

S M T W Th F S

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
- 1:00 Creative/Crafts/Art and Clustered Groups
- 2:00 Physical
- 3:00 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.

- TS - Town Square
- E&W - East and West Community
- OF - Outside Front Circle
- BUS - Community Bus Outing
- E - East
- W - West
- CY - Courtyard
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-
-

License Number

6076 Main Street
Williamsville, NY 14221
(716) 632-7123 | brookdale.com



05 10:00 B-Fit Lower/Coord. TS 11:00 Prayer Service TS 11:30 Animal Videos E&W 1:00 Sock Snowman E&W 2:00 Chair Dancing E&W 3:15 Walt Disney BDay E&W 4:00 Soothing Sounds E&W 6:00 Devotionals E&W	06 10:00 B-Fit Cardio/Relax TS 11:00 St. Nicholas Facts TS 11:30 In Touch E&W 1:00 Clay Pot Trees E&W 2:00 Table Tennis E&W 3:15 Christmas Crossword E&W 4:00 Dean Martin E&W 8:15 Buffalo Bills Game E&W	07 10:00 B-Fit Balance/Relax TS 11:00 Pearl Harbor Memories TS 11:30 Travel Tuesday E&W 1:00 My 2 Cents E&W 2:00 Maria Angelova TS 3:15 Faces N Places E&W 4:00 Musical Memories E&W 6:00 News & Views E&W	01 10:00 B-Fit Coord./Flex TS 11:00 Mistletoe Mining TS 11:30 Star of the Month E&W 1:00 Party Prep TS 2:00 Tree Trimming TS 3:15 Men's Group W 4:00 Dean Martin E&W 6:00 Daily Chronicle E&W	02 10:00 B-Fit Cardio/Core TS 11:00 December EZ Does It TS 11:30 In Touch E&W 1:00 Rudolph Craft E&W 2:00 Toss N Talk E&W 3:00 HH Cindy Sue & Bryan TS 4:00 Gene Autry E&W 6:00 Charles Dickens E&W	03 10:00 B-Fit Balance/Flex TS 11:00 Carols Missing Vowels TS 11:30 Arctic Animals E&W 1:00 Christmas Tree Craft E&W 2:00 Qigong with Kay E&W 3:15 Dice Games E&W 4:00 Andy Williams E&W 6:00 News of the Day E&W	04 10:00 B-Fit Cardio/Upper TS 11:00 Name 5 TS 11:30 Rosary TS 1:00 Bingo E&W 2:00 Volleyball E&W 3:15 iPad game E&W 4:00 Bing Crosby E&W 6:00 Miracle on 34th St. E&W
12 10:00 B-Fit Lower/Coord. TS 11:00 Prayer Service TS 11:30 Animal Antics E&W 1:00 Xmas Tree Creation E&W 2:00 Bend and Flex E&W 3:15 Sinatra Music Facts E&W 4:00 Buffalo Bills Game E&W 6:00 Devotionals E&W	13 10:00 B-Fit Cardio/Relax TS 11:00 Fine Art Miracles TS 11:30 In Touch E&W 1:00 Chalk Xmas Lights E&W 2:00 Antler Ring Toss E&W 3:15 Xmas Word Search E&W 4:00 Lawrence Welk E&W 6:00 Christmas Scents E&W	14 10:00 B-Fit Balance/Relax TS 11:00 Recipe Hunt TS 11:30 Cookies of World E&W 1:00 Christmas Cookies E&W 2:00 Christmas Cookies E&W 3:15 Trivia Time E&W 4:00 Christmas Caroling E&W 6:00 Happening History E&W	08 10:00 B-Fit Coord./Flex TS 11:00 Carol Categories TS 11:30 Jar of Feelings E&W 1:00 Candy Cane Wreaths E&W 2:00 We Bake... E 3:15 Men's Group E 4:00 Beatles Mania E&W 6:00 Dear Santa E&W	09 10:00 B-Fit Cardio/Core TS 11:00 Word Builder TS 11:30 In Touch E&W 1:00 Christmas Cards E&W 2:00 Basket Toss E&W 3:00 HH Mari McNeil TS 4:00 Show Tunes E&W 6:00 Chair Massage E&W	10 10:00 B-Fit Balance/Flex TS 11:00 Would You Rather? TS 11:30 Furry Friends E&W 1:00 Yarn Ornaments E&W 2:00 Sit and Be Fit E&W 3:15 Christmas Traditions E&W 4:00 Sing with Susie Q E&W 6:00 Gift of the Magi E&W	11 10:00 B-Fit Cardio/Upper TS 11:00 What's Next? TS 11:30 Rosary TS 1:00 Gingerbread Houses E&W 2:00 Simply Stretch E&W 3:15 iPad game E&W 4:00 Music Maker E&W 6:00 White Christmas E&W
