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April 2021

Brookdale Muirfield

7220 Muirfield

Dublin, OH 43017

(614) 336-3677 | brookdale.com



01

April Fools' Day

- 10:00 B-Fit Nature LR
10:30 Hydration Station RR
1:00 Birdhouse Painting LE
11:00 April Fools History LR
2:00 Snack Cart RR
3:30 Hallway Cornhole HW
4:30 Sing Along Beatles LR
5:30 Hallmark Movie LR

02

Good Friday

- 10:00 B-Fit Balance/RelaxationLR
10:30 Hydration Cart LR
11:00 Good Friday Traditions LE
1:00 Stained Glass Art LE
2:00 Stretching LR
3:00 BINGO DR
4:30 iN2l Puzzles LE
5:30 Carol Burnett Show LR

03

- 10:00 B-Fit Balance/Exercise LR
10:30 Hydration Station RR
11:00 April Trivia LE
1:00 Spring Collages LE
2:00 Snack Cart LR
3:00 BINGO LE
4:00 Toss Ccross HW
5:30 TCM Channel RR

04

Passover Ends / Easter

- 10:00 B-Fit Arms/Cardio LR
10:30 Hydration Station RR
11:00 Live Easter Church ServLR
1:00 Easter Egg Deco LE
2:00 Easter Egg Hunt HW
3:00 Spiritual Sing Along LR
4:00 Easter Traditions LE
5:30 Hallmark Movies LR

05

- 10:00 B-fit Balance/Relax LR
10:30 Hydration Cart RR
11:00 What Sound is it LE
1:00 Nail Cart LR
2:00 BINGO DR
2:30 Walking Club HW
3:30 Karoke sing along LR
5:30 Mystery Movie LR

06

- 9:30 Beauty Salon BS
10:30 Hydration Cart RR
11:00 Live web cam-Ipad LE
1:00 Color me Calm LR
2:00 Snack Cart RR
2:00 Sing Along With Dean LR
4:00 Hangman LE
5:00 Buried Treasure LE

07

- 10:00 B-FitLegs/Cordination LR
10:30 Hydration Station RR
11:00 Picture Bingo DR
1:00 Alpha Game LE
2:00 Snack Cart RR
3:30 Ipad Garden Tour LR
4:00 Scarf Dancing LE
5:30 Dragnet LR

08

- 10:00 B-Fit Nature LR
10:30 Hydration Station RR
11:00 Gardening prep CY
1:00 Flower Pot Painting LE
2:00 Walking Club HW
3:30 Hallway Cornhole HW
4:30 Sing Along Beatles LR
5:30 Sing in the Rain Movie LR

09

- 10:00 B-Fit Balance/RelaxationLR
10:30 Hydration Cart RR
11:00 Spring Smells LE
1:00 Spring Floral Arrange LE
2:00 Tap your Toes LR
3:00 Classical Music Hour LR
4:30 iN2l Puzzles LE
5:30 Carol Burnett Show LR

10

- 10:00 B-Fit Balance/Exercise LR
10:30 Hydration Station RR
11:00 Flower Talk LR
1:00 Flower Rubs LE
2:00 Scarf Dancing LR
3:00 BINGO LE
4:00 Louie Armstrong Songs LR
5:30 TCM Channel LR

11

- 10:00 B-Fit Arms/Cardio LR
10:30 Hydration Cart RR
11:00 What did it Cost LR
1:00 Seed Planting LE
2:00 Chair Yoga LR
3:00 Andrews Sisters Era LE
4:00 Advice from Mom LE
5:30 Resident Movie Choice LR

12

- 10:00 B-fit Balance/Relax LR
10:30 Hydration Cart RR
11:00 What Sound is it LE
1:00 Nail Cart LR
2:00 Resident Council DR
2:30 Walking Club HW
3:30 Karoke sing along LR
5:30 Mystery Movie LR

13

- 9:30 Beauty Salon BS
10:30 Hydration Cart RR
11:00 Live web cam-Ipad LR
1:00 Color me Calm LE
2:00 Snack Cart RR
2:00 Sing Along With Dean LR
4:00 Hangman LE
5:00 Buried Treasure LE

14

- 10:00 B-FitLegs/Cordination LR
10:30 Hydration Station RR
11:00 Picture Bingo LE
1:00 Alpha Game LR
2:00 Snack Cart RR
3:30 Ipad Garden Tour LR
4:00 Scarf Dancing LE
5:30 Dragnet LR

