

COMMUNITY CONNECTIONS

August 2025

S	M	T	W	T	F	S
August 31 10:30 B-fit Exercise/IN2L FLR 11:00 Dancing to the Music w/Staff FLR 12:30 Daily Chronicle DR 1:30 Coffee & Chat DR	<b>Brookdale -West St. Paul</b> 305 East Thompson Avenue West St. Paul, MN 55118 (651) 453-1805 brookdale.com <div>Assisted Living All activities are subject to change.</div>		<b>LOCATION KEY</b> DR Dining Room FLR Front Living Room BLR Back Living Room OC Off Campus BP Back Patio FP Front Patio O Outside MC Memory Care		01 9:00 TED Talk DR 10:30 B-fit Exercise DR 12:00 Trivia with Staff DR  Julie - Training 10-4:30	02 10:30 B-fit Exercise/IN2L FLR 12:30 Daily Chronicle DR 3:30 Social Hour & Treats w/Staff FLR 6:30 Movie Night FLR
03 10:30 B-fit Exercise/IN2L FLR 11:00 Dancing to the Music w/Staff FLR 12:30 Daily Chronicle DR 1:30 Coffee & Chat DR	04 9:30 B-fit Exercise/IN2L FLR 10:30 Resident Menu Chat DR 11:30 Hedbanz Game FLR 1:30 Pictionary DR 2:30 Patriotic Sing-A-Long FLR 3:30 Walking Club & Hydration FLR	05 9:00 Devotional & Prayer FLR 9:30 B-fit Exercise/IN2L BLR 10:00 Morning Movie DR 1:30 Adult Coloring DR 3:00 Categories - Brain Game DR 4:00 Coffee Chat FLR	06 9:30 TV Sermon FLR 10:30 B-fit Exercise/IN2L FLR 11:00 What's Your Verdict? FLR 2:30 Communion FLR 3:00 Shut the Box Game DR 4:00 Adult Coloring DR	07 10:30 B-fit Exercise/IN2L FLR 11:00 Trivia with Jen FLR 12:00 Daily Chronicle DR 2:00 Game Time w/Friends BLR 4:00 Fireside Chat FLR BLR	08 10:30 B-fit Exercise/IN2L FLR 12:00 Daily Chronicle DR 2:30 Active Games FLR 3:30 Board Games BLR	09 10:30 B-fit Exercise/IN2L FLR 12:30 Daily Chronicle DR 3:30 Social Hour & Treats w/Staff FLR 6:30 Documentary Night FLR
10 10:30 B-fit Exercise/IN2L FLR 11:00 Dancing to the Music w/Staff FLR 12:30 Daily Chronicle DR 1:30 Coffee & Chat DR	11 9:30 Devotional and Prayer FLR 10:30 B-fit Exercise/IN2L FLR 11:00 Baking Club DR 1:30 Cardio Drumming BLR 2:30 Armchair Travel- Moscow FLR 3:30 Treats and Trivia FLR	12 9:30 Devotional and Prayer FLR 10:30 B-fit Exercise/IN2L FLR 11:00 Giant Dice Game FLR 2:00 Entertainer:Pete Hofmann DR 3:00 Name 5 DR 4:00 Walking Club FLR	13 9:30 TV Sermon FLR 10:30 B-fit Exercise/IN2L FLR 11:30 Words in Words Game FLR 2:30 Communion FLR 3:00 Craft Time DR 4:00 UNO Card Game BLR	14 9:30 Hymn Sing-A-Long