 Move to the Music DR
 6:30 Water Beads DR

31

9:30 Pet Therapy WR
 10:00 B-Fit Exercise DR
 11:00 Checkers DR
 2:00 Brookdale Rocks DR
 3:00 Wii Sports DR
 4:00 Karaoke DR
 6:30 Ted Talks DR

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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.