

<div>July 2025</div>			<div>LOCATION KEY</div> <div>EL Entertainment Lounge FD Front Desk FR Fireside Room LER Life Enrichment Room PAT Patio ST Shuttle Trip TC Training Center TR Theater Room WO Walking Outside</div>	<div>1 TUESDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Trivia LER 11:00 Word Search FD 1:30 BINGO! LER 3:00 Karaoke LER 5:00 Music & Socialize FR</div>	<div>2 WEDNESDAY</div> <div>9:00 Bible Study EL 10:15 Dance Discovery FR 10:30 Outing to Owen's Beach ST 11:00 Crossword FD 1:30 Crafts Club LER 2:00 Shopping at Fred Meyers ST 3:00 Bowling League LER 5:00 Movie Night TR</div>	<div>3 THURSDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Journal Club LER 11:00 Brain Teasers FD 1:30 BINGO! LER 2:45 Thirsty Thursday LER 3:00 Card Games Club LER 5:00 Music & Socialize FR</div>	<div>4 FRIDAY</div> <div>INDEPENDENCE DAY 9:30 B-Fit Exercise EL 11:30 4th of July BBQ Celebration & Outside Games PAT 1:30 Scenic Drive ST 3:00 Bowling League LER 5:00 Movie Night TR</div>	<div>5 SATURDAY</div> <div>9:30 B-Fit Exercise EL 2:00 BINGO! LER 3:00 Poker LER 5:00 Music & Socialize FR</div>
<div>6 SUNDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Virtual Church FR 11:00 Inspirational Reading LER 1:00 Walking Club WO 2:00 Sunday Sundaes LER 3:00 Board Games Club LER 5:00 Movie Night TR</div>	<div>7 MONDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Travelogue FR 10:35 Music with Paula & Denise TR 11:00 Technology Support LER 1:30 Poker LER 3:00 Puzzle Club LER 5:00 Music & Socialize FR</div>	<div>8 TUESDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Fun Facts LER 11:00 Word Search FD 1:30 BINGO! LER 2:30 Menu Chat FR 3:00 Resident Council Meeting TC 5:00 Movie Night TR</div>	<div>9 WEDNESDAY</div> <div>9:00 Bible Study LER 10:15 Dance Discovery FR 10:30 Shopping at Portland Ave. Nursery ST 11:00 Crossword FD 1:30 Crafts Club LER 2:00 Shopping at Fred Meyers ST 3:00 Bowling League LER 5:00 Music & Socialize FR</div>	<div>10 THURSDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Journal Club LER 11:00 Brain Teasers FD 1:30 BINGO! LER 3:00 Card Games Club LER 5:00 Movie Night TR</div>	<div>11 FRIDAY</div> <div>9:30 B-Fit Exercise EL 1:30 Scenic Drive ST 3:00 Bowling League LER 5:00 Music & Socialize FR</div>	<div>12 SATURDAY</div> <div>9:30 B-Fit Exercise EL 2:00 BINGO! LER 3:00 Poker LER 5:00 Movie Night TR</div>		
<div>13 SUNDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Virtual Church FR 11:00 Inspirational Reading LER 1:00 Walking Club WO 2:00 Snack & Chat FR 3:00 Board Games Club LER 5:00 Music & Socialize FR</div>	<div>14 MONDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Travelogue FR 11:00 Technology Support LER 1:30 Poker LER 3:00 Puzzle Club LER 5:00 Movie Night TR</div>	<div>15 TUESDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Trivia LER 11:00 Word Search FD 1:30 BINGO! LER 3:00 Learn to Play: Horseshoe PAT 5:00 Music & Socialize FR</div>	<div>16 WEDNESDAY</div> <div>9:00 Bible Study LER 10:15 Dance Discovery FR 10:30 