

# December 2021

## Brookdale Green Hills Cumberland

15 Burton Hills Blvd.

Nashville, TN 37215

(615) 463-9111 | brookdale.com

Assisted Living

All activities are subject to change.

1 WEDNESDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Broadway Babies... AR  
1:30 Bridge Game (Cards) 3CR  
2:30 Flex Your Brain CR  
4:30 Elegant Dining Night DR

2 THURSDAY

7:30 Breakfast (Starts) DR  
10:30 B-Fit Exercise Class BMH  
11:00 Ukulele Lessons w/ Renee LR  
11:30 Lunch (Starts) DR  
1:00 Master Work's Theatre AR  
1:30 Devotionals LTR  
2:30 Flex Your Brain CR  
3:30 Tunes with Ted! LR  
4:30 Dinner (Starts) DR

3 FRIDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B - Fit Exercise Class BMH  
11:00 Lunch Bunch! LA  
11:30 Lunch (Starts) DR  
1:45 Remembering: Christmas AR  
2:30 Understanding AR  
Technology: Cell Phone  
3:00 Wine and Cheese Social LR  
4:30 Dinner (Starts) DR

4 SATURDAY

7:30 Breakfast (Starts) DR  
10:30 B -Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Saturday Afternoon Movie AR  
2:30 BINGO CR  
4:00 Walking Club LA  
4:30 Dinner (Starts) DR

5 SUNDAY

7:30 Breakfast (Starts) DR  
8:45 Woodmont Christian Church Service Pickup TBA  
8:45 Calvary United Service Pickup TBA  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
2:00 Flex Your Brain CR  
3:00 This Day in History AR  
4:00 Weekend Devotional BMH  
4:30 Dinner (Starts) DR

6 MONDAY

7:30 Breakfast (Starts) DR  
9:00 Christmas Movie AR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Walmart Outing LA  
3:00 Entertainment Trivia AR  
3:30 Step & Walk BMH  
4:30 Dinner (Starts) DR

7 TUESDAY

7:30 Breakfast (Starts) DR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Devotionals LTR  
2:00 Resident Council LTR  
3:00 Tai Chi Class w/ Peter BMH  
4:00 Walking Club LA  
4:30 Dinner (Starts) DR

8 WEDNESDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Broadway Babies... AR  
1:30 Bridge Game (Cards) 3CR  
3:00 Art Class w/ Cora BMH  
4:30 Elegant Dining Night DR

9 THURSDAY

7:30 Breakfast (Starts) DR  
10:30 Ukulele Lessons w/ Renee LR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Master Work's Theatre AR  
1:30 Devotionals LTR  
2:30 Flex Your Brain CR  
3:30 Tunes with Ted! LR  
4:30 Dinner (Starts) DR

10 FRIDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B - Fit Exercise Class BMH  
11:00 Lunch Bunch! LA  
11:30 Lunch (Starts) DR  
1:45 Remembering: Christmas AR  
2:30 Understanding AR  
Technology: Cell Phone  
3:00 Wine and Cheese Social LR  
4:30 Dinner (Starts) DR

11 SATURDAY

7:30 Breakfast (Starts) DR  
10:30 B - Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Saturday Afternoon Movie AR  
2:30 BINGO CR  
3:30 Walking Club LA  
4:30 Dinner (Starts) DR

12 SUNDAY

7:30 Breakfast (Starts) DR  
8:45 Woodmont Christian Church Service Pickup TBA  
8:45 Calvary United Service Pickup TBA  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Girl Scouts (Caroling) TBA  
2:00 Flex Your Brain CR  
3:00 This Day in History AR  
4:00 Weekend Devotional BMH  
4:30 Dinner (Starts) DR

13 MONDAY

7:30 Breakfast (Starts) DR  
9:00 Christmas Movie BMH  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Kroger Outing LA  
3:00 InTouch: Random Trivia AR  
3:30 Step & Walk BMH  
4:30 Dinner (Starts) DR

14 TUESDAY

7:30 Breakfast (Starts) DR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Devotionals LTR  
2:00 InTouch: Family Feud AR  
3:00 Tai - Chi Class w/ Peter BMH  
3:30 Walking Club LA  
4:30 Dinner (Starts) DR

15 WEDNESDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Bridge Game (Cards) 3CR  
1:00 Broadway Babies... AR  
2:30 Flex Your Brain CR  
4:30 Elegant Dining Night DR

16 THURSDAY

7:30 Breakfast (Starts) DR  
10:30 B-Fit Exercise Class BMH  
11:00 Ukulele Lessons w/ Renee LR  
11:30 Lunch (Starts) DR  
1:00 Master Work's Theatre AR  
1:30 Devotionals LTR  
2:30 Flex Your Brain CR  
3:30 Tunes with Ted! LR  
4:30 Dinner (Starts) DR

