

Brookdale Palm Beach Gardens

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



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
- 1:00 Creative/Crafts/Art and Clustered Groups
- 2:00 Physical
- 2:30 Refreshments
- 3:00 Music/ Intergenerational
- 5:00 Dinner
- 6:00 Sensory/News and Reading Groups
- 7:00 Refreshments

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

LOCATION KEY

- C - Common Area
- P - Patio
- BL - Brookdale Lobby
- DR - Dining Room
- O - Outing
- BS - Beauty Salon
- AC - Activity Corner
- FDR - Family Discovery Room
- FCR - 2nd Floor Community Room
- C - B-Fit: Stretching



<p>05</p> <p>1:30 Be-Fit: Zumba w/Danny C 2:00 Fun Bingo AC 3:00 Patio Socializing P 3:45 Danny's music club C 4:00 Winter Free Art AC 6:00 Hymn Relaxation C</p>	<p>06</p> <p>10:00 Be-Fit: Chair Exercise C 10:30 Brain Games C 1:00 Abstract Art AC 2:00 Coffee Filter X-mas tree AC 3:00 Old Time Favorites C 4:00 Afternoon Bingo AC 6:00 Picture Cards C</p>	<p>07</p> <p>10:00 Be-Fit: Balance C 10:30 Daily Chronicles C 2:00 Nature Walk O 2:30 Old time favorites C 3:30 Horseshoes C 6:00 Relaxing Music C</p>	<p>01</p> <p>10:00 Be fit-Hand stretch C 10:30 Decking the Halls C 1:00 Moving to the x-mas beat C 1:30 Pet Therapy C 2:00 Christmas wish list C 6:00 Relaxing Reading C</p>	<p>02</p> <p>10:00 Be-Fit: Chair Yoga C 10:30 Decking the Halls C 2:00 Life story Starter C 2:30 Evening Walk O 3:00 Puzzles & Games AC 3:30 Name that x-mas tune C 6:00 Manicures & Hand Massages C</p>	<p>03</p> <p>10:00 Be Fit: Zumba C 11:00 Mind Stretchers C 1:00 Scenic Drive O 3:00 Winter Holiday Show DR 4:00 Movie & Popcorn C 6:00 World News C</p>	<p>04</p> <p>10:00 Be-Fit: Stretching C 11:00 Mind stretcher C 2:00 I touch comedy C 3:00 Calming adult Coloring AC 4:00 Singing w/Susie C 6:00 Nature Sounds C</p>
<p>12</p> <p>1:30 Be Fit: Zumba w/Danny C 2:00 Fun Bingo AC 3:00 Patio Socializing P 3:45 Danny's music club C 4:00 Ladder ball C 6:00 Hymn Relaxation C</p>	<p>13</p> <p>10:00 Be-Fit: Chair Exercise C 10:30 Brain Games C 1:30 Poetry Reading AC 2:00 Nature Walk & Talk O 3:00 X-mas Wreaths AC 4:00 Afternoon Bingo AC 6:00 Picture Cards C</p>	<p>14</p> <p>10:00 Be-Fit: Balance C 10:30 Expressions C 2:00 Creative crafting AC 2:30 Wine & Cheese Social C 3:30 Ball Toss C 6:00 Relaxing Music C</p>	<p>08</p> <p>10:00 Be fit-Hand stretch C 10:30 Brain Games AC 11:00 Morning Bingo C 1:00 Chicken Soup Stories C 1:30 Pet Therapy C 2:00 Gingerbread House decor C 6:00 Relaxing Reading C</p>	<p>09</p> <p>10:00 Be-Fit: Chair Yoga C 10:30 Brain challenges C 2:00 Santa stick craft AC 3:00 Afternoon trivia C 4:00 I-touch virtual tour C 6:00 Manicures & Hand Massages C</p>	<p>10</p> <p>10:00 Be Fit: Zumba C 11:00 Mind Stretchers C 1:00 Scenic Drive DR 3:00 X-mas sing-A-longs C 3:45 Movie & Popcorn C 6:00 World News C</p>	<p>11</p> <p>10:00 Be-Fit: Stretching C 11:00 Mind stretcher C 2:00 I touch comedy C 3:00 Calming adult Coloring AC 4:00 Circle Sing-A-long C 6:00 Nature Sounds C</p>