Lunch at 208 Garfield ST 11:00 Crossword FD 1:30 Cooking with Quianna LER 2:00 Shopping at Fred Meyers ST 3:00 Bowling League LER 5:00 Movie Night TR</div>	<div>17 THURSDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Journal Club LER 11:00 Brain Teasers FD 1:30 BINGO! LER 2:45 Thirsty Thursday LER 3:00 Card Games Club LER 5:00 Music & Socialize FR</div>	<div>18 FRIDAY</div> <div>9:30 B-Fit Exercise EL 1:30 Scenic Drive ST 3:00 Bowling League LER 5:00 Movie Night TR</div>	<div>19 SATURDAY</div> <div>9:30 B-Fit Exercise EL 2:00 BINGO! LER 3:00 Poker LER 5:00 Music & Socialize FR</div>		
<div>20 SUNDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Virtual Church FR 11:00 Inspirational Reading LER 11:30 Brookdale Classic Car Show & BBQ WO 3:00 Board Games Club LER 5:00 Movie Night TR</div>	<div>21 MONDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Travelogue FR 10:35 Music with Paula & Denise TR 11:00 Technology Support FD 1:30 Poker LER 3:00 Puzzle Club LER 5:00 Music & Socialize FR</div>	<div>22 TUESDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Fun Facts LER 10:30 Activity Meeting FR 11:00 Word Search FD 1:30 BINGO! LER 3:00 Karaoke LER 5:00 Movie Night TR</div>	<div>23 WEDNESDAY</div> <div>9:00 Bible Study LER 10:15 Dance Discovery FR 10:30 Lunch at Bostwick Cafe ST 11:00 Crossword FD 1:30 Crafts Club: Paint & Sip LER 2:00 Shopping at Fred Meyers ST 3:00 Bowling League LER 5:00 Music & Socialize FR</div>	<div>24 THURSDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Journal Club LER 11:00 Brain Teasers FD 1:30 BINGO! LER 3:00 Card Games Club LER 5:00 Movie Night TR</div>	<div>25 FRIDAY</div> <div>9:30 B-Fit Exercise EL 1:30 Scenic Drive ST 3:00 Bowling League LER 5:00 Music & Socialize FR</div>	<div>26 SATURDAY</div> <div>9:30 B-Fit Exercise EL 2:00 BINGO! LER 3:00 Poker LER 5:00 Movie Night TR</div>		
<div>27 SUNDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Virtual Church FR 11:00 Inspirational Reading LER 1:00 Walking Club WO 2:00 Sunday Sundaes LER 3:00 Board Games Club LER 5:00 Music & Socialize FR</div>	<div>28 MONDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Travelogue FR 11:00 Technology Support LER 1:30 Poker LER 3:00 Puzzle Club LER 5:00 Movie Night TR</div>	<div>29 TUESDAY</div> <div>9:30 B-Fit Exercise EL 11:00 Word Search FD 1:30 BINGO! LER 3:00 Ladderball PAT 5:00 Music & Socialize FR</div>	<div>30 WEDNESDAY</div> <div>9:00 Bible Study LER 10:30 Shopping at Burlington (Tacoma) ST 10:15 Dance Discovery FR 11:00 Crossword FD 1:30 Crafts Club LER 2:00 Shopping at Fred Meyers ST 3:00 Bowling League LER 5:00 Movie Night TR</div>	<div>31 THURSDAY</div> <div>9:30 B-Fit Exercise EL 10:15 Journal Club LER 11:00 Brain Teasers FD 1:30 BINGO! LER 2:45 July Birthday Roundtable LER 5:00 Music & Socialize FR</div>	<div>Brookdale Allenmore</div> <div>3615 South 23rd Street</div> <div>Tacoma, WA 98405</div> <div>(253) 759-7770</div> <div>brookdale.com</div> <div>Assisted Living</div> <div>All activities are subject to change.</div>			