19 10:00 B-Fit Lower/Coord. TS 11:00 Prayer Service TS 11:30 Alaskan Wild E&W 1:00 Gift Wrapping E&W 2:00 Table Top Curling E&W 3:15 Brain Quest E&W 4:00 Hymn Sing E&W 6:00 Devotionals E&W	20 10:00 B-Fit Cardio/Relax TS 11:00 Cattergories TS 11:30 In Touch E&W 1:00 Mason Jar Santa E&W 2:00 Drum Circle E&W 3:15 Domnioes E&W 4:00 Peter, Paul & Mary E&W 6:00 It's a Wonderful Life E&W	21 First Day of Winter 10:00 B-Fit Balance/Relax TS 11:00 Winter Wonders TS 11:30 Xmas Around World E&W 1:00 Christmas Matinee E&W 2:00 Intermission Stretch E&W 3:15 Crossword E&W 4:00 Name the Carol E&W 6:00 Headlines E&W	15 10:00 B-Fit Coord./Flex TS 11:00 Resident Council TS 11:30 Words in Words E&W 1:00 Trivial Pursuit Day E&W 2:00 We Bake... W 3:15 Men's Group W 4:00 Hits of Burl Ives E&W 6:00 Audio Books E&W	22 10:00 B-Fit Coord./Flex TS 11:00 Christmas Symbols TS 11:30 The 5 W's E&W 1:00 Marble Painting E&W 2:00 We Bake... E 3:15 Men's Group E 4:00 Match the Lyrics E&W 6:00 Xmas Word Quilt E&W	23 10:00 B-Fit Cardio/Core TS 11:00 Christmas A-Z TS 11:30 In Touch E&W 1:00 4 Suits E&W 2:00 Candy Cane Hunt E&W 3:00 HH Tom Bender TS 4:00 Card Games E&W 6:00 Best Gift Memories E&W	17 10:00 B-Fit Balance/Flex TS 11:00 Xmas Carol Mining TS 11:30 Best Dog Names E&W 1:00 Santa Sleighs E&W 2:00 Table Ball E&W 3:15 Triominoes E&W 4:00 Perry Como Music E&W 6:00 On This Date E&W
26 10:00 B-Fit Lower/Coord. TS 11:00 Prayer Service TS 11:30 Finish the Line E&W 1:00 Buffalo Bills Game E&W 2:00 Slotz Ball E&W 3:15 Kwanzaa Traditions E&W 4:00 Sinatra Serenades E&W 6:00 Devotionals E&W	27 10:00 B-Fit Cardio/Relax TS 11:00 Cliches TS 11:30 In Touch E&W 1:00 Game of Choice E&W 2:00 Qigong with Kay E&W 3:15 Uno E&W 4:00 Johnny Cash Music E&W 6:00 Howdy Doody Day E&W	28 10:00 B-Fit Balance/Relax TS 11:00 Riddles in a Jar TS 11:30 Arctic Travels E&W 1:00 Winter Wonderland E&W 2:00 Chair Yoga E&W 3:00 Hot Cocoa E&W 4:00 Glenn Miller Hits E&W 6:00 Daily Chronicle E&W	29 10:00 B-Fit Coord./Flex TS 11:00 A-Z Trivia TS 11:30 Endangered Species E&W 1:00 Guess a Letter E&W 2:00 We Bake... W 3:15 Men's Group W 4:00 Music with Mary Sue E&W 6:00 Read With Me E&W	30 10:00 B-Fit Cardio/Core TS 11:00 Winter Vaca Match TS 11:30 In Touch E&W 1:00 Wheel of Fortune E&W 2:00 Golf E&W 3:00 HH Black & Blue Trio TS 4:00 Blurble E&W 6:00 Soup for the Soul E&W	24 Christmas Eve 10:00 B-Fit Balance/Flex TS 11:00 Christmas Trivia TS 11:30 Pet Connection E&W 1:00 Christmas Art E&W 2:00 Catch the Elf E&W 3:15 Christmas Eve Service E&W 4:00 Lennon Sisters E&W 6:00 Twas Night B4 Xmas E&W	25 Christmas Day 10:00 B-Fit Cardio/Upper TS 11:00 Christmas Traditions TS 11:30 Rosary TS 1:00 Christmas Bingo E&W 2:00 Jingle Bell Rock E&W 3:15 iPad game E&W 4:00 Christmas Caroling E&W 6:00 Fireside Chats E&W
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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.