17 FRIDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B - Fit Exercise Class BMH  
11:00 Lunch Bunch! LA  
11:30 Lunch (Starts) DR  
1:45 Remembering: Christmas AR  
2:30 Understanding AR  
Technology: iPad  
3:00 Wine and Cheese Social LR  
4:30 Dinner (Starts) DR

18 SATURDAY

7:30 Breakfast (Starts) DR  
10:30 B - Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Saturday Afternoon Movie AR  
2:30 BINGO CR  
3:30 Walking Club LA  
4:30 Dinner (Starts) DR

19 SUNDAY

7:30 Breakfast (Starts) DR  
8:45 Woodmont Christian Church Service Pickup TBA  
8:45 Calvary United Service Pickup TBA  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
2:00 Flex Your Brain CR  
3:00 Better Than Thursday BMH  
4:00 Weekend Devotional BMH  
4:30 Dinner (Starts) DR

20 MONDAY

7:30 Breakfast (Starts) DR  
9:00 Christmas Movie AR  
9:30 Devotionals LTR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Visit to: Five Below Christmas Shopping LA  
3:00 Kristen Mitchell (In Concert at BAL) LA  
4:30 Dinner (Starts) DR

21 TUESDAY

**First Day of Winter**  
7:30 Breakfast (Starts) DR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
2:00 Town Hall BMH  
3:00 Tai -Chi Class w/ Peter BMH  
3:30 Walking Club LA  
4:30 Dinner (Starts) DR

22 WEDNESDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Bridge Game (Cards) 3CR  
1:00 Broadway Babies... AR  
2:30 Flex Your Brain CR  
3:00 Art Class w/ Cora BMH  
4:30 Elegant Dining Night DR

23 THURSDAY

7:30 Breakfast (Starts) DR  
10:30 B-Fit Exercise Class BMH  
11:00 Ukulele Lessons w/ Renee LR  
11:30 Lunch (Starts) DR  
1:00 Master Work's Theatre AR  
1:30 Resident Christmas Party "Winter Wonderland" BMH  
3:30 Tunes with Ted! LR  
4:30 Dinner (Starts) DR

24 FRIDAY

**Christmas Eve**  
7:30 Breakfast (Starts) DR  
9:30 Christmas Movie LTR  
10:30 B - Fit Exercise Class BMH  
11:00 Lunch Bunch! LA  
11:30 Lunch (Starts) DR  
1:45 History of Santa Clause AR  
2:30 Understanding AR  
Technology: Cell Phone  
3:00 Wine and Cheese Social LR  
4:30 Dinner (Starts) DR

25 SATURDAY

**Christmas Day**  
7:30 Breakfast (Starts) DR  
11:30 Lunch (Starts) DR

26 SUNDAY

7:30 Breakfast (Starts) DR  
8:45 Woodmont Christian Church Service Pickup TBA  
8:45 Calvary United Service Pickup TBA  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
2:00 Flex Your Brain CR  
3:00 This Day in History AR  
4:00 Weekend Devotional BMH  
4:30 Dinner (Starts) DR

27 MONDAY

7:30 Breakfast (Starts) DR  
9:00 Christmas Movie BMH  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Dollar Tree Outing LA  
3:00 InTouch: Which Came First? AR  
3:30 Step & Walk BMH  
4:30 Dinner (Starts) DR

28 TUESDAY

7:30 Breakfast (Starts) DR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:30 Devotionals LTR  
2:00 Optimum Life Health Talk AR  
3:00 "History of New Years Eve Celebration" AR  
3:30 Walking Club LA  
4:30 Dinner (Starts) DR

29 WEDNESDAY

7:30 Breakfast (Starts) DR  
9:30 Christmas Movie AR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
1:00 Broadway Babies... AR  
1:30 Bridge Game (Cards) 3CR  
2:30 Flex Your Brain CR  
4:30 Elegant Dining Night DR

30 THURSDAY

7:30 Breakfast (Starts) DR  
9:30 Devotionals LTR  
10:30 Ukulele Lessons w/ Renee LR  
10:30 B-Fit Exercise Class BMH  
11:30 Lunch (Starts) DR  
2:00 Master Work's Theatre AR  
2:30 Flex Your Brain CR  
3:30 Tunes with Ted! LR  
4:30 Dinner (Starts) DR

31 FRIDAY

**New Year's Eve**  
7:30 Breakfast (Starts) DR  
8:45 YMCA Drop Off LA  
9:30 Devotionals LTR  
11:00 Lunch Bunch! LA  
11:30 Lunch (Starts) DR  
1:45 InTouch: Exercise Class AR  
2:30 Understanding AR  
Technology: iPad  
Exploration  
3:00 Wine and Cheese Social LR

LOCATION KEY

SL - Skyline Lounge- 4th floor  
LTR - Lucilles Tea  
BMH - Belle Meade Hall  
AR - Activity Room  
DR - Dining Room  
C - Cafe  
LR - Living Room  
LA - Lobby Area  
2FC - 2ndFlr Card Room  
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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 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.