

S M T W Th F S

**Brookdale Bath**  
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			<p><b>01</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 <b>Movie Matinee</b> 3TV 4:15 Men's Club AR 1B</p>	<p><b>02</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 Activity Cart 3:00 Music In Motion 6:30 Flex Your Brain 1B</p>	<p><b>03</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 <b>Cookie Making</b> AR 2:30 <b>Holiday Happy Hour</b> 1B 6:30 Bingo 1B</p>	<p><b>04</b></p> <p>11:00 Activity Packs 1B 11:30 B-Fit 1B 3:00 Saturday Matinee! 1TV 3:00 Room Visits</p>
<p><b>05</b></p> <p>10:45 B-Fit 1B 11:00 Daily Bread 2L 1:30 Creative Cornor 6:00 Flex Your Brain 1B</p>	<p><b>06</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 1:00 <b>Communion</b> 1TV 2:00 The Art of Life . . . 3L 6:30 Bingo! 1B</p>	<p><b>07</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 KNow Your Brain AR 2:15 Bible Study 3L 6:00 Flex Your Brain 1B</p>	<p><b>08</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 1:30 <b>Movie Matinee</b> 3TV 4:00 Men's Club AR</p>	<p><b>09</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 Activity Cart 2:30 <b>Holiday Crafting</b> AR 6:30 Flex Your Brain 1B</p>	<p><b>10</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 2:15 <b>Happy Hour!!</b> 1B W/ It's About Time 1B 6:30 Bingo</p>	<p><b>11</b></p> <p>11:00 Activity Packs 1B 11:30 B-Fit 1B 3:00 Room Visits 6:00 Evening Movie! 1TV</p>
<p><b>12</b></p> <p>10:45 B-Fit 1B 11:00 Daily Bread 2L 1:30 Creative Cornor 6:00 Flex Your Brain 1B</p>	<p><b>13</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 2:00 Mingle &amp; Lingo AR 6:30 Bingo! 1B</p>	<p><b>14</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:00 Craft Corner AR 2:15 Bible Study 3L 6:00 Flex Your Brain 1B</p>	<p><b>15</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 2:30 <b>Zumba Class</b> 1B 3:15 Bingo 1B 4:15 Men's Club AR</p>	<p><b>16</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 Word Challenge 1B 3:30 <b>Holiday Crafts</b> AR 6:30 Flex Your Brain 1B</p>	<p><b>17</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 2:00 <b>Happy Holidays Party!</b> DR Scott Evans Performs 6:30p Bingo</p>	<p><b>18</b></p> <p>11:00 Activity Packs 1B 11:30 B-Fit 1B 3:00 Saturday Matinee! 1TV 3:00 Room Visits</p>
<p><b>19</b></p> <p>10:45 B-Fit 1B 11:00 Daily Bread 2L 1:30 Creative Cornor 6:00 Flex Your Brain 1B</p>	<p><b>20</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 1:00 <b>Communion</b> 1TV 2:00 The Art of Life . . . 3L 6:30 Bingo! 1B</p>	<p><b>21</b> <b>First Day of Winter</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 2:15 Bible Study 3L 3:00 <b>Snowflake Art</b> AR 6:00 Flex Your Brain 1B</p>	<p><b>22</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 1:00 Flex Your Brain AR 2:00 <b>Birthday Social</b> 1B Harry Canary Performs</p>	<p><b>23</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 <b>Movie Matinee</b> 3TV 6:30 Flex Your Brain 1B</p>	<p><b>24</b> <b>Christmas Eve</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:00 Word Challenge 2:00 <b>Holiday Happy Hour</b> 1B Music By Kathy J</p>	<p><b>25</b> <b>Christmas Day</b></p> <p>10:30 Coffee Cart 1B 11:00 B-Fit 1B 3:00 Activity Cart 6:00 Evening Movie! 1TV</p>
<p><b>26</b></p> <p>10:45 B-Fit 1B 11:00 Daily Bread 2L 1:30 Creative Cornor 6:00 Flex Your Brain 1B</p>	<p><b>27</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 1:00 <b>Resident Council</b> AR 2:00 Mingle &amp; Lingo AR 6:30 Bingo! 1B</p>	<p><b>28</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:00 Craft Corner AR 2:15 Bible Study 3L 6:00 Flex Your Brain 1B</p>	<p><b>29</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit 3L 1:30 <b>Movie Matinee</b> AR 4:15 Men's Club AR 1B</p>	<p><b>30</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 1:30 Activity Cart 3:30 In Touch Games 1B 6:30 Flex Your Brain 1B</p>	<p><b>31</b> <b>New Year's Eve</b></p> <p>10:15 Traveling Coffee Cart 11:15 B-Fit AR 12:00 <b>Noon Years Eve Countdown</b> 1:30 New Year Puzzles AR 2:30 <b>New Year's Social Hour</b> 1B 6:30 Bingo 1B</p>	<p><b>LOCATION KEY</b></p> <p>1TV T.V.Lounge 3L 3rd Fl Library 1D 1st Fl Dining Room FP Front Porch 2CB Clare Bridge BO Bus Outing HS Hair Salon 1B 1st Fl Bistro</p>

# Health and Wellness

## Overcoming Holiday Blues



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!

## 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.