

S M T W Th F S

January 2021

CROSSINGS DAILY PATH

UPCOMING EVENTS

- 8:30 Breakfast
- 10:00 Fitness: B-Fit, Strengthening, Aerobics, Balance
- 10:30 Refreshments
- 11:00 Wisdoms: News/Views Past Perspectives, Mental Workout
- 12:30 Lunch
- 2:30 Creative/Art Expressions: Art Class, Drama/Improv, Cooking Groups, Gardening
- 3:00 Refreshments
- 3:30 Recreation: Organized Games, Walking Program, Dance, Fun!
- 4:00 Connections: Social, Self, Community, Java Music Club
- 5:00 Dinner
- 6:30 Evening Reflections: Music, Reading Groups, Spa time
- 7:00 Refreshments
Livelihood projects and individual pursuits throughout the day.

LOCATION KEY

- ITR - In Touch Room
- DR - Dining Room
- CC - Crossings Community
- ALC - Assisted Living Community
- LVR - Living Room
- CK - Country Kitchen

Brookdale Brookfield

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Brookfield, WI 53045
(262) 789-7499 | brookdale.com



31 January

10:00 B-Fit Exercise	ITR
10:30 Church Service	ITR
11:00 Brain Games	ITR
<i>Inspiring Art Day</i>	
2:30 Inspiring Verses	DR
3:30 Finish the Verse	DR
4:00 Vadicant Virtual Tour	ITR
6:30 Evening Worship	ITR

01 New Year's Day

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Roaring 20's Day</i>	
2:30 Golden Cooking	DR
3:30 Happy Hour	DR
4:00 Back to the 20's Talk	ITR
6:30 Throw Back Movie	ITR

02

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Inspiration Day</i>	
2:30 Inspriational Art	DR
3:30 Know Your Neighbors	DR
4:00 Inspiring Stories	ITR
6:30 Motivating Movie	ITR

03

10:00 B-Fit Exercise	ITR
10:30 Church Service	ITR
11:00 Brain Games	ITR
<i>Three Kings Day</i>	
2:30 Bible Study	DR
3:30 Trio Trivia	DR
4:00 3 Kings History	ITR
6:30 Evening Worship	ITR

04

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Pop Music Day</i>	
2:30 Drumming Group	DR
3:30 Pass the Beat Game	DR
4:00 Pop Legends	ITR
6:30 Music Night	ITR

05

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
2:30 Flower Arranging	CK
3:30 Bingo	DR
4:00 Java Music	ITR
6:30 Word Searches	CK

06

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>The Epiphany</i>	
2:30 Star Craft	DR
3:30 Scavenger Hunt	CC
4:00 Armenian Christmas	DR
6:30 Christmas Movie	ITR

07

10:00 Dancercise	DR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
2:30 Shirley Temple Making	DR
3:00 Life Sounds with Lisa	ITR
4:00 You be the Judge	ITR
6:30 Scrabble Club	CK

08

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Elvis's Birthday</i>	
2:30 Elvis Snacks	DR
3:30 Elvis Song Trivia	DR
4:30 Elvis Social	ITR
6:30 Elvis Movie	ITR

09

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Picnic Day</i>	
2:30 Sandwhich on a Stick	DR
3:30 Finish Lines Game	DR
4:30 All About Ants	ITR
6:30 Word Unscramble	CK

10

10:00 B-Fit Exercise	ITR
10:30 Church Service	ITR
11:00 Brain Games	ITR
<i>Peculiar People Day</i>	
2:30 Peculiar Bible People	DR
3:30 You be the Judge	DR
4:00 Hymns with Ann	ITR
6:30 Evening Worship	ITR

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Milk Day</i>	
2:30 Milk Art	DR
3:30 Milk Science	DR
4:00 Wisconsin History	ITR
6:30 Wisconsin Word Search	CK

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
2:30 Flower Arranging	CK
3:00 Bingo	DR
4:00 Java Music	ITR
6:30 Coloring Club	CK