15

Tax Day

- 10:00 B-Fit Nature LR
10:30 Hydration Station RR
11:00 Birdhouse Painting RR
1:00 Gardening prep RR
2:00 Snack Cart RR
3:30 Hallway Cornhole RR
4:30 Sing Along Beatles RR
5:30 Hallmark Movie RR

16

- 10:00 B-Fit Balance/RelaxationLR
10:30 Hydration Cart RR
11:00 Famous April Events LE
1:00 Trace It LR
2:00 Snack Cart RR
3:00 Sweep it up HW
4:30 iN2l Puzzles LE
5:30 Carol Burnett Show LR

17

- 10:00 B-Fit Balance/Exercise LR
10:30 Hydration Station RR
11:00 Easter Trivia LE
1:00 Spring Wreaths LR
2:00 Snack Cart RR
3:00 BINGO DR
4:00 Toss Ccross RR
5:30 TCM Channel RR

18

- 10:00 B-Fit Arms/Cardio LR
10:30 Hydration Cart RR
11:00 Advice from Mom LR
1:00 Color me calm LE
2:00 Sit and Stretch LR
3:00 Who sang it LE
4:00 Jeopardy LE
5:30 Resident Movie Choice LR

19

- 10:00 B-fit Balance/Relax LR
10:30 Hydration Cart RR
11:00 What Sound is it LE
1:00 Nail Cart LR
2:00 Ipad Tour Holland LE
2:30 Walking Club HW
3:30 Karoke sing along LR
5:30 Mystery Movie LR

20

- 9:30 Beauty Salon BS
10:30 Hydration Cart RR
11:00 Live web cam-Ipad LR
1:00 Color me Calm LE
2:00 Snack Cart RR
2:00 Sing Along With Dean LE
4:00 Hangman LE
5:00 Buried Treasure LE

21

- 10:00 B-FitLegs/Cordination LR
10:30 Hydration Station RR
11:00 Picture Bingo DR
1:00 Alpha Game LE
2:00 Snack Cart LR
3:30 Ipad Garden Tour LE
4:00 Scarf Dancing LR
5:30 Dragnet LR

22

- 10:00 B-Fit Nature LR
10:30 Hydration Station RR
11:00 Birdhouse Painting RR
1:00 Gardening prep RR
2:00 Snack Cart RR
3:30 Hallway Cornhole RR
4:30 Sing Along Beatles RR
5:30 Hallmark Movie RR

23

- 10:00 B-Fit Balance/RelaxationLR
10:30 Hydration Cart RR
11:00 Spring Break Places LR
1:00 Suncatcher making LE
2:00 Snack Cart RR
3:00 Sweep it up HW
4:30 iN2l Puzzles LR
5:30 Carol Burnett Show LR

24

- 10:00 B-Fit Balance/Exercise LR
10:30 Hydration Station RR
2:00 Snack Cart LR
3:00 BINGO LE
4:00 Toss Ccross RR
5:30 TCM Channel RR

25

- 10:00 B-Fit Arms/Cardio LR
10:30 Hydration Cart RR
11:00 Hymn Book-N2L LR
1:00 Watercolors LE
2:00 Snack Cart RR
3:00 What did it cost LR
4:00 Advice from Mom LE
5:30 Resident Movie Choice LR

26

- 10:00 B-fit Balance/Relax LR
10:30 Hydration Cart RR
11:00 What Sound is it LE
1:00 Nail Cart LR
2:00 Snack Cart LR
2:30 Walking Club HW
3:30 Karoke sing along LR
5:30 Mystery Movie LR

27

- 9:30 Beauty Salon BS
10:30 Hydration Cart RR
11:00 Live web cam-Ipad LR
1:00 Color me Calm LE
2:00 Snack Cart RR
2:00 Sing Along With Dean LE
4:00 Hangman LR
5:00 Buried Treasure LE

28

- 10:00 B-FitLegs/Cordination LR
10:30 Hydration Station RR
11:00 Picture Bingo DR
1:00 Alpha Art LE
2:00 Snack Cart RR
3:30 INtouch Trivia LR
4:00 Scarf Dancing LE
5:30 Dragnet LR

29

- 10:00 B-Fit Nature LR
10:30 Hydration Station RR
11:00 Birdhouse Painting RR
1:00 Gardening prep RR
2:00 Snack Cart RR
3:30 Hallway Cornhole RR
4:30 Sing Along Beatles RR
5:30 Hallmark Movie RR

