

S M T W Th F S

June 2021



THE DAILY Path

UPCOMING EVENTS

- 7:30 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 1:45 Creative/Crafts/Art and Clustered Groups
- 3:15 Physical
- 3:30 Refreshments
- 3:45 Music/ Intergenerational
- 4:45 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:00 Refreshments

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

LOCATION KEY

- AR - Activity Room
- BS - Beauty Shop
- BT - Bus Trip
- CB - Clare Bridge
- LBY - Lobby
- CY - Courtyard
- BLD - Around the Building
-
-
-

License Number

01
 10:00 B-Fit CB
11:00 June Trivia CB
 1:45 Coke Floats CB
 3:15 Courtyard Stroll CY
 3:45 Country Music CB
 6:30 Evening News CB

02
 10:00 B-Fit CB
 11:00 Animal Sayings CB
 1:45 Places We've Been CB
 3:15 Watering the Garden CY
 3:45 Music with Mary CB
 6:30 Current Events CB

03
 10:00 B-Fit CB
11:00 Louisiana Trivia CB
 1:30 BINGO CB
 2:45 Walking to the Lobby BLD
3:00 Music w/ Bobby Primm LBY
 6:30 Today's News CB

04
 10:00 B-Fit CB
 11:00 Music Lyrics Trivia CB
 1:45 Courtyard Tea CB
 2:45 Walking to the Lobby BLD
3:00 Music w/ Ted Hardane LBY
 6:30 Today in History CB

05
 10:00 B-Fit CB
 11:00 Reminisce: Vacations CB
 1:45 Games and Puzzles CB
 3:15 Calf Stretches CB
 3:45 Religious Music CB
 6:30 Evening Talk CB

06
 10:00 B-Fit CB
 10:30 Morning Devotion CB
 2:00 Bible Readings CB
 3:15 Meditative Stretching CB
 3:45 Gospel Music CB
 6:30 Snack Talk CB

07
 10:00 B-Fit CB
 11:00 Words and Phrases CB
 1:45 Rhyme Time CB
 2:45 Walking to the Lobby BLD
3:00 Music w/ Garland LBY
 6:30 Daily News CB

08
 10:00 B-Fit CB
 11:00 Would you Rather? CB
 1:45 Picture this... CB
 3:15 Courtyard Cleanup CY
 3:45 Oldies Karaoke CB
 6:30 Snack Chat CB

09
 10:00 B-Fit CB
 11:00 Spell it Out CB
 1:45 Finish the Lyric CB
 3:15 Watering the Garden CY
 3:45 Country Karaoke CB
 6:30 Visiting with Neighbors CB

10
 10:00 B-Fit CB
 11:00 Brain Teasers CB
 1:45 BINGO CB
 3:15 Balancing CB
 3:45 Solid Gold Oldies CB
 6:30 Evening News CB

11
 10:00 B-Fit CB
 11:00 Name that Animal CB
1:45 Coffee & Tea Social LBY
 3:15 Neighborhood Stroll BLD
 3:45 Motown Hits CB
 6:30 Current Events CB

12
 10:00 B-Fit CB
 11:00 The Price is Right CB
 1:45 Ice Cream Social CB
 3:15 Toe Touches CB
 3:45 Hymns CB
 6:30 Today's News CB

13
 10:00 B-Fit CB
 10:30 Morning Devotion CB
 2:00 Bible Readings CB
 3:15 Meditative Movements CB
 3:45 Choir Music CB
 6:30 Today in History CB

14 **Flag Day**
 10:00 B-Fit CB
11:00 Flag Day Trivia CB
1:45 Decorating Flags CB
 3:15 Watering the Garden CY
 3:45 Patriotic Music CB
 6:30 Evening Talk CB

15
 10:00 B-Fit CB
 11:00 Farm Animals CB
 1:45 Word Association CB
 3:15 Cornhole CB
 3:45 Party Hits CB
 6:30 Snack Talk CB

