

1 SUNDAY	10:30 B-Fit 11:00 Flex Your Brain 12:30 Excursion: Star Drex A Purim Play 2:00 Matinee Movie 7:00 Evening Movie	3FL 3FL FR FL 3FL	2 MONDAY	10:30 B-Fit 11:00 Seated Volleyball 1:00 Jewelry Making 2:30 Seated Yoga 3:00 Discussion Hour 7:00 Resident Association Meeting 7:00 Evening Movie	3FL 3FL FL 3FL 3FL FL 3FL	3 TUESDAY	10:30 B-Fit 10:30 Purim Celebration 11:00 Ann's Creative Corner 1:00 Trivia B'Day Party 2:00 Yiddish Club 2:00 Balance Builders 2:45 Improv w/ Teri 7:00 Evening Movie	3FL FL 3FL FL 1FL 3FL C 3FL	4 WEDNESDAY	10:00 Morning Poetry Circle 10:00 Excursion: Botanic Gardens Orchid Show 12:30 Cook County Library Pick-up 1:00 Reader's Theater 1:30 Therapy Presents: Balance Builders 2:30 Parkinson's Power Moves 7:00 Evening Movie	3FL FR RFC FL 3FL FL 3FL	5 THURSDAY	10:30 B-Fit 11:00 Bunco 1:00 Women's Club 1:30 Wii Sports 2:30 Scrabble 7:00 Evening Movie	3FL 3FL FL 3FL 3FL 3FL	6 FRIDAY	10:30 B-Fit 10:30 Catholic Communion 11:00 Puzzle Club 1:30 Jackpot Bingo 2:30 Happy Hour 3:30 Shabbot w/ Rabbi Shimmy 7:00 Evening Movie	3FL C 3FL FL RFC FL 3FL	7 SATURDAY	10:30 B-Fit 11:00 Word Games 1:30 Jackpot Bingo 2:30 Food DIY 7:00 Evening Movie	3FL 3FL FL 3FL 3FL
8 SUNDAY	DAYLIGHT SAVING TIME 10:30 B-Fit 11:00 Flex Your Brain 1:00 Beach Volleyball 2:00 Matinee Movie 2:30 Bingo 7:00 Evening Movie	3FL 3FL 3FL FL 4FL 3FL	9 MONDAY	10:00 Book Club 10:30 B-Fit 11:00 Seated Volleyball 1:00 Jewelry Making 2:00 Caregiver Support Group 2:30 Seated Yoga 3:00 Discussion Hour 7:00 Evening Movie	PDR 3FL 3FL FL CON 3FL 3FL 3FL	10 TUESDAY	10:30 B-Fit 11:00 Ann's Creative Corner 1:00 Trivia B'Day Party 2:00 Balance Builders 2:45 Improv w/ Teri 7:00 Art Lecture: Watercolor Art 7:00 Evening Movie	3FL 3FL FL 3FL C FL 3FL	11 WEDNESDAY	10:00 Excursion: Omega Restaurant 10:00 Morning Poetry Circle 12:30 Cook County Lib Pick-Up 1:00 Reader's Theater 1:30 Therapy Presents: Balance Builders 2:30 Parkinson's Power Moves 3:00 Denise's Library Chat 7:00 Evening Movie	FR 3FL RFC FL 3FL FL L 3FL	12 THURSDAY	10:30 B-Fit 11:00 Bunco 1:00 Women's Club 1:30 Wii Sports 2:00 Therapy Talk 2:30 Scrabble 7:00 Evening Movie	3FL 3FL FL 3FL FL 3FL 3FL	13 FRIDAY	10:30 B-Fit 10:30 Catholic Communion 10:30 Artistic Expressions 11:00 Puzzle Club 1:30 Jackpot Bingo 2:30 Happy Hour 6:00 Shabbot w/ Cantor Elizabeth 7:00 Evening Movie	3FL C AR 3FL FL RFC FL 3FL	14 SATURDAY	10:30 B-Fit 11:00 Word Games 1:30 Jackpot Bingo 2:30 Food DIY 7:00 Evening Movie	3FL 3FL FL 3FL 3FL
