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April 2021

Brookdale Troy

4900 Northfield Parkway

Troy, MI 48098

(248) 267-9500 | brookdale.com



01

April Fools' Day

10:15 B-Fit Exercise	TS
11:00 Coffee & Crosswords	TS
11:00 Painting Creations	TS
2:00 Pet Visit with Sylvester	TS
3:00 Bend & Stretch	TS
4:30 Rat Pack	BPL
6:30 Hand Massages	CPL

02

Good Friday

10:15 B-Fit Exercise	TS
11:00 Travel to the Vatican	TS
2:00 Tell Me A Joke	TS
3:00 Let's Dance!	TS
4:30 Sing Along Friday	TS
6:30 Movie Night In	CPL

03

10:15 B-Fit Exercise	TS
11:00 Name 5 Trivia	TS
2:00 Virtual Visits with Family	CPL
3:00 Corn Hole	TS
4:30 Jazz Music	BPL
6:30 Nightly News	CPL

04

Passover Ends / Easter

10:15 B-Fit Exercise	TS
11:00 Easter Hymns	TS
2:00 Creative Crafting	TS
3:00 Ladderball	TS
4:30 Barber Shop Quartet	BPL
6:30 Hand Massages	CPL

05

10:00 Virtual Rosary	BPL
10:15 B-Fit Exercise	TS
11:00 Brain Aerobics	TS
2:00 Virtual Visits with Family	BPL
3:00 B-Fit Walking Club	TS
4:30 Dean and Friends	BPL
6:30 Nightly News	BPL

06

10:15 B-Fit Exercise	TS
11:00 Trivia Tuesday	TS
2:00 Tender Heart Club	CPL
3:00 Bowling	TS
4:30 Motown Hits	BPL
6:30 Music and Massage	CPL

07

10:15 B-Fit Exercise	TS
11:00 Resident Council	TS
2:00 Cooking Creations	BCK
3:00 B-Fit Walking Club	EC
4:30 Timeless Vocals	BPL
6:30 Chicken Soup Stories	BPL

08

10:15 B-Fit Exercise	TS
11:00 Coffee & Wordsearch	TS
2:00 April Birthday Photos	TS
3:00 Tai Chi	TS
4:30 Piano Memories	BPL
6:30 Hand Massages	CPL

09

10:15 B-Fit Exercise	TS
11:00 Travel to Bahamas	TS
2:00 Pet Visit with Sylvester	TS
3:00 Let's Dance!	TS
4:30 Sing Along Friday	TS
6:30 Movie Night In	BPL

10

10:15 B-Fit Exercise	TS
11:00 Price Is Right	TS
2:00 Virtual Visits with Family	CPL
3:00 Backyard Darts	TS
4:30 Ol' Blue Eyes	BPL
6:30 Nightly News	CPL

11

10:15 B-Fit Exercise	TS
11:00 Hymn Sing-Along	TS
2:00 Creative Crafting	TS
3:00 Yoga & Meditation	TS
4:30 Andrews Sisters	BPL
6:30 Hand Massages	CPL

12

10:00 Virtual Rosary	BPL
10:15 B-Fit Exercise	TS
11:00 Movie Memories	TS
2:00 Virtual Visits with Family	BPL
3:00 B-Fit Walking Club	TS
4:30 Moonlight Serenade	BPL
6:30 Nightly News	BPL

13

10:15 B-Fit Exercise	TS
11:00 Trivia Tuesday	TS
2:00 Tender Heart Club	CPL
3:00 Conductersize	TS
4:30 Polka Music	BPL
6:30 Music and Massage	CPL

14

10:15 B-Fit Exercise	TS
11:00 Finish the Phrase	TS
2:00 Cooking Creations	BCK
3:00 B-Fit Walking Club	EC
4:30 The King	BPL
6:30 Chicken Soup Stories	BPL

