

S M T W Th F S

Brookdale Lawndale Park
4400 Lawndale Drive
Greensboro, NC 27455
(336) 286-3432 | brookdale.com

LOCATION KEY

DR Dining Room	TS The Studio
OUT Outings in Community	BP Beauty Parlor
CY Courtyard	HW Hallways
DL Discovery Lounge	CB Clare Bridge
RR Resident Rooms	AL Assisted Living
LVR Entry Foyer	WC Wellness Center

License Number

04 **Passover Ends / Easter**

9:30 B- fit Hallway	RR
10:00 B-fit	DL
Inspirational Quotes	RR
2:00 Journaling	RR
3:30 Prayer Packet	RR
4:00 Laughter is Medicine	DL
6:00 Films for Friends	DL

05

9:30 B- fit Hallway	
10:00 B- fit	RR
Inspirational Quotes	
11:00 Make your Own Pizza	DR
1:00 Flex your Brain	LVR
4:00 Pamper Me Nail Care	TS
6:30 Daily Chronicle	RR

06

9:30 B-fit Hallway	
10:00 B- fit	DL
Inspirational Quotes	
11:00 Jewelry with Markesha	DL
1:00 Word Search	RR
2:00 Card Games	RR
3:00 Carmel Popcorn and Coca- Cola Floats	DL

07

9:30 B- fit Hallway	
10:00 B- fit	DL
Inspirational Quotes	
1:00 Ageless Spirit	TS
3:00 Breathe in the Aromatherapy	DL
4:00 Wine Tails	LVR
6:30 Friends and Films	RR

08

9:30 B-fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Flex your Brain	LVR
2:00 Craft Corner	DL
3:00 Intouch	LVR
6:00 Slow down and Ponder Meditation	DL

09

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
11:00 Resident Ambassadors	DL
1:00 B.I.N.G.O	DR
3:00 Moments of Kindness	LVR
4:00 Fact or Fiction Trivia	LVR
6:00 Films for Friends	

10

9:30 B- fit Daily Hallway	RR
10:00 B-fit	
Inspirational Quotes	RR
1:00p Tour a farm Virtual	DL
3:00 In touch Family Feud	LVR
6:00 Films for Friends	DL

11

9:30 B- fit Daily Hallway	
10:00 B-fit	DL
Inspirational Quotes	RR
2:00 Journaling	RR
3:30 Prayer Packet	RR
4:00 Laughter is Medicine	DL

12

B- fit Hallway	RR
B-fit	DL
Inspirational Quotes	
1:00 Flex your Brain	LVR
3:00 Birthday Bash	DL
4:00 Pamper Me Nail Care	TS
6:30 Daily Chronicle	RR

13

9:30 B- fit Daily Hallway	
10:00 B-fit	DL
Inspirational Quotes	
11:00 Jewelry with Markesha	DL
1:00 Word Search	RR
2:00 Card Games	RR
3:00 Menu Chat	DR
3:30 Peach Cobbler and Ice-cream	LVR

14

9:30 B- fit Daily Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Ageless Spirit -	TS
2:00 Gardening	
4:00 Breathe in the Aromatherapy	DL
6:30 Films for Friends	DL

15 **Tax Day**

9:30 B-fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Flex your Brain	LVR
2:00 Craft Corner	RR
3:00 Banana Pudding	DL
6:00 Slow down and Ponder Meditation	DL

16

9:30 B- fit Daily Hallway	
10:00 B-fit	DL
Inspirational Quotes	
11:00 Resident Council	DR
1:00 B.I.N.G.O	DR
3:00 Moments of Kindness	LVR
4:00 Fact or Fiction Trivia	LVR
6:30 Films for Friends	DL

17

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	RR
1:00 Haiku Poetry	
3:00 Cheeseballs and Punch	LVR
6:00 Slow down and Ponder Meditation	DL
6:30 Films for Friends	

18

9:30 B- fit Daily Hallway	RR
10:00 B-fit	RR
2:00 Journaling	RR
3:00 National Animal Cracker Day	LVR
3:30 Prayer Packet	RR
4:00 Laughter is Medicine	DL
6:30 Film for Friends	DL

19

9:30 B- fit Daily Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Flex your Brain	LVR
3:00 Amaretto Ice Coffee	TS
4:00 Pamper Me Nail Care	TS
6:00 Films for Friends	DL
6:30 Daily Chronicle	RR

20

9:30 B- fit Daily Hallway	
10:00 B-fit	DL
Inspirational Quotes	
11:00 Jewelry with Markesha	DL
1:00 Word Search	TS
2:00 Card Games	TS
4:30 Resident Engagement Chat	DL
6:00 Films for Friends	DL

21

9:30 B- fit Daily Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Ageless Spirit	TS
3:00 Chocolate Covered Cashew	DL
4:00 Breathe in the Aromatherapy	DL
6:30 Films for Friends	RR

22

9:30 B-fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Flex your Brain	LVR
2:00 Earth Day in the Courtyard	RR
3:00 Ipad Connections	RR
6:00 Films for Friends	

23

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
12:00 Picnic on the Patio	DR
1:00 B.I.N.G.O	DR
3:00 Moments of Kindness	LVR
4:00 Fact or Fiction Trivia	LVR
6:00 Films for Friends	DL

24

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	RR
11:00 Stop and Smell the Roses	FP
1:00 Short Stories	RR
3:00 Family Fued	LVR
6:00 Films for Friends	DL

25

9:30 B- fit Hallway	
10:00 B-fit	DL
11:00 Church Online	DL
2:00 Journaling	RR
3:30 Prayer Packet	RR
4:00 Laughter is Medicine	DL
6:00 Films for Friends	DL

26

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Flex your Brain	LVR
3:00 Beer and Pretzel New Resident Social	DL
4:00 Pamper Me Nail Care	TS
6:30 Films for Friends	DL

27

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
11:00 Jewelry with Markesha	
1:00 Word Search	RR
2:00 Card Games	RR
3:00 My Life Story	LVR
6:00 Films for Friends	

28

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
11:00 Babe Ruth Day	
1:00 Ageless Spirit	TS
4:00 Breathe in the Aromatherapy	DL
6:30 Films for Friends	DL

29

9:30 B-fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 Flex your Brain	LVR
2:00 Craft Corner	RR
6:00 Slow down and Ponder Meditation	DL
6:30 Film for Friends	DL

30

9:30 B- fit Hallway	
10:00 B-fit	DL
Inspirational Quotes	
1:00 B.I.N.G.O	DR
3:00 Oatmeal and Raisin Cookies and Milk	LVR
4:00 Fact or Fiction Trivia	LVR
6:30 Films for Friends	DL



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.