15 SUNDAY	10:30 B-Fit 11:00 Flex Your Brain 1:00 Beach Volleyball 2:00 Matinee Movie 2:30 Bingo 5:30 March Madness Selection Coverage 7:00 Evening Movie	3FL 3FL 3FL FL 4FL FL 3FL	16 MONDAY	10:30 B-Fit 11:00 Seated Volleyball 1:00 Jewelry Making 2:00 Resident Engagement Chat 2:30 Seated Yoga 3:00 Discussion Hour 7:00 Evening Movie	3FL 3FL FL FL 3FL 3FL 3FL	17 TUESDAY	ST. PATRICK'S DAY 10:30 B-Fit 11:00 Ann's Creative Corner 1:00 St. Patrick's Day Party 2:00 Balance Builders 2:00 Yiddish Club 2:45 Improv w/ Teri 7:00 Evening Movie	3FL 3FL FL 3FL 1FL C 3FL	18 WEDNESDAY	10:00 Excursion: Kenosha Museum and Lunch 10:00 Morning Poetry Circle 12:30 Cook County Lib Pick-Up 1:00 Reader's Theater 1:30 Therapy Presents: Balance Builders 1:30 Lori's Monthly Med Chat 2:30 Parkinson's Power Moves 7:00 Evening Movie	FR 3FL RFC FL 3FL C FL 3FL	19 THURSDAY	10:30 B-Fit 11:00 Bunco 1:00 Women's Club 1:30 Wii Sports 2:30 Scrabble 2:30 Manager's Chat 7:00 Evening Movie	3FL 3FL FL 3FL 3FL FL 3FL	20 FRIDAY	10:30 B-Fit 10:30 Catholic Communion 11:00 Puzzle Club 1:30 Jackpot Bingo 2:30 Luau Happy Hour 3:30 Shabbot w/ Rabbi Shimmy 7:00 Evening Movie	3FL C 3FL FL RFC FL 3FL	21 SATURDAY	10:30 B-Fit 11:00 Word Games 1:30 Jackpot Bingo 2:30 Food DIY 7:00 Evening Movie	3FL 3FL FL 3FL 3FL
22 SUNDAY	10:30 B-Fit 11:00 Flex Your Brain 1:00 Beach Volleyball 2:00 Matinee Movie 2:30 Bingo 7:00 Evening Movie	3FL 3FL 3FL FL 4FL 3FL	23 MONDAY	10:30 B-Fit 11:00 Seated Volleyball 1:00 Jewelry Making 2:30 Seated Yoga 3:00 Discussion Hour 7:00 Evening Movie	3FL 3FL FL 3FL 3FL 3FL	24 TUESDAY	10:30 B-Fit 11:00 Ann's Creative Corner 1:00 Trivia B'Day Party 2:00 Balance Builders 2:00 Menu Chat 2:45 Improv w/ Teri 7:00 Evening Movie	3FL 3FL FL 3FL FL C 3FL	25 WEDNESDAY	10:00 Excursion: Casino 10:00 Morning Poetry Circle 12:30 Cook County Lib Pick-Up 1:00 Reader's Theater 1:30 Therapy Presents: Balance Builders 1:30 Healthy Food Demo 2:30 Parkinson's Power Moves 7:00 Evening Movie 7:00 Tim Wilsey Presents: Career of Sammy Davis	FR 3FL RFC FL 3FL FL 3FL FL	26 THURSDAY	10:30 B-Fit 11:00 Bunco 1:00 Women's Club 1:30 Wii Sports 2:30 Scrabble 7:00 Evening Movie	3FL 3FL FL 3FL 3FL 3FL	27 FRIDAY	10:30 B-Fit 10:30 Catholic Communion 10:30 Artistic Expressions 11:00 Puzzle Club 1:30 Jackpot Bingo 2:30 Happy Hour 6:00 Shabbot w/ Cantor Elizabeth 7:00 Evening Movie	3FL C AR 3FL FL RFC FL 3FL	28 SATURDAY	10:30 B-Fit 11:00 Word Games 1:30 Jackpot Bingo 2:30 Food DIY 7:00 Evening Movie	3FL 3FL FL 3FL 3FL
29 SUNDAY	10:30 B-Fit 11:00 Flex Your Brain 1:00 Beach Volleyball 2:00 Matinee Movie 2:30 Bingo 7:00 Evening Movie	3FL 3FL 3FL FL 4FL 3FL	30 MONDAY	10:30 B-Fit 11:00 Seated Volleyball 1:00 Jewelry Making 2:30 Seated Yoga 3:00 Discussion Hour 7:00 Evening Movie	3FL 3FL FL 3FL 3FL 3FL	31 TUESDAY	10:30 B-Fit 11:00 Ann's Creative Corner 1:00 Trivia B'Day Party 2:00 Balance Builders 2:00 Yiddish Club 2:45 Improv w/ Teri 7:00 Evening Movie	3FL 3FL FL 3FL 1FL C 3FL												

