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# December 2021

## THE DAILY Path

### Brookdale Westampton

480 West Woodlane Road

Westampton, NJ 08060

(609) 877-0555 | brookdale.com



### UPCOMING EVENTS

- 9:00 Breakfast
- 10:00 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
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:00 Sensory/News and Reading Groups
- 7:00 Refreshments

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

### LOCATION KEY

- TS - Town Square
- GH - Green House
- BH - Blue House
- OT - Outside/Outing
- GHD - Green House Dining Room
- BHD - Blue House Dining Room
- CK - Country Kitchen
- \*\*\* - Celebrations Theme
- IT - InTouch
- CB - Entire Community

License Number



04

- 10:15 B-Fit Flexibility TS
- 11:00 Millionaire Game
- 11:00 Flower Arranging
- 2:00 Holiday Cards
- 2:00 Skype with Me
- 3:00 Bocce Ball
- 4:00 Country Classics
- 6:00 Menorah Lighting Day 7

03

- 10:00 B-Fit Coordination
- 11:00 Holiday Trivia
- 11:00 Jigsaw Puzzles
- 2:00 Snackitivity
- 2:00 Rest and Relaxation
- 3:00 Bullseye Target Toss
- 4:00 Classical Music
- 6:00 Menorah Lighting Day 6

02

- 10:00 B-Fit Lower Body
- 11:00 Brain Teasers
- 11:00 Colored Pencil Art
- 2:00 Deal or no Deal
- 2:00 Household Chores
- 3:00 Chair Yoga
- 4:00 the Days of Disco Music
- 6:00 Menorah Lighting Day 5

01

- 10:00 B-Fit Cardio
- 11:00 Coomon Sayings
- 11:00 Word Search
- 2:00 Paint by Numbers
- 2:00 Dot to Dot
- 3:00 Volleyball
- 4:00 Menorah Light & Music
- 6:00 NYC Tree Lighting

11

- 10:00 B-Fit Flexibility TS
- 11:00 Riddle Me This
- 11:00 Flower Arranging
- 2:00 Mason Jar Craft
- 2:00 Skype with Me
- 3:00 Cornhole
- 4:00 Elvis Presley Music Hour
- 6:00 Do You Remember

10

- 10:00 B-Fit Coordination
- 11:00 Finish the Lyrics
- 11:00 Jigsaw Puzzles
- 2:00 Headbands Game
- 2:00 Rest and Relaxation
- 3:00 Horseshoes
- 4:00 Gene Autry Music Hour
- 6:00 Dear Abbey

09

- 10:00 B-Fit Lower Body
- 11:00 Junkdrawer Detective
- 11:00 Colored Pencil Art
- 2:00 Reindeer Races
- 2:00 Household Chores
- 3:00 Zumba Time
- 4:00 Nat King Cole Music Hour
- 6:00 Down Memory Lane

08

- 10:00 B-Fit Cardio
- 11:00 What's the Cost
- 11:00 Word Search
- 2:00 Snackitivity
- 2:00 Dot to Dot
- 3:00 Scarf Dance
- 4:00 Judy Garland Music Hour
- 6:00 Poetry Readings

07

- 10:00 B-Fit Core
- 11:00 Spell It Out
- 11:00 Folding/Sorting
- 2:00 Watercolor Art
- 2:00 Daily Chronicle
- 3:00 Dicercise
- 4:00 Jazz Tunes
- 6:00 My Story

06

- 10:00 B-Fit Balance
- 11:00 Guess that Movie Clip
- 11:00 Scents of the Seasons
- 2:00 Lighted Picture Craft
- 2:00 Manicures & Mixers
- 3:00 Tee Time
- 4:00 Chuck Berry Music Hour
- 6:00 Yesterday's News

05

- 10:00 B-Fit Upper Body
- 11:00 Hangman
- 11:00 Finish the Drawing
- 2:00 Bingo
- 2:00 Board Games
- 3:00 Basketball
- 4:00 Menorah Lighting Day 8
- 6:00 Holiday Movie Night

18

- 10:00 B-Fit Flexibility TS
- 11:00 Logo Game
- 11:00 Flower Arranging
- 2:00 Holiday Scratch Offs
- 2:00 Skype with Me
- 3:00 Table Tennis
- 4:00 Ella Fitzgerald's Music
- 6:00 Penny Ante

17

- 10:00 B-Fit Coordination
- 11:00 Fact or Fiction
- 11:00 Jigsaw Puzzles
- 2:00 Pokeno
- 2:00 Rest and Relaxation
- 3:00 Kickball
- 4:00 Brenda Lee Music Hour
- 6:00 Chicken Soup

16

- 10:00 B-Fit Lower Body
- 11:00 Guess Who
- 1:00 Ugly Tee shirts Contest
- 2:00 Canvas Art
- 2:00 Household Chores
- 3:00 Badmitton
- 4:00 Johnny Mathis Music Hour
- 6:00 Antiques In the Attic