<p>19</p> <p>1:30 Be-Fit: Zumba w/Danny C 2:00 Fun Bingo AC 3:00 Patio Socializing P 3:45 Danny's music club C 4:00 Creative Crafting AC 6:00 Hymn Relaxation C</p>	<p>20</p> <p>10:00 Be-Fit: Chair Exercise C 10:30 Brain Games C 1:00 Abstract Art AC 2:00 Nature Walk & Talk O 3:00 X-mas Stocking stuffing C 4:00 X-mas Bingo AC 6:00 Picture Cards C</p>	<p>21 First Day of Winter</p> <p>10:00 Be-Fit: Balance C 10:30 Daily Chronicle C 2:00 Hot Chocolate Social C 3:30 Ladder Ball C 3:00 Resident Council C 6:00 Relaxing Music C</p>	<p>15</p> <p>10:00 Be fit-Hand stretch C 10:30 Brain Games C 11:00 Morning Bingo AC 1:00 Chicken Soup Stories C 1:30 Pet Therapy C 2:00 Frost E Ice cream Truck P 6:00 Relaxing Reading C</p>	<p>16</p> <p>10:00 Be-Fit: Chair Yoga C 10:30 Brain Challenges C 2:00 X-mas stories by tree C 3:00 Nature Walk & Talk O 4:00 Volleyball C 6:00 Manicures & Hand Massages C</p>	<p>17</p> <p>10:00 Be Fit: Zumba C 11:00 Mind Stretchers C 1:00 Scenic Drive O 3:00 Dominoes AC 3:45 Movie & Popcorn C 6:00 World News C</p>	<p>18</p> <p>10:00 Be-Fit: Stretching C 11:00 Mind stretcher C 2:00 I touch comedy C 3:00 Calming adult coloring AC 4:00 Singing w/Susie C 6:00 Nature Sounds C</p>
<p>26</p> <p>1:30 Be-Fit: Zumba w/Danny C 2:00 Fun Bingo AC 3:00 Patio Socializing P 3:30 Danny's music club C 4:00 Bean bag toss C 6:00 Hymn Relaxation C</p>	<p>27</p> <p>10:00 Be-Fit: Chair Exercise C 10:30 Brain Games C 1:30 Poetry Reading AC 2:00 Nature Walk & Talk O 3:00 Old Time Favorites C 4:00 Afternoon Bingo AC 6:00 Picture Cards C</p>	<p>28</p> <p>10:00 Be-Fit: Balance C 10:30 Expressions C 2:00 Holiday carols C 2:30 Wine & Cheese Social C 3:30 Ring Toss C 6:00 Relaxing Music C</p>	<p>22</p> <p>10:00 Be fit-Hand stretch C 10:30 Brain Games C 11:00 Morning Bingo C 1:00 White Board Games C 1:30 Pet Therapy C 2:00 Snow Globes AC 6:00 Relaxing Reading C</p>	<p>23</p> <p>10:00 Be-Fit: Chair Yoga C 10:30 Brain Challenges C 2:00 Trivia Fun C 2:30 Gifts from Santa C 3:00 Pictures w/ Santa C 6:00 Manicures & Hand Massages C</p>	<p>24 Christmas Eve</p> <p>10:00 Be Fit: Zumba C 11:00 Mind Stretchers C 1:00 X-mas eve trivia C 3:00 Name that x-mas tune C 3:45 Movie & Popcorn C 6:00 World News C</p>	<p>25 Christmas Day</p> <p>10:00 Be-Fit: Stretching C 11:00 Mind stretcher C 2:00 Christmas Coloring AC 3:00 Christmas Sing-A-longs C 4:00 Christmas Movie C 6:00 Nature Sounds C</p>
<p>29</p> <p>10:00 Be fit-Hand stretch C 10:30 Moving to the Beat AC 11:00 Famous Couples C 1:00 Christmas Carols C 1:30 Pet Therapy C 2:00 Christmas Creative craft AC 6:00 Relaxing Reading C</p>	<p>30</p> <p>10:00 Be-Fit: Chair Yoga C 10:30 Brain Challenges C 2:00 Life story starter C 3:00 Name that tune C 3:30 Bean bag toss C 4:00 Puzzles AC 6:00 Manicures & Hand Massages C</p>	<p>31 New Year's Eve</p> <p>10:00 Be Fit: Zumba C 11:00 Mind Stretchers C 2:00 New Year Revolution C 3:00 Name That Tune C 3:45 Movie & Popcorn C 6:00 Group Sing-A-Long C</p>				

Health and Wellness

Overcoming Holiday Blues



The holidays are supposed to be the happiest time of the year, yet for many, they can trigger deep feelings of sadness and anxiety. Many people experience a drop in mood in anticipation of the holidays. The good news - seasonal doldrums tend to fade once the festivities are over.

