

September 2021

LOCATION KEY

2 - 2nd floor lounge
 3 - 3rd floor lounge
 4 - 4th floor lounge
 5 - 5th floor lounge
 L - Main lounge
 P - Pool
 PDR - Private Dining Room
 GR - Game Room
 DR - Dining Room
 C - Community Room
 LOB - Lobby
 TH - Theatre Room

1 WEDNESDAY

9:30 B-FIT P
 10:00 Music Trivia L
 10:30 Blood Pressure Check L
 1:00 Menu Chat PDR
 1:30 Cardio & Strength CM
 3:00 Asstd Lvg Happy Hour 3DR
 3:30 Flex Your Brain L
 7:00 Pay to play Bingo L

2 THURSDAY

9:30 B-FIT Walking P
 9:30 Water Aerobics P
 10:00 New Resident Orientation PDR
 10:15 Free To Play Bingo L
 11:00 Open Communion CM
 1:30 Craft Corner L
 2:30 Tai Chi Class CM
 7:00 Nic at Nite L

3 FRIDAY

9:30 B-FIT 2DR
 10:15 Coffee & Current Events L
 11:15 Brookdale University CM
 1:00 Town Hall L
 2:00 Cardio & Strength CM
 (after the Town Hall)
 3:15 Shabbat Service CM
 5:30 Movie TH
 7:00 Deena at Night L
 Entertainer

4 SATURDAY

9:30 B-fit L
 10:00 Music Trivia L
 2:00 Free to Play Bingo L
 3:15 Movie TH
 3:30 Flex your brain L
 5:30 Movie TH
 7:00 Giovanni - Entertainer L

5 SUNDAY

1:00 Meditaion Moment TH
 1:00 B-fit L
 1:30 Phone & Computer Help CM
 2:30 Bible Chat CM
 3:30 Movie Matinee TH
 5:30 Movie TH
 7:00 Pay to Play BINGO! L

6 MONDAY

Labor Day
 9:30 B-FIT L
 10:15 Free To Play Bingo!! L
 1:30 Labor Day L
 Ice Cream Social
 2:00 Carl Evans - Singer L
 2:30 Knitting & Crochet Club PDR
 2:30 NO -Tai Chi Class TODAY
 3:00 Jeopardy L
 7:00 Live Entertainment - Ivy L

7 TUESDAY

Rosh Hashanah
 9:30 Water Aerobics P
 9:30 B-FIT 3DR
 10:00 Catholic Rosary CM
 10:15 Coffee & Cultural Events 2DR
 11:00 Wii Bowling TH
 1:30 Chair Yoga CM
 2:00 Music with Nico L
 3:30 Brookdale University TH
 4:30 Dinner Out / La Bamba T
 5:30 Movie TH

8 WEDNESDAY

9:30 B-FIT L
 10:00 Free Hearing Aid L
 Cleaning and Check Up
 10:00 Coffee & Cultural Events 5DR
 10:30 Music Trivia L
 1:00 Conversations in Aging L
 1:00 Menu Chat PDR
 1:30 Cardio & Strength CM
 3:00 Flex Your Brain L
 3:00 Ambassador Meeting PDR
 7:00 Pay to play Bingo L

9 THURSDAY

9:30 Water Aerobics P
 9:30 B-FIT Walking P
 10:00 Shopping in Lobby by M & B Watches & Jewelry LB
 10:15 Free To Play Bingo L
 11:00 Open Communion CM
 1:30 Craft Corner L
 2:30 Tai Chi Class L
 3:00 New Resident Mixer L
 7:00 Nic at Nite L

10 FRIDAY

9:30 B-FIT 4DR
 10:00 Guided Meditation TH
 10:15 Coffee & Cultural Event L
 1:30 Cardio & Strength CM
 2:00 Afternoon Tea - must sign up at front desk!
 3:15 Shabbat Service CM
 5:30 Movie TH

11 SATURDAY

9:30 B-Fit L
 10:00 Corn Hole L
 2:00 Free to Play Bingo L
 3:15 Movie Matinee TH
 3:30 Flex Your Brain L
 5:30 Movie TH
 7:00 Live Entertainment L
 Andrea T.

