

COMMUNITY CONNECTIONS CALENDAR

JULY 2025

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 9:15 B-Fit, Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout: Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:15 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
- 7:30 Refreshments

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

LOCATION KEY

- L Lobby
- D Den
- LR Living Room
- DR Dining Room
- C Cafe
- O Outside
- * Outing-advance sign-up
- KK Grandmas Kitchen



S	M	T	W	T	F	S
<div>Brookdale Vestal West 421 Plaza Drive Vestal, NY 13850 (607) 771-1700 brookdale.com <small>Brookdale All activities are subject to change. All programs are run by CBPC/Assistant unless otherwise noted.</small></div>						
06	07	01	02	03	04 INDEPENDENCE DAY	05
9:15 B-Fit Core Strength D 10:30 Catholic Communion D 11:00 Hygee Game C 1:15 Rock Painting C 2:00 Spiro100 D 3:00 Classics Karaoke D 4:00 Would You Rather ? D 6:00 Ted Talks D	9:15 B-Fit Flexibility D 10:00 Bingo C 11:00 Cranium Crunches D 1:15 Art Expression C 2:00 Weightlifting D 3:00 Shake 2 the Beat D 4:00 Discussion: Childhood D 6:00 Beauty Hour L	9:15 B-Fit Upper Body D 10:00 Rosary D 11:00 Bio:Princess Diana D 1:15 Mac & Cheese Bites C 2:00 Tai Chi D 3:00 The Beatles D 4:00 Jumbo Jenga C 6:00 Travelogue: New Zealand D	9:15 B-Fit Balance D 10:00 Watercolor C 11:00 Nursery Rhymes Trivia D 1:15 Plant Care O 2:00 Cardio D 3:00 Dolly Parton D 4:00 Jeopardy D 6:00 Good News D	9:15 B-Fit Cardio D 10:00 For a Good Cause D 11:00 July Trivia D 1:30 Wayne Biddoe Live LR 2:00 Ring Toss D 3:00 Billy Joel D 4:00 Millionaire Game D 6:00 Reminiscing: Childhood D	9:15 B-Fit Lower Body D 10:00 Methodist Service D 11:00 Fourth of July Trivia D 1:15 Patriotic Pinwheels C 2:00 Chair Dance D 3:00 Java Time D 4:00 Social Hour L 6:00 Movie Night D	9:15 B-Fit Coordination D 10:00 Word Search C 11:00 Farming Trivia D 1:15 Blueberry Muffins C 2:00 Walking Group O 3:00 Barbara Streisand D 4:00 Zanny Zoom Ins D 6:00 Chickensoupforsoul D
13	14	08	09	10	11	12
9:15 B-Fit Core Strength D 10:30 Catholic Communion D 11:00 This or That? D 1:15 Woven Pot Holders C 2:00 Seated Exercise D 3:00 Songbooks D 4:00 Board Game Trivia D 6:00 Good News D	9:15 B-Fit Flexibility D 10:00 Bingo C 11:00 Ladies Red Hat Society Kk 1:15 Book flower vase craft C 2:00 Seated Yoga D 3:00 Polka Music D 4:00 Bird Trivia D 5:30 Support Group	9:15 B-Fit Upper Body D 10:00 Rosary D 11:00 Star of the Month D 1:15 Mini Cheesecakes C 2:00 Disco Zumba D 3:00 Darlene Elsbree Live LR 4:00 Courtyard Visits O 6:00 Wheel of Fortune D	9:15 B-Fit Balance D 10:00 Jingo C 11:00 What Would You Do? D 1:15 Homemade Soap C 2:00 Sit & Be Fit D 3:00 The Beach Boys D 4:00 Reminisce: 70's D 6:00 Travel: Antarctica D	9:15 B-Fit Cardio D 10:00 Paint By Number C 11:00 EZ Does it Trivia D 1:15 Bus Trip-animaladventure* 2:00 HAS Fit Exercise D 3:00 Karaoke D 4:00 What Year Was It? D 6:00 Animal Feature D	9:15 B-Fit Lower Body D 10:00 Words of Hope D 11:00 Shake Loose a Memory C 1:15 DIY Tie Pillows C 2:00 Mindful Movement D 3:00 Java Time D 4:00 Social Hour L 6:00 What's the Scoop ? D	9:15 B-Fit Coordination D 10:00 Wordle D 11:00 Compoundyourmemory C 1:15 Pretzel Sticks C 2:00 Soccer D 3:00 Rolling Stones D 4:00 Space Travel Trivia D 6:00 Summer Poems D
20	21	15	16	17	18	19
