

# COMMUNITY CONNECTIONS

# June 2026



S M T W T F S

<p><b>01</b></p> <p>10:00 B-Fit Exercise AR          10:30 Brain Fit AR          3:00 Walking Club w/ Stacey FR          3:30 Resident Engagement Chat AR          6:00 Monday Night News FR</p>	<p><b>02</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Archie the Therapy Dog! AR          3:00 Walking Club FR          4:00 Center Piece Building AR</p>	<p><b>03</b></p> <p>10:00 Rosary and Communion RV          10:00 B-Fit: Yoga W/Shari AR          1:30 Art Expressions AR          3:00 Walking Club FR          5:00 After Dinner Episode: Planet Earth FR</p>	<p><b>04</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          1:30 Walking Club FR          3:00 Happy Hour: Sippin into June FR          6:00 60's Music and Relax FR</p>	<p><b>05</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          1:30 Art Expressions AR          3:00 Walking Club FR          6:00 Friday Night Movie FR</p>	<p><b>06</b></p> <p>11:00 Captivating News: Daily Chronicle FR          2:00 Trivia W/Carson FR          3:00 Walking Club FR          6:00 Puzzle Club PR</p>	
<p><b>07</b></p> <p>10:00 B-Fit Exercise AR          10:30 Brain Fit AR          2:00 Non-Denominational Bible Study FR          3:30 Afternoon Walking Club FR          4:00 Manicures with Stacey AR</p>	<p><b>08</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          12:00 Pic-nic twin silos O          3:30 Walking Club FR          5:00 After Dinner Episode: Planet Earth FR</p>	<p><b>09</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Archie the Therapy Dog! AR          3:00 Walking Club FR          4:00 Trivia Tuesdays FR</p>	<p><b>10</b></p> <p>10:00 Rosary and Communion RV          10:00 B-Fit: Yoga W/Shari AR          1:30 Ageless Spirit AR          3:00 Walking Club FR</p>	<p><b>11</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          1:30 Walking Club FR          3:00 Happy Hour: Berry and Bright FR</p>	<p><b>12</b></p> <p>10:00 B-Fit Exercise AR          10:30 Brain Fit FR          3:00 Walking Club AR          6:00 Friday Night Movie FR</p>	
<p><b>14</b> FLAG DAY</p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Non-Denominational Bible Study FR          3:00 Afternoon Walking Club FR          4:00 Manicures with Stacey AR</p>	<p><b>15</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          1:30 Walking Club FR          3:15 Story Teller AR          6:00 After Dinner Episode: Planet Earth FR</p>	<p><b>16</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Archie the Therapy Dog! AR          2:45 Music with Kendra AR          3:30 Walking Club FR</p>	<p><b>17</b></p> <p>10:00 Rosary and Communion RV          10:00 B-Fit: Yoga W/Shari AR          1:00 Music with Carlos FR          3:00 Walking Club FR          6:00 After Dinner Episode: Planet Earth FR</p>	<p><b>18</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          11:00 Father's Day BBQ CX          1:30 Walking Club FR          3:00 Happy Hour: Citrus and Sips FR</p>	<p><b>19</b> JUNETEENTH</p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          3:00 Walking Club FR          6:00 Friday Night Movie FR</p>	
<p><b>21</b> FATHER'S DAY</p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Non-Denominational Bible Study FR          3:00 Afternoon Walking Club FR          4:00 Manicures with Stacey AR</p>	<p><b>22</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Gone Shoppin O          3:30 Walking Club FR          4:00 Crafty Hour AR</p>	<p><b>23</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Archie the Therapy Dog! AR          3:00 Walking Club FR          4:00 Trivia Tuesdays FR</p>	<p><b>24</b></p> <p>10:00 Rosary and Communion RV          10:00 Sculpture Garden O          10:00 B-Fit: Yoga W/Shari AR          2:00 Resident Council AR          6:00 After Dinner Episode: Planet Earth FR</p>	<p><b>25</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          11:00 Life Story AR          1:30 Walking Club FR          3:00 Happy Hour: Sweet Summertime Sips FR</p>	<p><b>26</b></p> <p>10:00 B-Fit Exercise FT          10:30 Brain Fit FR          3:00 Walking Club FR          6:00 Friday Night Movie FR</p>	
<p><b>28</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Non-Denominational Bible Study FR          3:00 Afternoon Walking Club FR          4:00 Manicures with Stacey AR</p>	<p><b>29</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Cooking Demo CK          4:00 Walking Club FR</p>	<p><b>30</b></p> <p>10:00 B-Fit Exercise FR          10:30 Brain Fit FR          2:00 Archie the Therapy Dog! FR          3:00 Walking Club FR</p>	<p><b>Brookdale Fort Collins</b>          1002 Rule Dr          Fort Collins, CO 80525          (970) 229-9777          brookdale.com</p> <p style="text-align: right;">Assisted Living          All activities are subject to change.</p>			<p><b>LOCATION KEY</b></p> <p>AR Activity Room          FR Fireplace Room          DR Dining Room          CK Country Kitchen          O Outing          SR Sunroom</p> <p>FDR Formal Dining Room          LB Library          PR Puzzle Room          CR Club Room          RV Room Visits</p>



