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April 2021

Brookdale Asheboro

514 Vision Drive

Asheboro, NC 27203

(336) 672-6600 | brookdale.com



01

April Fools' Day

10:00 Coffee Chat AR
10:30 B-Fit AR
1:30 Shaving Cream Easter Egg AR
2:30 Chair Exercise AR
3:30 Sing Along AR
7:00 Short Story Jokes AR

02

Good Friday

10:00 B-Fit AR
11:00 Hymns & Devotion AR
1:30 Mix & Mingle: PB&J Day Social AR
2:30 Fitness Walk CY
3:30 Feel Good Friday Music AR
7:00 1:1 Quality Time AR

03

10:00 B-Fit AR
11:00 Get Puzzling AR
1:30 Classic TV Hour AR
2:30 Ball Toss AR
3:30 Jukebox Hour AR
7:00 Short Stories AR

04

Passover Ends / Easter

10:00 B-Fit AR
11:00 Sunday Worship AR
1:30 Easter Treats AR
2:30 Hymns AR
3:30 Easter Egg Hunt CY
7:00 Scenic Relaxation Hour AR

05

10:00 B-Fit AR
11:00 Trivia AR
1:30 Make it Monday: Spring Jewelry AR
2:30 Upper Body Workout AR
3:30 Therapeutic Music AR
7:00 Evening Aromatherapy AR

06

10:00 B-Fit AR
11:00 Reminiscing AR
1:30 Bingo AR
2:30 Afternoon Stretch AR
3:30 Name that Tune AR
7:00 News & Views AR

07

10:00 B-Fit AR
11:00 Solve The Riddles AR
1:30 Snacktivity: National Coffee Cake Day KT
2:30 National Walking Day CY
3:30 Spritual Song AR
7:00 Game Night AR

08

10:00 Cookies and Jokes AR
10:30 B-Fit AR
1:30 Panting Canvas AR
2:30 Gardening AR
3:30 Karaoke AR
7:00 Movie & Popcorn AR

09

10:00 B-Fit AR
11:00 Hymns & Devotion AR
1:30 Mix & Mingle: Ice-Cream Sundae AR
2:30 Fitness Walk CY
3:30 Oldies Favorites AR
7:00 1:1 Quality Time AR

10

10:00 B-Fit AR
11:00 Match-Ups AR
1:30 Cluster Groups AR
2:30 Ball Toss AR
3:30 Jukebox Hour AR
7:00 Poetry Reading AR

11

10:00 B-Fit AR
11:00 Sunday Worship AR
1:30 Coloring Crew AR
2:30 Community Stroll CY
3:30 Gospel Music AR
7:00 Scenic Relaxation Hour AR

12

10:00 B-Fit AR
11:00 Trivia AR
1:30 Make it Monday: Spring Wreath AR
2:30 Lower Body Burn AR
3:30 Therapeutic Music AR
7:00 Nail Care AR

13

10:00 B-Fit AR
11:00 Fun Facts About Peaches AR
1:30 Snacktivity: Peach Cobbler KT
2:30 Afternoon Stretch AR
3:30 Manicure & Music AR
7:00 News & Views AR

14

10:00 B-Fit AR
11:00 What Am I? AR
1:30 Creative Coloring AR
2:30 Floor Bowling AR
3:30 Spritual Song AR
7:00 Fold & Sort AR

15

Tax Day

10:00 Coffee Chat AR
10:30 B-Fit AR
1:30 Lacing Cards AR
2:30 Chair Exercise AR
3:30 Sing Along AR
7:00 Movie & Popcorn AR

16

10:00 B-Fit AR
11:00 Hymns & Devotion AR
1:30 Mix & Mingle: Mocktail Social AR
2:30 Fitness Walk CY
3:30 Country Favorites AR
7:00 1:1 Quality Time AR

17

10:00 B-Fit AR
11:00 Get Puzzling AR
1:30 Classic TV Hour AR
2:30 Ball Toss AR
3:30 Jukebox Hour AR
7:00 Short Stories AR

18

10:00 B-Fit AR
11:00 Sunday Worship AR
1:30 Coloring Crew AR
2:30 Community Stroll CY
3:30 Hymns AR
7:00 Scenic Relaxation Hour AR

19

10:00 B-Fit AR
11:00 Trivia AR
1:30 Make it Monday: DIY Clothespin Project AR
2:30 Upper Body Workout AR
3:30 Therapeutic Music AR
7:00 Evening Aromatherapy AR

20

10:00 B-Fit AR
11:00 Reminiscing AR
1:30 Bingo AR
2:30 Afternoon Stretch AR
3:30 Name that Tune AR
7:00 News & Views AR

21

10:00 B-Fit AR
11:00 Brain Aerobics AR
1:30 Snacktivity: Chocolate Covered Pretzels KT
2:30 Bean Bag Toss AR
3:30 Spritual Song AR
7:00 Resident Choice AR

22

10:00 Cookies and Jokes AR
10:30 B-Fit AR
1:30 Jelly Bean Day! AR
2:30 Earth Day: Planting Seasonals CY
3:30 Karaoke AR
7:00 Movie & Popcorn AR

23

10:00 B-Fit AR
11:00 Hymns & Devotion AR
1:30 Mix & Mingle: National Picnic Day CY
2:30 Fitness Walk CY
3:30 Oldies Favorites AR
7:00 1:1 Quality Time AR

24

10:00 B-Fit AR
11:00 Match-Ups AR
1:30 Cluster Groups AR
2:30 Ball Toss AR
3:30 Jukebox Hour AR
7:00 Poetry Reading AR

25

10:00 B-Fit AR
11:00 Sunday Worship AR
1:30 Coloring Crew AR
2:30 Community Stroll CY
3:30 Gospel Music AR
7:00 Scenic Relaxation Hour AR

26

10:00 B-Fit AR
11:00 Trivia AR
1:30 Make it Monday: Spring Hat Making AR
2:30 Lower Body Burn AR
3:30 Therapeutic Music AR
7:00 Evening Aromatherapy AR

27

10:00 B-Fit AR
11:00 Ribbit Day Fun Facts AR
1:30 Wii Sports AR
2:30 Afternoon Stretch AR
3:30 Manicure & Music AR
7:00 News & Views AR

28

10:00 B-Fit AR
11:00 Common Saying AR
1:30 Snacktivity: National Blueberry Pie Day KT
2:30 Ring Toss AR
3:30 Spritual Song AR
7:00 Sensory AR

29

10:00 Coffee Chat AR
10:30 B-Fit AR
1:30 Suncatchers AR
2:30 Chair Exercise AR
3:30 Sing Along AR
7:00 Movie & Popcorn AR

30

10:00 B-Fit AR
11:00 Hymns & Devotion AR
1:30 Mix & Mingle: Lemonade Social AR
2:30 Fitness Walk CY
3:30 Country Favorites AR
7:00 1:1 Quality Time AR



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
1:30 Creative/Crafts/Art and Clustered Groups
2:30 Physical
3:00 Refreshments
3:30 Music/ Intergenerational
5:00 Dinner
7:00 Sensory/News and Reading Groups
7:30 Refreshments

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

LOCATION KEY

- LR - Living room
AR - Activity room
MDR - Main dining room
CY - Courtyard
OT - Outing
BLD - Building
DR - Dining Room
KT - Kitchen Table
LI - Library
AP - Azalea Parlor

COMMUNITY CONNECTIONS



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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.