16
 10:00 B-Fit CB
 11:00 All About Flowers CB
 1:45 All About Me CB
 3:15 Watering the Garden CY
 3:45 Doo Wop Hits CB
 6:30 Daily News CB

17
 10:00 B-Fit CB
 11:00 Easy Math CB
 1:45 BINGO CB
 3:15 Hot Potato CB
 3:45 Love Songs CB
 6:30 Snack Chat CB

18
 10:00 B-Fit CB
11:00 Father's Day Trivia CB
 1:45 Snack Cart CB
 3:15 Stretching CB
 3:45 Show Tunes CB
 6:30 Visiting with Neighbors CB

19
 10:00 B-Fit CB
 11:00 Reminisce: Careers CB
 1:45 iPad Family Callsq CB
 3:15 Torso Twists CB
 3:45 Songs of Faith CB
 6:30 Evening News CB

20 **Father's Day**
 10:00 B-Fit CB
 10:30 Morning Devotion CB
11:00 Remembering Dad CB
 1:45 iPad Family Calls CB
 2:00 Bible Readings CB
 3:15 Spiritual Meditation CB
 3:45 Church Songs CB
 6:30 Current Events CB

21
 10:00 B-Fit CB
 11:00 True Confessions CB
2:00 Art Expression CB
 3:15 Walking to the Lobby BLD
 3:45 Songs in the Lobby LBY
 6:30 Today's News CB

22
 10:00 B-Fit CB
 11:00 Common Sayings CB
 1:45 Video Messages CB
 3:15 Bird Watching CY
 3:45 Rock Hits CB
 6:30 Today in History CB

23
 10:00 B-Fit CB
 11:00 Word Matching CB
2:00 Resident Council CB
 3:15 Watering the Garden CY
 3:45 Music with Susie CB
 6:30 Evening Talk CB

24
 10:00 B-Fit CB
 11:00 Wedding Memories CB
 1:45 BINGO CB
 3:15 Leg Lifts CB
 3:45 Frank Sinatra's Hits CB
 6:30 Snack Talk CB

25
 10:00 B-Fit CB
 11:00 Around the Town CB
1:45 Birthday Party CB
 3:15 Courtyard Stroll CB
 3:45 Music to Move to CB
 6:30 Daily News CB

26
 10:00 B-Fit CB
 11:00 Family Conversations CB
 1:45 Cards and Puzzles CB
 3:15 Rock the Boat CB
 3:45 Christian Music CB
 6:30 Snack Chat CB

27
 10:00 B-Fit CB
 10:30 Morning Devotion CB
 2:00 Bible Readings CB
 3:15 Relaxation Techniques CB
 3:45 Songs of Faith CB
 6:30 Visiting with Neighbors CB

28
 10:00 B-Fit CB
 11:00 Plants and Animals CB
1:45 Coffee & Tea Social LBY
 3:15 Watering the Garden CY
 3:45 Musicals CB
 6:30 Evening News CB

29
 10:00 B-Fit CB
 11:00 Categories CB
1:45 The Sound of Music CB
 3:15 Filling Bird Feeders CY
 3:45 40's Hits CB
 6:30 Current Events CB

30
 10:00 B-Fit CB
 11:00 National Park Trivia CB
 1:45 Live Stream Zoo CB
 3:15 Watering the Garden CY
 3:45 Elvis' Greatest Hits CB
 6:30 Today's News CB

Brookdale Bossier City
 2540 Beene Blvd.
 Bossier City, LA 71111
 (866) 711-9864 | brookdale.com

Health and Wellness

Connecting Through Technology



Social Connection is a feeling of belonging and closeness to other people. Connection is a core psychological need, essential to our sense of well-being. Social connections are different for everyone and change throughout your life. Scientists have identified neural networks in the brain that drive us to connect, in other words, our brains are wired for social connection.