Beating the Holiday Blues with the Optimum Life Six Dimensions

Optimum Life is the way we define well-being at Brookdale. We meet you where you are with six dimensions - Purposeful, Emotional, Physical, Social, Spiritual and Intellectual. The philosophy for each of the dimensions can be applied in helping to prevent the holiday blues.

Purposeful - Volunteer your time to help others in need. The benefits can help you reduce stress and provide a sense of purpose.

Emotional - Although it can be tempting to isolate yourself when you have the holiday blues, it can be beneficial to

spend time with your friends and family.

Physical - A quick 10-minute walk will get your heart rate up and release mood-boosting endorphins.

Social - Instead of spending the holidays alone at home, get your friends or family together for a dinner party.

Spiritual - Don't be afraid to ask others for help in running holiday errands to lighten your load. Be sure to set aside time to meditate and reflect.

Intellectual - It can be difficult to be alone around the holiday season. Instead of sitting at home, fill-up your calendar with activities and perhaps learn something new.

Wellness Challenge

Holiday Trivia

1. How many American states have towns named Santa Claus?
2. What is the name of the author of the popular children's story, 'How the Grinch Stole Christmas'?
3. What traditional New Year's Eve song begins with lyrics, 'Should auld acquaintance be forgot'?
4. Which famous Christmas movie featured Bing Crosby as Bob Wallace?
5. What month of the year is Thanksgiving celebrated in Canada?
6. Which famous Christmas song was introduced by Judy Garland in the 1944 movie, 'Meet Me in St. Louis'?
7. True or False: The musical film 'Babes in Toyland' was produced by Walt Disney?
8. Which 1946 fantasy film was directed by Frank Capra and based on a story called, 'The Greatest Gift'?

Answers:

1. 3- Indiana, Georgia, Arizona
2. Dr. Seuss
3. Auld Lang Syne
4. White Christmas
5. October
6. Have Yourself a Merry Little Christmas
7. True
8. It's a Wonderful Life

Be Well on Purpose!

COMMUNITY CONNECTIONS

December 2021

Brookdale News

Happy Holidays!



We celebrate and cherish the holidays in many different ways. I want to share with you some of my most memorable holiday traditions. Let's start with food! Growing up my family ate pizza on Christmas Eve and then woke up to a cinnamon roll breakfast on Christmas morning. These foods were synonymous with Christmas for my grandparents, my mom, my sister, and I because we ate them together for so many years. A more unique way we celebrated involves my mom's favorite color, purple. She always proudly displayed a special purple Christmas tree, with purple lights, and even purple ornaments.

In more recent years we ate and celebrated with a special friend who has become like family. April Huber ran the senior living community where my mom's husband lived. She was so warm and hospitable during that time that my mom began to see her as another family member. Even though my mom has passed, April is still like family to us. Each year I make sure to send her a gift and to let her know how grateful we are for her years of service improving the quality of our family's lives.

During this holiday season, I also want to thank you, our residents, for making Brookdale your home. This holiday season I hope you feel loved and inspired by your community.

Sincerely,

Cindy Baier

President & CEO

An Engaged Life



Friendships have a powerful effect on us and bring happiness to our lives. When starting in a new place, we know how valuable friendships are in our everyday life. Bophareth "Bo" Grossmann, a resident at Brookdale Lake Shore Drive in Chicago, IL, is no stranger in needing to create friendships in a new location. She spent a good deal of time in France because she enjoys traveling and France is her second home. In France she was able to visit relatives, as well as experience French culture and cuisine, which she enjoys. She attended Lycee Rene Descartes and Graduated from La Faculte des Sciences Commerciales.

Three years ago, when Bo moved to the community, she wanted to tap into her interests and create an opportunity for connections. Her first thought was to create an inclusive club to explore French culture, politics, and lifestyle. Bo started the French Connection Club in June 2019, and after a hiatus due to the pandemic, it is one of the largest regularly attended clubs in the community.

Bo's focus on inclusiveness has created a safe place for members to open up with each other; friendships are being formed and cultivated. For example, a resident recently attended the French Club, and the group found out about her French background. As a result, she and Bo agreed to meet regularly to keep up their French. Other friendships are forming and doing things like going out to lunch at French restaurants and tapping into new interests by seeing architecture crafted after the Palace of Versailles.

We can't wait to see what's in store next for this group of friends.