9:15 B-Fit Core Strength D 10:30 Catholic Communion D 11:00 Table Topics C 1:15 Jewelry Making C 2:00 Conductorcise D 3:00 Hymns D 4:00 Howmanycanyoulist C 6:00 Great Art Explained D	9:15 B-Fit Flexibility D 10:00 Bingo C 11:00 Mens Club KK 1:15 Planting Sunflowers O 2:00 Cornhole O 3:00 Billie Holiday D 4:00 Discussion: Families D 6:00 Dear Abbey D	9:15 B-Fit Upper Body D 10:00 Rosary D 11:00 Who am I? D 1:15 Oatmeal Creme Pies C 2:00 Brain Health Exercise D 3:00 Jim Lamb Live LR 4:00 Uno C 6:00 Historical Moments D	9:15 B-Fit Balance D 10:00 Word Search C 11:00 Pizza in the Park * 1:15 Vision Board C 2:00 Basketball D 3:00 Bob Dylan D 4:00 Trivia D 6:00 Armchair Travel D	9:15 B-Fit Cardio D 10:00 Watercolor C 11:00 Whats Your Verdict ? D 1:15 Memory Box C 2:00 Mini Golf D 3:00 Elvis Presley D 4:00 Pet Visits W/ Jax O 6:00 Dear Abbey D	9:15 B-Fit Lower Body D 10:00 Catholic Mass D 11:00 Resident Council D 1:15 Science Experiment C 2:00 Chair Drumming D 3:00 Java Time D 4:00 Social Hour L 6:00 Short Story D	9:15 B-Fit Coordination D 10:00 Dice Game C 11:00 What did it Cost? D 1:15 Biscuits C 2:00 Aerobics D 3:00 Oldies but Goodies D 4:00 Transportation Trivia D 6:00 Good News D
27	28	22	23	24	25	26
9:15 B-Fit Core Strength D 10:30 Catholic Communion D 11:00 True Confessions D 1:15 Scrapbooking C 2:00 Seated Stretch D 3:00 Gospel Music D 4:00 Courtyard Convos O 6:00 Good News D	9:15 B-Fit Flexibility D 10:00 Bingo C 11:00 Bio: Marilyn Monroe D 1:15 Craft Hour C 2:00 Chair Dance D 3:00 Irish Karaoke D 4:00 Outside Games D 6:00 Nail Salon L	9:15 B-Fit Upper Body D 10:00 Rosary D 11:00 Random Trivia D 1:15 Puppy Chow Mix KK 2:00 Zumba D 3:00 Cheryl Kerr Live LR 4:00 Brain Teasers D 6:00 This Day in History D	9:15 B-Fit Balance D 10:00 Paint By Number C 11:00 Wacky Word Trivia D 1:15 Stained Glass Art C 2:00 Croquet D 3:00 Brian G Live LR 4:00 Junk Drawer Detective C 6:00 You Be the Judge D	9:15 B-Fit Cardio D 10:00 Hidden Objects C 11:00 20 Questions D 1:15 Still Life in 3D C 2:00 Walking Group O 3:00 Glenn Miller D 4:00 Have You Ever ? D 6:00 Chickensoupforthesoul D	9:15 B-Fit Lower Body D 10:00 Spiritual Service D 11:00 What am I? D 1:15 Painting Tutorial C 2:00 Pilates D 3:00 Java Time D 4:00 Social Hour L 6:00 Movie Night D	9:15 B-Fit Coordination D 10:00 Daily Crossword D 11:00 20 Minute Trivia C 1:15 Pita Chips C 2:00 Bowling D 3:00 60's Faves D 4:00 Family Feud D 6:00 Short Story D
		29	30	31		
		9:15 B-Fit Upper Body D 10:00 Rosary D 11:00 Who am I? D 1:15 Cannoli Dip C 2:00 Chair Exercise D 3:00 Michael Jackson D 4:00 Name that Instrument D 6:00 Good News D	9:15 B-Fit Balance D 10:00 Word Search C 11:00 Dessert Trivia D 1:15 Baking Cupcakes C 2:00 Chair Yoga D 3:00 Birthday Party DR 4:00 Singing Group D 6:00 Travel: Paris D	9:15 B-Fit Cardio D 10:00 Watercolor C 11:00 ShakeLooseaMemory C 1:15 Marble Effect Art C 2:00 Spiro 100 D 3:00 Best of the 80's D 4:00 Card Games C 6:00 Price is Right D		



COMMUNITY CONNECTIONS

July 2025



The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

A Fresh Look at Aging: Why Mindset Matters



Did you know that how you think about aging could have a real impact on your health and happiness? A 2024 review published in The Gerontologist found that older adults who view aging positively tend to report greater life satisfaction, better health, and even longer lives.