FLR 10:30 B-fit Exercise/IN2L FLR 2:30 Name that Tune FLR 3:00 Pictionary DR 4:00 Fireside Chat FLR DR	15 9:00 TED Talk FLR 9:30 B-fit Exercise/IN2L FLR 11:00 Hockey Game DR 2:00 Monthly Birthday Party DR 3:00 Minute to Win It Games DR 3:30 Guided Imagery FLR	16 10:30 B-fit Exercise/IN2L FLR 12:30 Daily Chronicle DR 3:30 Social Hour & Treats w/Staff FLR 6:30 Movie Night FLR
17 10:30 B-fit Exercise/IN2L FLR 11:00 Dancing to the Music w/Staff FLR 12:30 Daily Chronicle DR 1:30 Coffee & Chat DR	18 9:30 Devotional and Prayer FLR 10:30 B-fit Exercise/IN2L FLR 11:00 Gardening Gang O 12:00 Pictionary DR 3:00 Family Feud FLR 3:30 Walking Club FLR	19 8:00 Como Conservatory Outing O 9:30 B-fit Exercise/IN2L FLR 2:00 Adult Coloring DR 3:00 Beachball Volleyball DR	20 9:30 TV Sermon FLR 10:30 B-fit Exercise/IN2L FLR 11:30 Mind Joggers DR 2:30 Communion FLR 3:00 Entertainer: Philip W. DR 4:00 Fireside Chat FLR	21 9:30 Devotional and Prayer BLR 10:30 B-fit Exercise/IN2L FLR 11:00 Bocce Ball FLR 2:00 Paint and Sip DR 3:00 Trivia and Jokes BLR 4:00 Walking Club FLR	22 9:00 TED Talk FLR 9:30 B-fit Exercise/IN2L FLR 11:30 Name 5 DR 2:30 Scavenger Hunt FLR 3:30 Taste Testing O 4:00 Porch Chat	23 10:30 B-fit Exercise/IN2L FLR 12:30 Daily Chronicle DR 3:30 Social Hour & Treats w/Staff FLR 6:30 Documentary Night FLR
24 10:30 B-fit Exercise/IN2L FLR 11:00 Dancing to the Music w/Staff FLR 12:30 Daily Chronicle DR 1:30 Coffee & Chat DR	25 9:30 Devotional and Prayer FLR 10:30 B-fit Exercise/IN2L FLR 11:30 Resident Council DR 2:00 Cardio Drumming DR 2:30 Arm Chair Travel: Hawaii DR 3:30 Shut the Box Game DR	26 9:30 Devotional and Prayer BLR 10:30 B-fit Exercise/IN2L FLR 10:30 Word Find DR 2:00 Craft Time DR 3:30 Name that Tune FLR 4:00 Guided Imagery FLR	27 9:30 TV Sermon FLR 10:30 B-fit Exercise/IN2L FLR 11:00 You Be the Judge DR 2:00 State Fair Event! O 2:30 Communion FLR 3:30 Adult Coloring DR	28 9:30 Devotional & Prayers BLR 10:30 B-fit Exercise/IN2L FLR 11:30 Trivia and Jokes FLR 2:00 Bocce Ball BLR 3:00 Wheel of Fortune DR 4:00 Walking Club O	29 9:00 TED Talk FLR 9:30 B-fit Exercise/IN2L FLR 10:30 Minute to Win It Games DR 2:00 Categories DR 3:30 Hockey Game DR 4:00 Porch Chat O	30 10:30 B-fit Exercise/IN2L FLR 12:30 Daily Chronicle DR 3:30 Social Hour & Treats w/Staff FLR



