

S M T W Th F S

Brookdale Sandy Springs
511 Pearson Springs Road
Maryville, TN 37803
(865) 681-1300 | brookdale.com

LOCATION KEY

| | | | |
|-----|---------------|----|-----------------|
| CY | Courtyard | BT | Bus Trip |
| AR | Activity Room | OS | Outside |
| DR | Dining Room | RS | Room Service |
| LR | Living Room | CR | Conference Room |
| SUN | Sun Room | BS | Beauty Salon |
| TV | TV Room | | |

License Number

04 Passover Ends / Easter

10:00 CHURCH-TV/ONLINE
10:00 BFIT EXERCISE AR
1:30 MEDITATION CY
2:30 MOVIE MATINEE TV

05

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
2:00 BOWLING TV
3:30 DARTS AR

06

10:00 BFIT EXERCISE AR
10:30 TOUR OF JERUSALEM AR
2:00 BINGO AR
3:30 SEEDLING STARTERS CY

07

10:00 BFIT EXERCISE AR
10:30 BIBLE STUDY AR
1:30 WALKING CLUB AR
3:00 BRAIN HEALTHY LIFESTYLE WEBINAR AR

08

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
1:30 CHOIR AR
3:00 MENU CHAT AR

09

9:00 SCENIC DRIVE BS
10:00 BFIT EXERCISE AR
1:30 SCENIC DRIVE BS
3:30 DANGIT CARD GAME AR

10

10:00 BFIT EXERCISE AR
10:30 ENCOURAGING STORIES AR
2:00 WEEKEND BINGO AR
3:00 CIRCLE OF FRIENDS CY

11

10:00 CHURCH-TV/ONLINE
10:00 BFIT EXERCISE AR
1:30 MEDITATION CY
2:30 MOVIE MATINEE TV

12

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
2:00 BOWLING TV
3:30 RESIDENT COUNCIL MEETING AR

13

10:00 BFIT EXERCISE AR
10:30 TOUR THE BIBLICAL SITES OF ISRAEL AR
2:00 BINGO AR
3:30 SCRABBLE AR

14

10:00 BFIT EXERCISE AR
10:30 BIBLE STUDY AR
1:30 CORN HOLE CY
2:30 RUMMIKUB AR

15 Tax Day

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
1:30 WALKING CLUB AR
3:00 CHOIR AR

16

9:00 SCENIC DRIVE BS
10:00 BFIT EXERCISE AR
1:30 SCENIC DRIVE BS
3:30 DOMINOES AR

17

10:00 BFIT EXERCISE AR
10:30 TRIVIA AR
2:00 WEEKEND BINGO AR
3:00 NATURE LOVERS TALK CY

18

10:00 CHURCH-TV/ONLINE
10:00 BFIT EXERCISE AR
1:30 MEDITATION CY
2:30 MOVIE MATINEE TV

19

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
2:00 BOWLING TV
3:30 APPLES TO APPLES AR

20

10:00 BFIT EXERCISE AR
10:30 PROGRAMS CHAT AR
2:00 BINGO AR
3:00 FOOD TOUR OF ISRAEL AR

21

10:00 BFIT EXERCISE AR
10:30 BIBLE STUDY AR
1:30 WALKING CLUB AR
2:30 PAINTING WILD FLOWERS AR

22

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
1:30 CHOIR AR
3:00 GIRL SCOUT LEADER APPRECIATION-CARDS AR

23

9:00 SCENIC DRIVE BS
10:00 BFIT EXERCISE AR
1:30 SCENIC DRIVE BS
3:30 DANGIT CARD GAME AR

24

10:00 BFIT EXERCISE AR
10:30 NATURE WALK CY
2:00 WEEKEND BINGO AR
3:00 SUNSEEKERS SOCIAL CY

25

10:00 CHURCH-TV/ONLINE
10:00 BFIT EXERCISE AR
1:30 MEDITATION CY
2:30 MOVIE MATINEE TV

26

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
2:00 BOWLING TV
3:00 GOLF TV

27

10:00 BFIT EXERCISE AR
10:30 BIRDWATCHING CY
1:00 TRIVIA TV
3:00 AUCTION AR

28

10:00 BFIT EXERCISE AR
10:30 BIBLE STUDY AR
1:30 HOME MADE PIES DR
3:00 GARDEN TEA PARTY CY

29

10:00 BFIT EXERCISE AR
10:45 FLEX YOUR BRAIN AR
1:30 CHOIR AR
3:00 CORN HOLE CY

30

9:00 SCENIC DRIVE BS
10:00 BFIT EXERCISE AR
1:30 SCENIC DRIVE BS
3:30 RUMMIKUB



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.