3 Components of Social Connectedness

Socialization:

Interacting with others

Social Support:

Emotional support through difficult times

Social Belonging:

Being a part of something bigger than yourself

Healthy social connections have many benefits including

lower rates of anxiety and depression. Social connection creates a positive feedback loop of social, emotional, and physical well-being.

(Source: Stanford Medicine Center for Compassion and Altruism Research)

Technology can help us overcome barriers to connection. If you can't travel across the country, or even drive across town, you can connect virtually. The three main technologies that can help you to socially connect are video chat, social media, texting and email.

Video Chat allows people to connect virtually face to face over the internet when they cannot see each other in person. You can use the following devices to video chat: computer, smartphone, table or smart display. There are multiple video chat applications, although the most common are: FaceTime, Zoom, and Google Duo.

Social Media websites are designed for social networking. You can share pictures, videos or text and interact with others. Social media can help you connect with old friends and family members as well as find new connections with shared

interests. The most popular social media applications are: Facebook, Instagram and Twitter.

Be cautious on social media. To ensure you feel confident and safe while keeping in touch online, follow these social media tips:

1. Set your privacy settings
2. Selectively choose your friends
3. Share carefully
4. Use private messaging
5. Watch out for scams

Technology is changing how we communicate and connect in our world. Leverage technology as a tool to support real life connection, not as a substitute for real life interaction.

Resources

- Techboomers.com is a free educational website that teaches older adults and other inexperienced internet users with basic computer skills about websites that can help improve their quality of life.
- AARP.com offers great resources including articles relating to seniors and technology.

Be Well on Purpose!

COMMUNITY CONNECTIONS

June 2021

Brookdale News

Helping Seniors Live Their Best Lives. **Cindy Baier, Brookdale President & CEO**



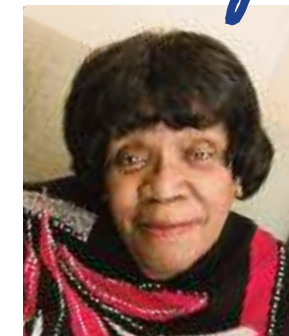
As a Brookdale resident, you've experienced first-hand that Brookdale is all about helping older adults live their best lives. Supporting your wellbeing requires a balance between both your physical and emotional health. So, even during the height of the COVID-19 pandemic, we worked hard to provide new experiences for you and your family. We also developed welcome plans to ensure move-in processes were made easier while still following federal, state – and our own – safety guidelines. Even with a pandemic, we have been pleased to welcome thousands of new residents

across the country and appreciate the opportunity to enrich so many lives!

We are a company filled with servant leaders who unite around our mission to enrich the lives of those we serve in a culture built on our cornerstones of passion, courage, partnership and trust. During the most difficult times the country has faced, our everyday heroes have, together, overcome incredibly difficult challenges to help ensure your safety and wellbeing.

Our focus on what matters most will always be a core part of life here and I appreciate your continued confidence in Brookdale!

An Engaged Life



Vivian McMillian of Wilson, North Carolina, has always led an engaged life! Married for 43 years, she and her husband Archie ran a “mom and pop” store selling candy, sodas, ice cream and other groceries. Vivian loved meeting and engaging with so many of their customers. She also led the church choir, became the lead pianist, and served as the first woman reverend of that church. Since moving to Brookdale Robinwood in Gastonia, North Carolina, in 2018, Vivian says she is “more active than I have ever been....I feel alive....I feel renewed.” Vivian has found purpose through leading church services and bible study whenever possible. She spends days dining with friends, trying new things, and takes her commitment to B-Fit exercise class seriously. She continues to play the piano, sing, and pray with her friends.

Vivian has also been an inspiration to others who are feeling uncomfortable with transitioning into a community setting. She can often be found having a meaningful conversation with several residents or a one-on-one chat after happy hour or while passing them in the hall. Vivian says it best, “I am engaged because I choose to be and the opportunities are endless for me.”