12 SUNDAY

LET'S CELEBRATE 9/12-18 Assisted Living Week
 1:00 Meditation Moment TH
 1:00 B-Fit L
 1:30 Phone & Computer Help CM
 2:30 Bible Chat with Angel CM
 3:15 Movie Matinee TH
 5:30 Movie TH
 7:00 Pay to Play BINGO! L

13 MONDAY

Day 2*
 9-11a Coffee and Donuts* L
 9:30 B-FIT L
 10:15 Free To Play Bingo!! L
 1:30 Knitting & Crochet Club PDR
 2:00 Corn Hole L
 2:30 Tai Chi Class L
 3:30 Jeopardy L
 7:00 Live Entertainment L
 by Laurie

14 TUESDAY

Day 3*
 9-11 Let's read w/ Charlene* LIB
 9:30 Water Aerobics P
 9:30 B-FIT 2dr
 10:00 Catholic Rosary CM
 10:15 Coffee & Cultural Events 4DR
 11:00 Wii Bowling TH
 1:30 Chair Yoga CM
 2:00 Music with Nico L
 3:00 Resident Engagement ChatPDR
 3:30 Brookdale University TH
 5:30 Movie TH

15 WEDNESDAY

Day 4*
 2pm Conversation w Jill*
 9:30 B-FIT DR
 10:00 Music Trivia L
 10:30 Travelogue 2DR
 10:30 Blood Pressure Checks L
 1:00 Menu Chat PDR
 1:30 Loggerhead Trip-sign up T
 1:30 Cardio & Strength CM
 3:00 Flex Your Brain L
 4/5 Yom Kippur Dinner DR
 7:00 Pay to play Bingo L

16 THURSDAY

Yom Kippur
Day 5*
 Plant a Succulent w/ Kaitlyn*
 9:30 Water Aerobics P
 9:30 B-FIT Walking P
 10:15 Free To Play Bingo L
 11:00 Open Communion CM
 1:30 Craft Corner L
 2:30 Tai Chi Class L
 3:00 Resident Council PDR
 7:00 Nic at Nite L

17 FRIDAY

Day 6*
 2:00pm Happy Hour* L
 9:30 B-FIT 5DR
 10:00 Guided Meditation TH
 10:15 Coffee & Cultural Events L
 1:30 Cardio & Strength CM
 3:15 Shabbat Service CM
 5:30 Movie TH

18 SATURDAY

9:30 B-Fit L
 10:00 Music Trivia L
 2:00 Free to Play Bingo L
 3:15 Movie Matinee TH
 3:30 Flex Your Brain L
 5:30 New Movie Night TH
 7:00 Live Entertainment L

19 SUNDAY

1:00 Meditation Moment TH
 1:00 B-Fit CM
 1:30 Phone & Computer Help CM
 2:30 Bible Chat with Angel CM
 3:30 Movie Matinee TH
 5:30 Movie TH
 7:00 Pay to Play BINGO! L

20 MONDAY

9:30 B-FIT L
 10:15 Free To Play Bingo!! L
 1:30 Knitting & Crochet Club PDR
 2:00 Mimosa Monday L
 2:00 Sing along w/ Janet L
 2:30 Tai Chi Class L
 7:00 Live Entertainment -Ivy L

21 TUESDAY

9:30 Water Aerobics P
 9:30 B-FIT Walking P
 10:00 Catholic Rosary CM
 10:15 Travelogue 3DR
 11:00 Wii Bowling TH
 12:00 Hong Kong Wok-Jupiter T
 Lunch Out - Sign up!
 1:30 Chair Yoga TH
 2:00 Music with Nico L
 3:30 Brookdale University TH
 5:30 Movie TH

22 WEDNESDAY

9:30 B-FIT L
 10:00 *Hearing? L
 10:00 Coffee & Cultural Events 4DR
 10:30 Music Trivia L
 11:00 *REC - already on 14th L
 1:00 Menu Chat L
 1:30 Cardio & Strength CM
 2:00 My Life Story L
 3:00 Protestant Worship & Communion Service CM
 7:00 Pay to play Bingo L

23 THURSDAY

9:30 Water Aerobics P
 9:30 B-FIT 4DR
 10:15 Free To Play Bingo L
 11:00 Open Communion CM
 12:00 Birthday Luncheon DR
 1:30 Craft Corner L
 2:30 Tai Chi Class L
 7:00 Nic at Nite L

24 FRIDAY

9:30 B-FIT 3DR
 10:00 Meditation TH
 10:15 Coffee & Cultural Event L
 1:30 Cardio & Strength CM
 3:15 Shabbat Service CM
 5:30 Movie TH
 7:00 Deena & Tommy Live L

25 SATURDAY

9:30 B-Fit L
 10:15 Corn Hole L
 1:00 Phone and Computer Help L
 2:00 Free to Play Bingo L
 3:15 Movie Matinee TH
 3:30 Flex your brain L
 5:30 New Movie Night TH
 7:00 Live Entertainment P

26 SUNDAY

1:00 Meditation Moment TH
 1:00 B-Fit CM
 1:30 Phone & Computer Help CM
 2:30 Bible Chat with Angel CM
 3:30 Movie Matinee TH
 5:30 Movie TH
 7:00 Pay to Play BINGO! L