## COMMUNITY CONNECTIONS

June 2026

## The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist

Positive Psychology: The Science of Flourishing

What does it mean to truly thrive and live with energy, purpose, and joy? This is a question we'll explore in an ongoing series drawing from the field of positive psychology. Each article will introduce a concept, highlight the key research takeaways, and offer practical information for daily life.

Let's begin at the beginning: What is positive psychology and what are its benefits?

Positive psychology is a subdiscipline of psychology that focuses on identifying and fortifying mental strengths to enhance well-being. Although Abraham Maslow wrote about "positive psychology" in the 1950s, the domain wasn't formally recognized until the late 1990s when Martin Seligman, as president of the American Psychological Association, chose to focus on the central theme of positive psychology. Dr. Seligman, now widely considered the founder of modern positive psychology, sought to shift the focus of mental health away from dysfunction and toward human potential asking, "what's possible?" rather than "what's wrong?"

For adults who've built careers, raised families, and navigated a lifetime of challenge and change, the question of what's possible may seem superfluous. With so much already accomplished, envisioning what growth could look like from here forward may be difficult. In this series, I invite you to consider the possibilities.

Research suggests there are a number of potential benefits. Positive psychological factors have been associated with greater life satisfaction, meaning, purpose, and vitality, increased longevity, greater resistance to illness, improved cardiovascular outcomes among people with heart disease, and reduced risk of dementia.

We often hear what aging takes away. Positive psychology can help shift the perspective to flourishing, leveraging the wisdom and resilience gained with age. Next month, we'll begin exploring insights from positive psychology that can shift not just how we think about aging, but how we experience it.

Sources: [PositivePsychology.com](http://PositivePsychology.com)



## Did You Know?

Make It Mine Web Series

Watch season six of *Make It Mine* to meet Brookdale residents who'd like professional help personalizing their space to make it their home. Learn about each resident and how they like to spend time in their community, all while interior designers have just one day to make this happen.



Want even more room makeover inspiration? Binge watch past seasons of *Make It Mine* by visiting - [brookdale.com/en/plp/social/make-it-mine.html](http://brookdale.com/en/plp/social/make-it-mine.html)

## Brookdale News

U.S. News & World Report Recognizes Brookdale Senior Living Communities for the Fifth Consecutive Year

For the fifth year in a row, Brookdale Senior Living has more communities recognized as "Best Senior Living" by U.S. News & World Report than any other senior living provider.

The recognition is based on a national survey of hundreds of thousands of residents and family members at Independent Living, Assisted Living, Memory Care, and Continuing Care Retirement Communities across the country. These ratings provide families and prospective residents further insight into the community's care, food and dining, engagement opportunities, management and associates.

The "Best Senior Living" category was added to the U.S. News & World Report listings in 2022.

"We are incredibly proud of this recognition, which reflects the passion and dedication our associates bring to their work every day," Brookdale Chief Executive Officer Nick Stengle said. "Their commitment to delivering compassionate, high-quality care and creating meaningful experiences for our residents is what makes this achievement possible. It's an honor to see their efforts recognized, and we are grateful for the difference they make in the lives of our residents and their families."



## An Engaged Life



Marlene has been a global traveler throughout her life but now calls Brookdale Palm Beach Gardens her home. She has resided internationally in Kuala Lumpur, Malaysia; Rio de Janeiro, Brazil; and Paris, France. After college, she earned an MBA and had a successful career with a pharmaceutical company. In her mid-forties, she embarked on a new career and became a writer.

Drawing on her varied experiences, Marlene published many articles in magazines and newspapers. Writing about the Holocaust became especially meaningful when she married her second husband who was a child survivor and had been hidden during the war by a French family. Some of her favorite memories from her writing career include interviewing well-known individuals and serving as a Writer-in-Residence on a cruise ship. She also enjoyed teaching creative writing at Florida Atlantic University.

At Brookdale Palm Beach Gardens, Marlene leads the monthly writer's group. She encourages her students to enter local writing contests and offers tips on everything from writing for friends and family to getting published. The group hopes to have enough stories by the end of the year to launch a community program titled *Brookdale Writers in Residence Present: Story Hour*. Marlene's philosophy is that with a little inspiration and creativity, anyone - no matter their age - can write.