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Squirrel Day</i>	
2:30 Squirrel Feeders	DR
3:30 Seed Collecting Game	DR
4:00 Squirrel Wars Stories	ITR
6:30 National Geographic	ITR

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10:00 Dancercise	DR
10:30 Coffee and News	ITR
<i>Trivia Day</i>	
11:00 Trivia	ITR
2:30 Staw/Banana Kababobs	DR
3:30 Jeopardy Competition	ITR
4:00 Trivia Deep Dive	ITR
6:30 Game Show Night	ITR

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Bagel Day</i>	
2:30 Bagel Dip	DR
3:30 Happy Hour	DR
4:00 History of the Bagel	ITR
6:30 New York Travel	ITR

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Winnie the Pooh Day</i>	
2:30 Book Craft	DR
3:30 Finish the Quote	DR
4:00 The Real Winnie	ITR
6:30 Book Club	CK

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10:00 B-Fit Exercise	ITR
10:30 Church Service	ITR
11:00 Brain Games	ITR
2:30 Bible Study	DR
3:30 Bible Trivia	DR
4:00 Hymns with Ann	ITR
6:30 Evening Worship	ITR

18 Martin Luther King Jr.

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
2:30 Dream Boards	DR
3:30 Quote Matching	DR
4:00 MLK History Group	ITR
6:30 MLK Crosswords	CK

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
2:30 Flower Arranging	CK
3:00 Bingo	DR
4:00 Java Music	ITR
6:30 Puzzle Group	CC

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Penguin Day</i>	
2:30 Penguin Craft	DR
3:30 Snowball Fight!	DR
4:00 Antarctic Travel Club	ITR
6:30 March of the Penguins	ITR

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10:00 Dancercise	DR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
2:30 Hot Coco Making	DR
3:00 Life Sounds with Lisa	ITR
4:00 Stories Behind Artwork	ITR
6:30 Coloring Club	CK

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Brain Games	ITR
<i>Blondie Day</i>	
2:30 Blondie Baking	DR
3:30 Happy Hour Trivia	DR
4:00 Weird Wisconsin	ITR
6:30 Hallmark Flick	ITR

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Pie Day</i>	
2:30 Pie in a Cup	DR
3:30 Fact or Fiction	DR
4:00 Homemaker Memories	ITR
6:30 Spot the Differnce	CK

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10:00 B-Fit Exercise	ITR
10:30 Church Service	ITR
11:00 Brain Games	ITR
<i>Compliment Day</i>	
2:30 Compliment Cards	DR
3:30 Bible Verses Discussion	DR
4:00 Hymns with Ann	ITR
6:30 Evening Worship	ITR

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Bubble Wrap Day</i>	
2:30 Bubble Flowers	DR
3:30 Bubble Wrap Game	DR
4:00 Bubble Wrap History	ITR
6:30 Numbered Drawings	CK

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
2:30 Flower Arranging	CK
3:00 Bingo	DR
4:00 Java Music	ITR
6:30 Poetry Group	CK

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Humor Day</i>	
2:30 Silly Songs	DR
3:30 Madd Libbs	DR
4:00 Comedian Group	ITR
6:30 Comedy Show	ITR

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10:00 Dancercise	DR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>National Geographic Day</i>	
2:30 Magazine Silhouettes	DR
3:30 Animal Sound ID	DR
4:00 Photography Group	ITR
6:30 National Geographic	ITR

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10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Puzzle Day</i>	
2:30 Puzzle Hearts	DR
3:30 Puzzle Hunt	CC
4:30 Puzzling Stories	ITR
6:30 Movie Mystery	ITR

30

10:00 B-Fit Exercise	ITR
10:30 Coffee and News	ITR
11:00 Trivia	ITR
<i>Seed Swap Day</i>	
2:30 Repotting Plants	DR
3:30 Resident Council	DR
4:00 Plant Group	ITR
6:30 Planet Earth	ITR

COMMUNITY CONNECTIONS



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Health and Wellness

New Year, New You!



It's the New Year! A fresh start and a time when many of us vow to make changes for the better. For some of us, those promises are forgotten a few weeks after they're made. That's often because they are a bit too lofty and perhaps too hard to maintain. The secret to making resolutions that stick is to keep them simple.