27 MONDAY

9:30 B-FIT L
 10:00 Free To Play Bingo!! L
 1:30 Creative Crochet Circle PDR
 2:00 Corn Hole Tournament L
 2:30 Tai Chi Class L
 3:00 Jeopardy L
 7:00 Live Entertainment P

28 TUESDAY

9:30 B-FIT 5DR
 10:00 Catholic Rosary C
 10:00 Coffee & Current Events DR
 11:00 Wii Bowling TH
 2:15 Bible Chat C
 2:30 Blackjack! GR
 3:00 Chair Yoga TH
 5:30 Comedy Movie Night TH

29 WEDNESDAY

9:30 B-FIT Walking Club NT
 10:00 Coffee and Current Events DR
 10:30 Music Trivia L
 1:00 Menu Chat L
 2:00 Cardio & Strenght TH
 3:00 Flex Your Brain L
 7:00 Pay to play Bingo L

30 THURSDAY

9:30 B-FIT L
 10:15 Free To Play Bingo L
 1:30 Craft Corner L
 2:30 Learning a New language TH
 5:30 Adventure Movie Night TH

Brookdale Palm Beach Gardens
 11381 Prosperity Farms Road
 Palm Beach Gardens, FL 33410
 (561) 694-9709 | brookdale.com

Assisted Living
 All activities are subject to change.

Health and Wellness

Coping with Stress



Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. How you respond to stress can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. Chronic stress is widely believed to accelerate aging and its adverse effects on immune system function. Taking care of your friends and your family can be a stress reliever, but it should be balanced. Helping others cope with stress through phone

calls or video chats can help you and your loved ones feel less lonely or isolated.

Common Symptom and Signs of Stress

- Worry and anxiety
- Panic attacks
- Headaches or chest pain
- Irritability and mood swings
- Difficulty concentrating
- Difficulty sleeping

Stress is your body's response to demanding or adverse conditions or events, whether they are real or perceived, but it can cause some unexpected changes to our physical and mental health. The effects of stress can be helped through stress management techniques.

Healthy Ways to Cope with Stress

- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

- Take breaks from watching, reading, or listening to news stories, including those on social media.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol use.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. If social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Source:

"Coping with Stress". CDC, 1 July 2020, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

Wellness Challenge

Mental health is an important part of overall health and well-being. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Be Well on Purpose!

COMMUNITY CONNECTIONS

September 2021

Brookdale News

Caring For You. **Cindy Kent, Executive Vice President and President of Senior Living**



Your health and well-being are Brookdale's top priority. We continue to navigate our way through the COVID-19 pandemic by fully leveraging the size and scale of our entire company. We are an effective learning organization with a passion for serving seniors, and we continue to partner really well with health authorities and regulators.

We are innovating to find the best and new ways to try to protect you. In our communities, we've introduced telehealth services and increased partnership with other health organizations. As you may recall, we also partnered with CVS through the federal partnership program for vaccine distribution. Through this, we facilitated over 125,000 vaccine doses in less than four months. We are so grateful that 93% of our residents chose to be vaccinated through our clinics.

A critical component of this ongoing success is attributed to our inclusion of different perspectives and expertise into our planning—focused not just on the physical health and safety but also balancing that with emotional well-being as well as resident engagement. We are prioritizing the balance of clinical needs as well as overall physical safety with the effects of loneliness and loss of family connections.

It's awe-inspiring to see Brookdale's "Everyday Heroes" in action. I've seen many acts of selflessness over the years of my career, but I have never seen anything like Brookdale's emergency response—whether hurricanes, wildfires, or the pandemic, Brookdale is there! It takes a special kind of person to work in senior living and I am so glad to be part of the Brookdale team!

An Engaged Life



Hank Jaeckal is someone who enjoys interacting with others to make a difference in their lives. He has used these important attributes his entire life. Especially during his career as an industrial engineer and later as an employee for the Mississippi Division of Vocational Rehabilitation. Through his work with this organization he was selected by the National Rehabilitation Association to set up other programs to help disabled individuals find work and live productive lives.

A hobby Hank picked up in the early part of his life was writing poetry. He would write poetry forming clues for his sons to find hidden items during special holidays. Hank often placed his poems in birthday cards for friends and family to enjoy.

In 2016, Hank moved to Brookdale Tamarac Square in Denver, CO bringing the same synergy to work with others and a love of the written word. He has become a master at his interest of working with words to develop tales. Hank's short stories are on topics he used for inspiration about being an amputee and the impact of interesting and humorous things people have said to him over the years.

Hank's amazing poem "The American Spirit" was selected as the Grand Champion in Brookdale's 2nd Annual National Poetry Challenge from over 100 poems submitted from residents across the country. Hank is dedicated to leading a life of passion and purpose utilizing words to capture the imagination.

Check with your programming associate for a copy of Hank's winning poem!