15

Tax Day

10:15 B-Fit Exercise	TS
11:00 Coffee & Hangman	TS
2:00 Pet Visit with Sylvester	TS
3:00 Bend & Stretch	TS
4:30 Rat Pack	BPL
6:30 Hand Massages	CPL

16

10:15 B-Fit Exercise	TS
11:00 Travel to Australia	TS
2:00 Happy Neuron	TS
3:00 Let's Dance!	TS
4:30 Sing Along Friday	TS
6:30 Movie Night In	BPL

17

10:15 B-Fit Exercise	TS
11:00 Family Feud	TS
2:00 Virtual Visits with Family	CPL
3:00 Ladderball	TS
4:30 Jazz Music	BPL
6:30 Nightly News	CPL

18

10:15 B-Fit Exercise	TS
11:00 Hymn Sing-Along	TS
2:00 Creative Crafting	TS
3:00 Cornhole	TS
4:30 Barber Shop Quartet	BPL
6:30 Hand Massages	CPL

19

10:00 Virtual Rosary	BPL
10:15 B-Fit Exercise	TS
11:00 What Did it Cost?	TS
2:00 Virtual Visits with Family	BPL
3:00 B-Fit Walking Club	TS
4:30 Dean and Friends	BPL
6:30 Nightly News	BPL

20

10:15 B-Fit Exercise	TS
11:00 Trivia Tuesday	TS
2:00 Tender Heart Club	CPL
3:00 Bowling	TS
4:30 Musical Memories	BPL
6:30 Music and Massage	CPL

21

10:15 B-Fit Exercise	TS
11:00 Finish the Poem	TS
2:00 Cooking Creations	BCK
3:00 B-Fit Walking Club	EC
4:30 Timeless Vocals	BPL
6:30 Chicken Soup Stories	BPL

22

10:15 B-Fit Exercise	TS
11:00 Coffee & Puzzles	TS
2:00 PicLink	TS
3:00 Tai Chi	TS
4:30 Piano Memories	BPL
6:30 Hand Massages	CPL

23

10:15 B-Fit Exercise	TS
11:00 Travel to Scotland	TS
2:00 Pet Visit with Sylvester	TS
3:00 Let's Dance!	TS
4:30 Sing Along Friday	TS
6:30 Movie Night In	BPL

24

10:15 B-Fit Exercise	TS
11:00 Millionaire	TS
2:00 Virtual Visits with Family	CPL
3:00 Backyard Darts	TS
4:30 Classical Music	BPL
6:30 Nightly News	CPL

25

10:15 B-Fit Exercise	TS
11:00 Hymn Sing-Along	TS
2:00 Creative Crafting	TS
3:00 Yoga & Meditation	TS
4:30 Andrews Sisters	BPL
6:30 Hand Massages	CPL

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10:00 Virtual Rosary	BPL
10:15 B-Fit Exercise	TS
11:00 Musical Memories	TS
2:00 Virtual Visits with Family	BPL
3:00 B-Fit Walking Club	TS
4:30 Moonlight Serenade	BPL
6:30 Nightly News	BPL

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10:15 B-Fit Exercise	TS
11:00 Trivia Tuesday	TS
2:00 Tender Heart Club	CPL
3:00 Conductersize	TS
4:30 Motown Hits	BPL
6:30 Music and Massage	CPL

28

10:15 B-Fit Exercise	TS
11:00 Finish the Song	TS
2:00 Cooking Creations	BCK
3:00 B-Fit Walking Club	EC
4:30 The King	BPL
6:00 Friends For Life Family Support Group	TS

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10:15 B-Fit Exercise	TS
11:00 Coffee & Word Scramble	TS
2:00 Pet Visit with Sylvester	TS
3:00 Bend & Stretch	TS
4:30 Jazz Favorites	BPL
6:30 Hand Massages	CPL

30

10:15 B-Fit Exercise	TS
11:00 Travel to England	TS
2:00 The Brain Game	TS
3:00 Let's Dance!	TS
4:30 Sing Along Friday	TS
6:30 Movie Night In	BPL



THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 10:15 B-Fit Exercise
- 10:45 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:45 Refreshments
- 4:30 Music/ Intergenerational
- 5:00 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:00 Refreshments

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

LOCATION KEY

- TS - Town Square
- BCY - Bridge Court Yard
- CCY - Clare Court Yard
- BPL - Bridge Private Lounge
- BCK - Bridge Country Kitchen
- CPL - Clare Private Lounge
- CCK - Clare Country Kitchen
- EC - Entire Community

Health and Wellness

Prioritizing Your Well-Being



During this time of social distancing, it is important to stay active for both your emotional and physical health.