Making Healthy Changes

- **Set Realistic Goals** - Write down the steps that will help you achieve them.

- **Plan For Obstacles** - Figure out how to overcome them. Don't give up just because you've slipped.
- **Track Your Progress** - A journal or diary is one of the best tools for helping you stay focused and recover from slip-ups.
- **Get Help** - Ask friends and family for support. Consider enrolling in an online class or support program.
- **Reward Yourself** - Give yourself a healthy treat when you've achieved a small goal or milestone.
- **Add Variety** - Keep things interesting by adding new activities or expanding your goals to make them more challenging.

Make a plan to achieve your goal. It's possible that your healthy New Year's resolutions will just click into your normal everyday life,

but many people need to plan things out to make this happen. Establish a routine that will help turn your resolutions into healthy habits. Of course, you don't need a new year to make healthy changes; you can make them any time of the year. But New Year's is an opportunity to think about the improvements you'd like to make and then take concrete steps to achieve them. Set realistic goals, develop an action plan and set it in motion. Don't give up if you miss a step. When it comes to healthy decision making, it's better to do a little bit than nothing at all. Incorporate the Optimum Life six dimensions to help you reach your health and well-being goals to start the New Year and a new you!

Source: *NIH News in Health*

Wellness Challenge

Optimum Life Inspiration

A resolution to make major health changes all at once may seem overwhelming. Instead, try setting smaller achievable goals. Think baby steps rather than giant leaps. Make your new year a healthy one.

Be Well on Purpose!



Brookdale News

Brookdale Wins in 2020 J.D. Power Customer Satisfaction Study



Brookdale Senior Living has received a J.D. Power Award for ranking highest in the J.D. Power 2020 U.S. Senior Living Satisfaction Study. This was a survey of resident/family member/friend's satisfaction with senior living communities. J.D. Power announced earlier in November that Brookdale ranked #1/Highest in Customer Satisfaction (in a tie) with Assisted Living/Memory Care communities. Brookdale was ranked #1 in these four factors: Community Staff, Resident Activities, Resident Apartment/Living Unit, and Community Buildings and Grounds.

"I am so proud of our over 46,000 associates, who have earned this recognition. They have worked tirelessly during these extraordinary times on behalf of our residents and patients, focusing on what matters most," said Brookdale President and Chief Executive Officer Lucinda (Cindy) Baier. She added, "While maintaining high-quality standards during the pandemic, our teams made huge extra efforts to help protect our residents from hurricanes and wildfires, including evacuating residents and their pets when necessary. This is an incredible testament to the resilience and dedication of our teams. They have made countless sacrifices to successfully lead through the largest global health crisis in our lifetimes and an economic crisis while serving those most vulnerable to coronavirus. My gratitude continues for the Brookdale Everyday Heroes and the personal sacrifices they make to help support the health and wellbeing of our residents twenty-four hours a day, every single day."

Survey collection for the J.D. Power 2020 U.S. Senior Living Satisfaction Study was conducted June through August 2020.

An Engaged Life



The talented residents at Brookdale Fairhaven Assisted Living, in Bellingham, WA recently decided they wanted to do something to help their neighbors by donating more than 115 handmade beanie hats to the nearby Lighthouse Mission. The Knit & Crochet Group had gathered in their living room, working on an assortment of projects, when the idea was born to create handmade beanie hats to donate to the local un-housed population.

The group is no stranger to creating hats for causes in their area. They have produced many baby hats for the charity, "Newborns in Need." They had a need for infant kits for new babies born into crisis, and these creative and resourceful residents supplied the hats. Together the group knitted and crocheted 119 beanies for this year's cause. The ladies wanted to create functional, attractive, contemporary hats in dignified and beautiful colors to suit a variety of personalities.

The hope of the beanie creators is that the individuals at the Mission know that the hats were created by their neighbors with loving care, and a hope for a brighter future for those that will wear them. What a wonderful example of living an engaged life.