

S M T W Th F S

December 2021

THE DAILY Path

UPCOMING EVENTS

- 00:00 Breakfast
- 00:00 B-Fit Exercise
- 00:00 Refreshments
- 00:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 00:00 Lunch
- 00:00 Creative/Crafts/Art and Clustered Groups
- 00:00 Physical
- 00:00 Refreshments
- 00:00 Music/ Intergenerational
- 00:00 Dinner
- 00:00 Sensory/News and Reading Groups
- 00:00 Refreshments

Brookdale Clarksville
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Clarksville, TN 37043
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<p>05</p> <p>9:00 Devotional 9:30 B-Fit- Stretching DR 10:30 Ring Toss DR 11:00 A Day in History 1:00 Walking Group H 2:00 Rice Sock Creation DR 3:00 Trivia 5:30 Residents Choice LR</p>	<p>06</p> <p>9:00 Beside Still Waters LR 9:30 B-Fit- Breathing DR 10:30 Christmas Photos DR 1:00 Resident of the Week LR 2:30 Sock Gnomes DR 3:15 Trivia LR 5:30 "The Knight Before Christmas" NF</p>	<p>07</p> <p>9:00 Devotional LR 9:30 B-Fit-Lower Body DR 10:30 Ornament Painting 11:00 Brother Blue Jeans 1:15 Communion With Bettye 2:30 Ornaments w/ AseraCare 3:00 Uno DR 5:30 "Christmas Chronicles" NF</p>	<p>01</p> <p>9:00 Beside Still Waters 9:30 B-Fit- Stretching DR 10:30 Joanne & Charlie 1:00 Christmas Wreaths DR 3:00 Door Decorating w/ Cindy 3:10 Solace Hand Massages SAL 4:30 Holiday Trivia 5:30 "Holiday Rush"</p>	<p>02</p> <p>9:00 Beside Still Waters LR 9:30 B-Fit-Lower Body DR 10:00 Garrett Milliken 11:00 Make Christmas Cards DR 1:00 Button Art Creations DR 2:30 Bingo 4:30 Walking Group H 5:30 "Holly Star"</p>	<p>03</p> <p>9:00 Devotional LR 9:30 B-Fit-Cardio DR 10:30 <i>Sensory Dough</i> CK 11:15 Arm Chair Traveling 1:00 Flower Arranging DR 2:30 Aromatherapy 3:15 Music & Lyrics 5:30 Cinema & Snacks</p>	<p>04</p> <p>9:00 Devotional 9:30 B-Fit- Flexibility DR 10:30 Yarn Ornaments DR 11:15 Music and Lyrics 1:00 "Giving Back" Activity DR 3:15 Book Club- Sanctuary 4:30 Trivia LR 5:30 "Home Alone"</p>
<p>12</p> <p>9:00 Devotional 9:30 B-Fit-Breathing DR 10:30 Bowling DR 1:00 Walking Group H 1:30 Trivia 2:30 Yarn Snowman Creation 4:30 A Day in History LR 5:30 Residents Choice</p>	<p>13</p> <p>Nat'l Cocoa Day 9:00 Beside Still Waters LR 9:30 B-Fit- Stretching DR 10:30 Friends from Afar 11:00 <i>Cinnamon Dough Creation</i> 1:00 Resident of the Week LR 3:00 <i>Cocoa Kitchen Creations</i> 5:30 "A Christmas Story" LR</p>	<p>14</p> <p>9:00 Devotional LR 9:30 B-Fit- Core Strength 10:30 <i>S'more Pops</i> CK 1:00 Door Decorating H 1:15 Communion With Bettye 3:15 Sock Snowman Craft DR 3:30 Dresser Refinishing MR 5:30 "A Very Country X-mas"NF</p>	<p>08</p> <p>National Brownie Day 9:00 Beside Still Waters 9:30 B-Fit- Cardio DR 10:00 Hand Massages w/Tina 10:30 Joanne & Charlie LR 2:00 <i>Brownie Social</i> DR 2:30 <i>Faux Gingerbread Cookies</i> 3:00 Fancy Fingers</p>	<p>09</p> <p>Nat'l Christmas Card Day 9:00 Beside Still Waters 9:30 B-Fit- Flexibility DR 10:30 Write Christmas Cards DR 2:00 Treats & Talks with Tee 2:45 Holiday Sounds LR 4:30 Walking Group H 5:30 "The Santa Clause"</p>	<p>10</p> <p>9:00 Devotional 9:30 B-Fit-Core Strength DR 10:30 Snowman Ornaments DR 1:00 Armchair Traveling 2:30 Holiday Trivia LR 3:15 Paint n' Sip DR 4:30 Holiday Bingo 5:30 Cinema & Snacks</p>	<p>11</p> <p>9:00 Devotional 9:30 B-fit- Upper Body DR 10:30 "Giving Back" Activity 11:00 Exit 1 Piano Lessons LR 1:00 String Christmas Trees 3:15 Book Club- Sanctuary 4:30 Sorting & Matching DR 5:30 Residents Choice</p>