## COMMUNITY CONNECTIONS

August 2025

# The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

What Does It Really Mean to Be Happy? Celebrating Happiness Happens Month

August is Happiness Happens Month, the national observance, started in 2000 by a group known as the Secret Society of Happy People, is dedicated to the pursuit of happiness. So what exactly does it mean to be happy? Although there are many different definitions, researchers who study the science of happiness often define happiness in two key ways—both of which we can nurture throughout our lives.

The first is hedonic well-being—the classic idea of happiness as feeling good. This includes positive emotions like joy and gratitude, fewer negative emotions, and overall satisfaction with life. The second is eudaimonic well-being, which focuses on meaning, purpose, and personal growth. Together, they form what scientists call subjective well-being.

Older adults often score higher on life satisfaction than younger people, especially when they focus on relationships, routines, and values that matter most. Perhaps with age we accumulate life experiences that enable a better understanding of how maintaining close relationships and participating in personally meaningful activities contribute to happiness. Or maybe we learn that small actions—like expressing gratitude, helping others, or spending time in nature—lead to greater well-being.

Research suggests that positive emotions have a number of health benefits, such as lower stress and inflammation, better immune response and lower risk of certain diseases. Happiness can also indirectly improve health by promoting better sleep, healthier eating patterns, and more active lifestyles.

The key takeaway is that joy doesn't have to be loud or constant. It can be quiet, meaningful, and built through everyday choices. **What's one thing that gave you a sense of meaning—or a moment of joy—today?** Sources: NIH, Geriatrics and Gerontology



## Did You Know?

### Feedback is a Gift

At Brookdale, it is our mission to enrich lives every day, and we strive to create the best possible experience for our residents and their families. Your feedback is a gift. Below is how you can share with us.

### Fill Out a Survey

You may be randomly selected to receive a survey via mail, email from Brookdale, or a third party organization such as U.S. News or J.D. Power. All you have to do is fill it out and send it back. Your feedback is important to us and we appreciate you taking the time to complete a survey. All responses will remain anonymous unless you choose to self-identify.

### Give Us a Call or Email

Feel free to provide feedback to your local community managers at any time, or call the Resident & Family Connection Line at **(877) 400-5296** or email [familyconnection@brookdale.com](mailto:familyconnection@brookdale.com). An associate will be happy to connect with you.

## Brookdale News

### Brookdale Senior Living Celebrates Resident Wellness with National B-Fit Day

As part of our commitment to health and well-being, Brookdale Senior Living communities across the country participated in a nationwide group exercise experience.

On May 28, residents, families, and team members across the country joined together for Brookdale's signature B-Fit workout, Brookdale's unique well-being program, offering residents enjoyable, accessible physical activities tailored to support overall health and connection. The program is grounded in gerontological research and designed to enhance quality of life through movement, fun, and togetherness.

The inaugural National B-Fit Day exemplifies Brookdale's commitment to innovative, resident-centered care and engagement. With 647 communities across the U.S., Brookdale continues to lead the way in holistic senior living experiences. The goal of the program is to provide opportunities for residents to participate in regular physical activity that supports their well-being and functional abilities.

"At Brookdale, we know that staying active supports not only physical health, but emotional and cognitive well-being too," said Brookdale Senior Vice-President of Resident and Family Engagement Sara Terry. "National B-Fit Day brings our mission to life—with our residents across the country engaging in B-Fit to highlight our commitment to overall well-being!"



## An Engaged Life



Elaine, a resident at Brookdale Green Hills Cumberland has called Nashville home since 1967. The daughter of a law professor and dean at Southern University in Baton Rouge, LA, she spent her early years attending the university's lab school during a time of segregation. It was during those formative years, as she watched children from the neighboring Louisiana School for the Blind, that Elaine found her calling—to work with children who are visually impaired.

By the time school systems were integrated, Elaine was among the first Black young women to attend Saint Joseph Academy which led her to George Peabody College for Teachers. Elaine dedicated 44 years to the Tennessee School for the Blind, where she served as both a teacher and administrator, leaving a lasting legacy of compassion and excellence.

After her beloved husband Toyo of 53 years passed away in 2023, Elaine's children encouraged her to explore senior living communities for both safety and social connection. While initially hesitant, Elaine quickly found her place at Brookdale Green Hills Cumberland, where her vibrant personality shines. Known for her quick wit, warmth, and remarkable storytelling, Elaine has become a beloved Resident Ambassador at the community. Whether she's leading bingo night, welcoming and helping to orient new residents, or chatting with friends in the dining room, Elaine continues to inspire those around her with her humor, resilience, and her generous spirit.