

S M T W Th F S

Brookdale Santa Barbara

911 Santa Barbara Blvd.

Cape Coral, FL 33991

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December 2021

THE DAILY Path

UPCOMING EVENTS

- 8:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 2:30 Physical
- 3:00 Refreshments
- 4:00 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

- L - Library
- DR - Dining Room
- LR - Living Room
- P - Parlor
- GR - Game Room
- BG - Butterfly Garden
- CK - Country Kitchen
- O - Outing
- S - Salon
- HR - Hollywood Room

License Number



05 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Hymn Sing a Long HR 1:30 1st Assembly of God HR 4:00 Video Concert HR 6:30 Audio Book HR	06 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Word Games GR 2:00 Pictionary GR 2:30 Afternoon Stretch GR 4:00 Name that Sound HR 6:30 Meditation Music HR	07 Pearl Harbor Day 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 PH Remembrance GR 2:00 PH Stories HR 2:30 Afternoon Stretch HR 4:00 Pearl Harbor Concert HR 6:30 Hand Massages HR	08 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Puzzles on Paper GR 2:00 Book Club HR 2:30 Afternoon Stretch HR 4:00 Karaoke HR 6:30 Audio Book HR	09 Nat. Christmas Card Day 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Trivia GR 2:00 Christmas Card Writing GR 2:30 Afternoon Stretch GR 4:00 History of Carols HR 6:30 Meditation Music HR	10 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Pet Therapy HR 2:00 Holiday Movie HR 4:00 Holiday Sing a Long HR 6:30 Hand Massages HR	11 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Jeopardy Trivia GR 2:00 Cookie Baking CK 2:30 Afternoon Stretch HR 4:00 Music on the Patio O 6:30 Audio Book HR
12 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Hymn Sing a Long HR 1:30 1st Assembly of God HR 4:00 Video Concert HR 6:30 Audio Book HR	13 National Cocoa Day 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Word Games GR 2:00 History of Decor HR 4:00 Hot Cocoa Happy Hour O 6:30 Meditation Music HR	14 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Back in the Day GR 2:00 Coloring Pages GR 2:30 Afternoon Stretch GR 3:30 Moovin' and Groovin' P 6:30 Hand Massages HR	15 Wear Your Pearls Day 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Pearl Trivia GR 2:00 Holiday Craft GR 4:00 Ball Toss with Music HR 6:30 Audio Book HR	16 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Trivia GR 2:00 Holiday Project GR 3:00 Trans-Siberian Orch. HR 6:30 Meditation Music HR	17 Wright Brothers Day 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 All About Wright Bros. GR 2:00 Design an Airplane GR 4:00 Holiday Sing a Long HR 6:30 Hand Massages HR	18 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Jeopardy Trivia GR 2:00 Holiday Treats CK 2:30 Afternoon Stretch HR 4:00 Holiday Happy Hour O 6:30 Audio Book HR
19 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Hymn Sing a Long HR 1:30 1st Assembly of God HR 4:00 Video Concert HR 6:30 Audio Book HR	20 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Word Games GR 2:00 What's in the Bag? HR 2:30 Afternoon Stretch HR 4:00 Ball Toss to Music HR 6:30 Meditation Music HR	21 First Day of Winter 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Winter Trivia GR 2:00 Winter Project GR 2:30 Afternoon Stretch GR 4:00 Winter Music HR 6:30 Hand Massages HR	22 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Puzzles on Paper GR 2:00 Book Club HR 2:30 Afternoon Stretch HR 4:00 Karaoke HR 6:30 Audio Book HR	23 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Trivia GR 2:00 Holiday Project GR 3:00 The Nutcracker GR 6:30 Meditation Music HR	24 Christmas Eve 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 'Twas the Night HR 2:00 Holiday Movie HR 4:00 Music by the Fire HR 6:30 Hand Massages HR	25 Christmas Day 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Holiday Puzzles HR 2:00 Holiday Movie HR 4:00 Carol Sing a Long HR 6:30 Audio Book HR
26 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Hymn Sing a Long HR 1:30 1st Assembly of God HR 4:00 Video Concert HR 6:30 Audio Book HR	27 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Word Games GR 2:00 Art Gallery Tour HR 2:30 Afternoon Stretch HR 4:00 Name that Tune HR 6:30 Meditation Music HR	28 Nat. Card Playing Day 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Card Games GR 2:00 Coloring Pages GR 3:30 Moovin' an Groovin' P 6:30 Hand Massages HR	29 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Puzzles on Paper GR 2:00 Book Club HR 2:30 Afternoon Stretch HR 4:00 Karaoke HR 6:30 Audio Book HR	30 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Jazz Trivia GR 2:00 Jazz and Art HR 2:30 Afternoon Stretch HR 4:00 W. Marsalis Concert HR 6:30 Meditation Music HR	31 New Year's Eve 10:00 B-Fit GR 10:30 Daily Chronicle DR 11:00 Pet Therapy HR 12:00 Midday Midnight DR 2:00 NYE Party GR 6:30 Hand Massages HR	

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.