<p>19</p> <p>9:00 Devotional 9:30 B-Fit- Core Strength DR 10:30 Frosted Candle Holders 1:00 Walking Group H 1:30 Bingo 2:30 Virtual Tour of Lights LR 3:00 Snowy Owl Craft DR 5:30 Residents Choice</p>	<p>20</p> <p>9:00 Beside Still Waters 9:30 B-fit-Cardio DR 10:15 Friends from Afar 10:30 Paint Stick Santa's 1:00 Resident of the Week 2:30 Pine Cone Creations-Owls 4:30 Sorting & Matching 5:30 "Holiday in the Wild" NF</p>	<p>21</p> <p>First Day of Winter Winter Solstice 9:00 Devotional 9:30 B -Fit- Upper Body 11:00 Brother Blue Jeans LR 1:15 Communion With Bettye 2:30 Bingo w/ Lisa DR 3:30 String Popcorn/C-berriesLR 4:30 Winter Solstice Trivia</p>	<p>15</p> <p>"Wear Your Pearls" Day 9:00 Beside Still Waters 9:30 B-Fit- Flexibility DR 10:30 Joanne & Charlie 2:00 Birthday Party w/ Tennova DR 3:00 Stuffin' Gingerbread 4:30 Fancy Fingers</p>	<p>16</p> <p>9:00 Beside Still Waters LR 9:30 B-Fit- Upper Body DR 10:00 Garrett Milliken DR 1:00 Dried Citrus Garland 11:00 A Day in History 2:30 Button Ornaments DR 4:30 Walking Group H 5:30 "A Castle For Christmas"</p>	<p>17</p> <p>9:00 Devotional 9:30 B-Fit- Cardio DR 10:30 Ornaments w/ Cindy 1:00 Santa Boot Craft DR 2:30 Music & Lyrics 3:00 Bingo LR 4:30 Walking Club H 5:30 Cinema & Snacks</p>	<p>18</p> <p>9:00 Devotional 9:30 B-Fit- Lower Body DR 10:30 Paint n' Sip DR 1:00 A Day in History 3:15 Book Club- Sanctuary 2:30 Stroudsville Church 4:30 Hand Massages SAL 5:30 Residents Choice</p>
<p>26</p> <p>9:00 Devotional 9:30 B-Fit- Upper Body DR 10:30 Sensory Reminiscing 1:00 Walking Group H 2:30 Golf DR 3:00 A Day in History 4:30 Music, Lyrics, & Dance 5:30 "Hometown Holiday" LR</p>	<p>27</p> <p>9:00 Beside Still Waters 9:30 B-Fit-Breathing DR 10:30 Friends from Afar 10:45 Bird Feeder Creations DR 1:00 Resident of the Week LR 2:30 Music Appreciation 3:00 A Day in History LR 5:30 Residents Choice</p>	<p>28</p> <p>9:00 Devotional LR 9:30 B-Fit-Stretching 10:00 Art Expressions- Paint DR 10:15 Dresser Restoration MR 1:15 Communion With Bettye 1:20 Sensory Time SAL 2:30 Toss Across DR 4:30 Junk Drawer LR</p>	<p>22</p> <p>9:00 Beside Still Waters 9:30 B-fit-Breathing DR 10:30 Joanne & Charlie LR 1:00 Christmas Word Search 1:30 Orange Pomander Creation 2:30 A Day in History 3:00 Fancy Fingers SAL 5:30 "The Santa Clause 2"</p>	<p>23</p> <p>9:00 Beside Still Waters LR 9:30 B-Fit- Stretching DR 10:30 Ornament Making DR 2:00 Stuffin' Christmas Trees 1:00 A Day in History 2:30 X-mas Corn Hole DR 4:30 Walking Group H 5:30 Holiday Movie Choice</p>	<p>24</p> <p>Christmas Eve 9:00 Devotional LR 9:30 B-Fit- Flexibility DR 10:30 Paint Stick Snowmen 11:15 Music Expressions LR 1:00 <i>Bake Christmas Cookies</i> CK 2:30 Game Hour DR 4:30 Bingo 5:30 Cinema & Snacks</p>	<p>25</p> <p>Christmas Day 9:00 Devotional LR 9:30 B-Fit- Lower Body DR 10:30 Door Decorating ContestH 1:00 Winterberry Mug Creation 2:30 Hot Cocoa Chat Hour LR 3:15 Book Club- Sanctuary 4:30 Walking Group H 5:30 "It's a Wonderful Life"</p>
<p>29</p> <p>9:00 Beside Still Waters 9:30 B-Fit- Cardio DR 10:30 Joanne & Charlie 1:00 New Year's Trivia LR 2:45 Pumpkin Snowman Craft 4:30 Fancy Fingers SAL 5:00 A Day in History LR 5:30 Holiday Movie LR</p>	<p>30</p> <p>Nat'l Bacon Day 9:30 B-Fit-Lower Body DR 9:00 Beside Still Waters LR 10:00 Garrett Milliken DR 11:00 Trivia 2:30 Checkers DR 4:30 Walking Group H 5:30 Movie Night</p>	<p>31</p> <p>New Year's Eve 9:00 Devotional LR 9:30 B-Fit-Flexibility DR 10:30 Bird Feeders DR 11:15 A Day in History LR 1:00 <i>Pretzel Creations</i> CK 3:00 New Year Trivia 4:30 Music, Lyrics, & Dance LR 5:30 Cinema & Snacks LR</p>				

LOCATION KEY

- BT - Bus Trip
- CK - Country Kitchen
- CY - Courtyard
- DR - Dining Room
- H - Halls
- LBR - Library
- LR - Living Room
- SR - Solace Room
- S - Suite
- SAL - Salon



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!

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 send her a gift and 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.