Assisted Living
All activities are subject to change.



COMMUNITY CONNECTIONS

July 2025

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

A Fresh Look at Aging: Why Mindset Matters



Did you know that how you think about aging could have a real impact on your health and happiness? A 2024 review published in The Gerontologist found that older adults who view aging positively tend to report greater life satisfaction, better health, and even longer lives.

The researchers reviewed 32 observational studies and saw a clear pattern: when people thought of older adulthood as a time of growth, learning, and opportunity, they tended to enjoy better physical and mental health. Those who focused mainly on the challenges of aging were more likely to feel depressed, have health problems and report a lower sense of well-being. Other research has suggested a causal connection - meaning that when people adopted more positive views of aging, they experienced real benefits, like increased physical activity and improvements in both physical and mental health.

In other words, how we see our own aging isn't just a passing thought or a byproduct of our circumstances — our perceptions shape how we feel, move, and live.

And the best part? Our outlooks can change. Experiences, community connections, and everyday choices can all build a more positive perception of aging.

Here are a few simple ways to start:

- **Challenge stereotypes:** Notice negative messages about aging -- in your thoughts, conversations and media. Replace them with positive truths.
- **Stay curious:** Try something new, whether it's a hobby, a class or other adventure.
- **Connect across generations:** Share stories, laughter and life lessons with people of different ages.

Aging well is not just about health-promoting behaviors. It's also about seeing ourselves in a positive light, focusing on our strengths, resilience, and life experiences. In a nutshell, our mindset matters—and it's never too late to make it work in our favor.

Source: The Gerontologist., NIH

Did you Know?

Brookdale's Great Full Life Webinar Series

Great Full Life is a bimonthly live webcast dedicated to living well as you age. It features interviews and live Q&A with experts on finance, health, food, hobbies and more. Watch previous broadcasts at brookdale.com/webcast.



Your Guide to Living A Full, Healthy, Fantastic Life as You Age



Brookdale News

Brookdale raises \$1.25 million for the Walk to End Alzheimer's®

Brookdale Senior Living, a national leader in providing quality, person-centered care for residents living with dementia, announces that it raised \$1,254,388 for the 2024 Walk to End Alzheimer's®, renewing its long-term commitment to the fight against Alzheimer's. For the past 17 years, the Brookdale team has raised more than \$23 million to support the Alzheimer's Association®'s mission to advance research, provide care and promote brain health.



With a strong network of associates, residents, families and business partners, Brookdale participated in Walk to End Alzheimer's events across the country in 2024, making a sizable impact through fundraising, awareness and advocacy. Funds were raised through company-wide initiatives, community events, resident-led efforts and the annual Golf to End Alzheimer's fundraiser.

"Our efforts go far beyond just donations—they are about creating real, lasting change that directly impacts our associates, residents, and families who support them across the nation." said Brookdale's National Team Coordinator and Senior Vice President of Resident and Family Engagement Sara Terry. "As the country's largest operator of memory care communities, we are proud to lend our strength and resources to support this crucial cause, knowing the difference it makes in the lives of so many."

In 2014, Brookdale became the first corporate team to generate \$1 million in a single calendar year to support the Walk to End Alzheimer's. This feat earned the organization the prestigious Diamond National Team status.

An Engaged Life



Many years ago three women were separately drawn to Colorado Springs, CO. Each arrived with a sense of excitement at the opportunity to work at The Navigators, a worldwide Christian ministry. Over the years, Jeanne, Selva, and Laurie became friends and now all three call Brookdale Skyline home.

In 2015, Jeanne was the first of their friend group to move into the community as she already had several friends living there. Selva followed in 2017, drawn to the community where she also had friends. Laurie made the move in 2020, motivated by a family member and friends who also resided at Brookdale Skyline.

The three friends quickly got involved in community activities, reviving Scrabble as a weekly event and enjoying jigsaw puzzles in the common areas. Over the years, they have expanded their outreach efforts to engage others. Some of the activities they participate in include spontaneously playing the piano, attending weekly worship services, coordinating guest speakers for Vespers, a traditional worship service, and reaching out to new neighbors.

Jeanne, Selva, and Laurie continue to make new friends and lead engaged lives while enjoying the breathtaking views of the Garden of the Gods and the mountains surrounding Colorado Springs.