March 2026

Brookdale Vernon Hills
145 N. Milwaukee Ave.
Vernon Hills, IL 60061
(847) 793-2470
brookdale.com

Assisted Living
All activities are subject to change.

LOCATION KEY

- AR 1FL
- C Chapel
- FL Fireside Lounge
- FR Front Lobby
- GR Game Room
- L Library
- RFA Rainforest Atrium
- RFC Rainforest Cafe
- RFP Rainforest Pool
- P Patio
- 3FL 3rd Floor Traditional
- 4FL 4th Floor Traditional

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

March is National Nutrition Month - Newest Dietary Guidelines for Americans

March is National Nutrition Month, a perfect time to check in on the newest dietary guidelines from the U.S. Department of Health and Human Services. Though the guidance was met with some controversy, most experts endorse several elements that are especially relevant for older adults.

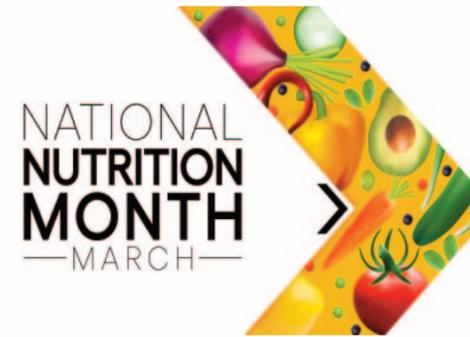
Protein is essential. As we age, our bodies need more protein to build and sustain muscle, maintain a healthy weight, repair tissues, combat frailty, preserve strength and carry out many other essential functions.

How much is enough? The new recommendation is approximately 0.54 to 0.73 grams of protein per pound of body weight per day. Most can achieve this with 20-30 grams of protein at three main meals and 10-15 grams in two or three snacks. That might look like a 3-egg veggie and cheese omelet with oatmeal for breakfast, 5 oz of Greek yogurt with berries for morning snack, a 4-6 oz grilled chicken breast salad for lunch, apple slices with peanut butter for afternoon snack, and a 4-6 oz salmon filet with vegetables and brown rice for dinner.

Choose wisely. Proteins that are lower in saturated fat, such as fish, beans, lentils, low fat dairy, poultry, and nuts, support heart and brain health. Limiting foods high in saturated fats, like fatty cuts of red meat, fried foods, and full-fat processed foods, helps protect blood vessels and cognitive function.

A note for kidney health. Increased protein is not recommended for those living with kidney disease. It's important to follow guidance from your healthcare provider based on your individual needs.

Prioritize real, nutrient-dense foods. Focus on whole foods, incorporating plenty of vegetables and fruits, and adding whole grains and healthy fats. Avoid processed foods and sugar and limit alcoholic beverages to round out a balanced pattern that supports overall well-being. [realfood.gov](https://www.realfood.gov)



Did You Know?

The Brookdale Resident Rewards program provides a great value to residents and their families. Right now, you can access an exclusive collection of perks and discounts on popular products, services and national retailers - just for being a Brookdale resident or family member.

You and your family could save on hundreds of items from electronics, pet supplies and home goods to event tickets, theme parks and vacation packages. And the best part? There is absolutely no cost to you to access and take advantage of these exclusive discounts and offers. With more fun rewards to come in the future, this is just one way to say thank you for choosing to call Brookdale home.

To get started, head over to [Brookdale.com/Rewards](https://brookdale.com/Rewards) and create your free account to access the Brookdale Resident Rewards portal.



Brookdale News

Brookdale raises \$1.2 million for the Alzheimer's Association Walk to End Alzheimer's

Brookdale Senior Living announced that it raised more than \$1.2 million in 2025 in support of the Alzheimer's Association Walk to End Alzheimer's®. This year's total brings Brookdale's 18-year fundraising impact to more than \$24 million in the fight to end Alzheimer's disease.

Brookdale business partners, associates, residents, and families across the country participated in Walk to End Alzheimer's events, reinforcing Brookdale's longstanding commitment to raising awareness, supporting research, and advancing care for those affected by Alzheimer's and other forms of dementia. Funds were also raised through company-wide initiatives, community events, resident-led efforts, and the annual Golf to End Alzheimer's fundraiser.

"We are incredibly proud of what our Brookdale business partners, residents, associates, and families have accomplished in the fight against Alzheimer's," Brookdale Chief Executive Officer Nick Stengle said. "Every dollar raised represents hope for continued research, greater awareness, and a future where Alzheimer's no longer defines so many lives."

Brookdale's ongoing support of the Walk to End Alzheimer's aligns with its focus on dementia care innovation, education, and advocacy.

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



Patti moved into Brookdale Central Paradise Valley with her husband Jim in September 2022. When they first toured the community, residents greeted them on the tour and according to Patti, the community felt alive, friendly and active. After the tour, Patti and her husband said, "We just found our new home."

Patti started meeting people like Betty and Jeanne who became her good friends. They convinced her to become a Welcome Ambassador for new residents moving into the community. Patti and Betty also have a shared interest in card making and together led classes for residents.

During her professional career Patti worked in banking and from those learned people skills, she helps support the resident store. Her passion of card making also flows to into this purposeful endeavor in which she makes the cards she sells in the store. Patti also supports her fellow residents in various activities.

Patti has really made the community her home. She even convinced her twin sister and her husband to move into the community about a year after Patti and her husband found their new Brookdale home. Patti is truly living an engaged life and wants to share it with everyone that walks through the front door.