Each day, it is important to prioritize your well-being despite all that is going on around you. Here are a few tips and inspiration for overall well-being.

Stay connected to family and friends using technology or your phone. Make a list of family and friends to interact with daily. Try things like a virtual breakfast, lunch, or dinner with family or friends.

Optimum Life Inspiration

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.” ~ Mandy Hale

Be Well on Purpose!

To schedule a virtual visit with your family, please reach out to a Resident Programs associate.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Stay connected spiritually - Attend virtual religious services via the television or online. Consider checking in with a fellow parishioner over the phone and see how they are doing.

Call a friend or family member that you have been wishing to connect with that lives far away. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

Stay connected through music. Music nourishes the brain. Play some music that

you enjoy listening to on the radio, television or on an electronic device.

Note of Thanks - Try to take note of when people do a good job and find ways to give recognition. For example: a hand written note or card, a call, or perhaps an email to them.

Take time out for activities you enjoy. Read a good book, watch a comedy, play a fun board or video game, make something—whether it’s a new recipe, a craft, or a piece of art. It doesn’t matter what you do, as long as it takes you out of your worries.

Breathing Exercise - Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling more relaxed.

Brookdale News

Brookdale Surpasses Raising \$18 Million for Alzheimer’s Care, Support and Research



In a year like no other, Brookdale Senior Living continued to be a leader in fundraising to fight Alzheimer’s disease. During 2020, in the midst of serving and supporting tens of thousands of residents, patients, and associates during the global COVID-19 pandemic, the Brookdale team maintained its commitment to supporting those seeking a cure for Alzheimer’s and raised almost \$1.2 million as a National Team for the Alzheimer’s Association Walk to End Alzheimer’s. With this contribution, Brookdale has raised more than \$18 million since 2008 to support the care, support and research efforts of the Alzheimer’s Association.

“I am incredibly grateful for the compassion and commitment of all the members of our Brookdale team,” said Lucinda (“Cindy”) Baier, Brookdale’s President and Chief Executive Officer. “It is incredible and admirable that, despite all the hardships and challenges that 2020 brought, our team still kept in their hearts the need to fight Alzheimer’s. They still found ways to continue our tradition of supporting this important cause.” Baier added, “Within Brookdale’s Clare Bridge communities where we offer specialized dementia care with a person-centered approach, we see the impact of Alzheimer’s every day. We look forward to the day when there is a cure and support this cause fully.”

An Engaged Life



Mary Bullock, a resident at Brookdale Monrovia, CA since 2019, regards everyone with respect, kindness and compassion. It is why she has spent her life serving others, while also being a trailblazer as the first African American to work at Arcadia Methodist Hospital. Having begun as a Certified Nursing Assistant, Mary finished her 35 years of service as a Registered Nurse in the Emergency Room.

Since moving to Brookdale Monrovia, Mary has discovered new interests and new passions through engagement with other residents. She recently took up painting and says her work is turning out pretty good. Mary has continued to live an engaged life by trying new things, cultivating friendships and increasing a sense of belonging and well-being for those around her.

Although she has officially retired from nursing, Mary continues to serve others and use her gift of empathy. She notices those who are lonely, draws them into friendship and helps them get connected. And she encourages fellow residents to stay healthy by inviting them to join her for the B-Fit exercise classes. Once a nurse always a nurse. Mary truly sees her community as an extension of the life she lived before moving to Brookdale.