15

- 10:00 B-Fit Cardio
- 11:00 Brain Benders
- 11:00 Word Search
- 2:00 Grinch Cookies
- 2:00 Dot to Dot
- 3:00 Chair Chi
- 4:00 Chuck Berry Music Hour
- 6:00 Can You Picture This

14

- 10:00 B-Fit Core
- 11:00 Jeopardy
- 11:00 Folding/Sorting
- 2:00 Holiday Craft Corner
- 2:00 Daily Chronicle
- 3:00 Sweatin to the Oldies
- 4:00 Jackson Five Music Hour
- 6:00 Moral of the Story

13

- 10:00 B-Fit Balance
- 11:00 Famous Landmarks
- 11:00 Scents of the Season
- 2:00 Ugly Tee Shirts
- 2:00 Manicures & Mixers
- 3:00 Weights A Waving
- 4:00 Music by Ray Charles
- 6:00 Would you Rather

12

- 10:00 B-Fit Upper Body
- 11:00 Cranium Crunches
- 11:00 Finish The drawing
- 2:00 Snackitivity
- 2:00 Card Games
- 3:00 Mitt toss Across
- 4:00 Sunday Hymns
- 6:00 Holiday Movie Night

25

- 10:00 B-Fit Flexibility TS
- 11:00 Word Grids
- 11:00 Flower Arranging
- 2:00 Snackitivity
- 2:00 Skype with Me
- 3:00 Fruitcake Toss
- 4:00 Christmas Caroling
- 6:00 Holiday Traditions

24

- Christmas Eve**
- 10:00 B-Fit Coordination
- 11:00 List It Green & Red
- 11:00 Jigsaw Puzzles
- 2:00 Gingerbread Houses
- 2:00 Rest and Relaxation
- 3:00 Let's Get Physical
- 4:00 Burl Ives Music Hour
- 6:00 Twas the Night Before ,,

23

- 10:00 B-Fit Lower Body
- 11:00 Rhyme time
- 11:00 Colored Pencil Art
- 2:00 Resident Council
- 2:00 Household Chores
- 3:00 Parachute Game
- 4:00 Darlene Love Music Hour
- 6:00 This or That

22

- 10:00 B-Fit Cardio
- 11:00 Guess What
- 11:00 Word Search
- 2:00 Birthday Bash
- 2:00 Dot to Dot
- 3:00 Ring Toss
- 4:00 Andy Williams Music
- 6:00 Fads & Fashions

21

- First Day of Winter**
- 10:00 B-Fit Core
- 11:00 Winter Words In words
- 11:00 Folding/Sorting
- 2:00 Snowmen Races
- 2:00 Daily Chronicle
- 3:00 Snowball Toss
- 4:00 Sammy Davis Jr Music
- 6:00 Comedy Classics

20

- 10:00 B-Fit Balance
- 11:00 Name that Sound
- 11:00 Scents of the Season
- 2:00 Holiday Craft Corner
- 2:00 Manicures & Mixers
- 3:00 Chair Dance
- 4:00 Music by Dolly Parton
- 6:00 Say It with Color

19

- 10:00 B-Fit Upper Body
- 11:00 Hidden Pictures
- 11:00 Finish The Drawing
- 2:00 Bingo
- 2:00 Board Games
- 3:00 Dicercise
- 4:00 Sunday Hymns
- 6:00 Holiday Movie Night

31

- New Year's Eve**
- 10:00 B-Fit Coordination
- 11:00 Wheel of Fortune
- 11:00 Jigsaw Puzzles
- 2:00 2022 Calendars
- 2:00 Rest and Relaxation
- 3:00 Dances of the Decades
- 4:00 Eartha Kitt Music Hour
- 6:00 New Years Resolutions

30

- 10:00 B-Fit Lower Body
- 11:00 The Dictionary Game
- 11:00 Colored Pencil Art
- 2:00 Craft Corner
- 2:00 Household Chores
- 3:00 Resistance Bands
- 4:00 Karaoke
- 6:00 Anne Landers

29

- 10:00 B-Fit Cardio
- 11:00 Catagories
- 11:00 Word Search
- 2:00 Snackitivity
- 2:00 Dot to Dot
- 3:00 Streght & Stamina
- 4:00 Dean Martin Music Hour
- 6:00 Chat & Chew

28

- 10:00 B-Fit Core
- 11:00 Mind Joggers
- 11:00 Folding/Sorting
- 2:00 Woodworks of Art
- 2:00 Daily Chronicle
- 3:00 Afternoon Stretches
- 4:00 Elton John Music Hour
- 6:00 Family Support Group

27

- 10:00 B-Fit Balance
- 11:00 Piggybankers
- 11:00 Scents of the Season
- 2:00 Needelwork
- 2:00 Manicures & Mixers
- 3:00 Target Shoot
- 4:00 Motown Music Hour
- 6:00 Mad Libs

26

- 10:00 B-Fit Upper Body
- 11:00 Concentration
- 11:00 Finish
- 2:00 Stained Glass Art
- 2:00 Card Games
- 3:00 Sit and Be Fit
- 4:00 Festival of Kwanza
- 6:00 Holiday Movie Night

# 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.