30

- 10:00 B-Fit Balance/RelaxationLR
10:30 Hydration Cart RR
1:00 Suncatcher making RR
2:00 Snack Cart RR
3:00 Sweep it up RR
4:30 iN2l Puzzles RR
5:30 Carol Burnett Show



THE DAILY PATH

UPCOMING EVENTS

- 8:30 Breakfast
10:00 B-Fit Exercise
10:30 Refreshments
11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:30 Lunch
1:00 Creative/Crafts/Art and Clustered Groups
1:30 Physical
2:00 Refreshments
3:00 Music/ Intergenerational
4:30 Dinner
5:30 Sensory/News and Reading Groups
6:00 Refreshments

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

LOCATION KEY

- CK - Country Kitchen
CY - Courtyard
DR - Dining Room
HW - Hallway
OC - Out of Community
LR - Living Room
LE - Life Enrichment Room
RR - Resident Room
BS - Beauty Salon

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Prioritizing Your Well-Being



During this time of social distancing, it is important to stay active for both your emotional and physical health.

Each day, it is important to prioritize your well-being despite all that is going on around you. Here are a few tips and inspiration for overall well-being.

Stay connected to family and friends using technology or your phone. Make a list of family and friends to interact with daily. Try things like a virtual breakfast, lunch, or dinner with family or friends.

Optimum Life Inspiration

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.” ~ Mandy Hale

Be Well on Purpose!

To schedule a virtual visit with your family, please reach out to a Resident Programs associate.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Stay connected spiritually - Attend virtual religious services via the television or online. Consider checking in with a fellow parishioner over the phone and see how they are doing.

Call a friend or family member that you have been wishing to connect with that lives far away. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

Stay connected through music. Music nourishes the brain. Play some music that

you enjoy listening to on the radio, television or on an electronic device.

Note of Thanks - Try to take note of when people do a good job and find ways to give recognition. For example: a hand written note or card, a call, or perhaps an email to them.

Take time out for activities you enjoy. Read a good book, watch a comedy, play a fun board or video game, make something—whether it’s a new recipe, a craft, or a piece of art. It doesn’t matter what you do, as long as it takes you out of your worries.

Breathing Exercise - Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling more relaxed.

Brookdale News

Brookdale Surpasses Raising \$18 Million for Alzheimer’s Care, Support and Research



In a year like no other, Brookdale Senior Living continued to be a leader in fundraising to fight Alzheimer’s disease. During 2020, in the midst of serving and supporting tens of thousands of residents, patients, and associates during the global COVID-19 pandemic, the Brookdale team maintained its commitment to supporting those seeking a cure for Alzheimer’s and raised almost \$1.2 million as a National Team for the Alzheimer’s Association Walk to End Alzheimer’s. With this contribution, Brookdale has raised more than \$18 million since 2008 to support the care, support and research efforts of the Alzheimer’s Association.

“I am incredibly grateful for the compassion and commitment of all the members of our Brookdale team,” said Lucinda (“Cindy”) Baier, Brookdale’s President and Chief Executive Officer. “It is incredible and admirable that, despite all the hardships and challenges that 2020 brought, our team still kept in their hearts the need to fight Alzheimer’s. They still found ways to continue our tradition of supporting this important cause.” Baier added, “Within Brookdale’s Clare Bridge communities where we offer specialized dementia care with a person-centered approach, we see the impact of Alzheimer’s every day. We look forward to the day when there is a cure and support this cause fully.”

An Engaged Life



Mary Bullock, a resident at Brookdale Monrovia, CA since 2019, regards everyone with respect, kindness and compassion. It is why she has spent her life serving others, while also being a trailblazer as the first African American to work at Arcadia Methodist Hospital. Having begun as a Certified Nursing Assistant, Mary finished her 35 years of service as a Registered Nurse in the Emergency Room.

Since moving to Brookdale Monrovia, Mary has discovered new interests and new passions through engagement with other residents. She recently took up painting and says her work is turning out pretty good. Mary has continued to live an engaged life by trying new things, cultivating friendships and increasing a sense of belonging and well-being for those around her.

Although she has officially retired from nursing, Mary continues to serve others and use her gift of empathy. She notices those who are lonely, draws them into friendship and helps them get connected. And she encourages fellow residents to stay healthy by inviting them to join her for the B-Fit exercise classes. Once a nurse always a nurse. Mary truly sees her community as an extension of the life she lived before moving to Brookdale.