The researchers reviewed 32 observational studies and saw a clear pattern: when people thought of older adulthood as a time of growth, learning, and opportunity, they tended to enjoy better physical and

mental health. Those who focused mainly on the challenges of aging were more likely to feel depressed, have health problems and report a lower sense of well-being. Other research has suggested a causal connection - meaning that when people adopted more positive views of aging, they experienced real benefits, like increased physical activity and improvements in both physical and mental health.

In other words, how we see our own aging isn't just a passing thought or a byproduct of our circumstances — our perceptions shape how we feel, move, and live.

And the best part? Our outlooks can change. Experiences, community connections, and everyday choices can all build a more positive perception of aging.

Here are a few simple ways to start:

- **Challenge stereotypes:** Notice negative messages about aging -- in your thoughts, conversations and media. Replace them with positive truths.
- **Stay curious:** Try something new, whether it's a hobby, a class or other adventure.
- **Connect across generations:** Share stories, laughter and life lessons with people of different ages.

Aging well is not just about health-promoting behaviors. It's also about seeing ourselves in a positive light, focusing on our strengths, resilience, and life experiences. In a nutshell, our mindset matters—and it's never too late to make it work in our favor.

Source: The Gerontologist, NIH

Did you Know?

Brookdale's Great Full Life Webinar Series

Great Full Life is a bimonthly live webcast dedicated to living well as you age. It features interviews and live Q&A with experts on finance, health, food, hobbies and more. Watch previous broadcasts at brookdale.com/webcast.



Your Guide to Living A Full, Healthy, Fantastic Life as You Age

Brookdale News

Brookdale raises \$1.25 million for the Walk to End Alzheimer's®

Brookdale Senior Living, a national leader in providing quality, person-centered care for residents living with dementia, announces that it raised \$1,254,388 for the 2024 Walk to End Alzheimer's®, renewing its long-term commitment to the fight against Alzheimer's. For the past 17 years, the Brookdale team has raised more than \$23 million to support the Alzheimer's Association's mission to advance research, provide care and promote brain health.



With a strong network of associates, residents, families and business partners, Brookdale participated in Walk to End Alzheimer's events across the country in 2024, making a sizable impact through fundraising, awareness and advocacy. Funds were raised through company-wide initiatives, community events, resident-led efforts and the annual Golf to End Alzheimer's fundraiser.

"Our efforts go far beyond just donations—they are about creating real, lasting change that directly impacts our associates, residents, and families who support them across the nation," said Brookdale's National Team Coordinator and Senior Vice President of Resident and Family Engagement Sara Terry. "As the country's largest operator of memory care communities, we are proud to lend our strength and resources to support this crucial cause, knowing the difference it makes in the lives of so many."

In 2014, Brookdale became the first corporate team to generate \$1 million in a single calendar year to support the Walk to End Alzheimer's. This feat earned the organization the prestigious Diamond National Team status.

An Engaged Life



Many years ago three women were separately drawn to Colorado Springs, CO. Each arrived with a sense of excitement at the opportunity to work at The Navigators, a worldwide Christian ministry. Over the years, Jeanne, Selva, and Laurie became friends and now all three call Brookdale Skyline home.

In 2015, Jeanne was the first of their friend group to move into the community as she already had several friends living there. Selva followed in 2017, drawn to the community where she also had friends. Laurie made the move in 2020, motivated by a family member and friends who also resided at Brookdale Skyline.

The three friends quickly got involved in community activities, reviving Scrabble as a weekly event and enjoying jigsaw puzzles in the common areas. Over the years, they have expanded their outreach efforts to engage others. Some of the activities they participate in include spontaneously playing the piano, attending weekly worship services, coordinating guest speakers for Vespers, a traditional worship service, and reaching out to new neighbors.

Jeanne, Selva, and Laurie continue to make new friends and lead engaged lives while enjoying the breathtaking views of the Garden of the Gods and the mountains surrounding Colorado Springs.