

COMMUNITY CONNECTIONS

September 2025



S	M	T	W	T	F	S
	01	02	03	04	05	06
	LABOR DAY					
	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 This Day In History LIV
	10:30 B-Fit: Balance ML	10:30 B-Fit: Cardio ML	10:30 B-Fit: Coordination ML	10:30 B-Fit: Core ML	10:30 B-Fit: Flexibility ML	10:30 Lets Move With Ken ML
	11:00 Flex Your Brain Trivia LIV	11:00 Arm Chair Travels & Talk LIV	11:00 Floating Art BIS	11:00 Remember When LIV	11:00 Musical Memories LIV	11:00 Checkmate Chess! BIS
	1:30 Dominos BIS	1:30 Word Games BIS	1:30 Virtual Hot Air Balloons LIV	1:30 Walk About OT	1:30 Word In A Word BIS	1:30 Creative Art FD
	2:30 Short Stories PAT	2:00 Live Entertainment ML	2:30 History 101 BIS	2:30 Cool Down Social BIS	2:30 Social Hour BIS	2:30 Patio Talk Social PAT
	3:00 Patio Social PAT	3:00 Happy Hour BIS	3:30 Rootbeer Float Social BIS	3:30 Mind Joggers BIS	3:30 BINGO!! BIS	3:30 Musical Memories LIV
	4:00 Guess Who? PAT	4:30 Positive Inspirations BIS	6:15 I Love Lucy TV	6:15 Gameshows LIV	6:15 Serious Word Search LIV	6:15 Classic TV LIV
	6:00 Monday Movie "9 To 5" LIV	6:00 Gaithers LIV	7:00 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV
07	08	09	10	11	12	13
GRANDPARENTS DAY						
10:00 This Day In History LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 This Day In History LIV
10:30 Lets Move With Ken ML	10:30 B-Fit: Balance ML	10:30 B-Fit: Cardio ML	10:30 B-Fit: Coordination ML	10:30 B-Fit: Core ML	10:30 B-Fit: Flexibility ML	10:30 Lets Move With Ken ML
11:00 Worship With A Friend LIV	11:00 Flex Your Brain Trivia LIV	11:00 Jenga! BIS	11:00 Book Nook LIB	11:00 Puzzle Palloza! LIB	11:00 Virtual Bird Watching LIV	11:00 Checkers BIS
1:30 UNO Card Game BIS	1:30 Scrabble BIS	1:30 Nat Geo's Yellowstone LIV	1:30 Visit A New Neighbor ML	1:30 Trivia LIV	1:30 Dominos BIS	1:30 Smithsonian American His LIV
2:30 Sundaes On Sundays! BIS	2:30 Social Hour BIS	2:30 Social Hour! BIS	2:30 Patio Chats And Laughs PAT	2:30 Couch Surf Social LIV	2:30 Social Hour Popcorn BIS	2:30 Happy Hour Social BIS
3:30 Word Search BIS	3:30 Kind Words Of Friendship BIS	3:30 Work Your Brain BIS	3:30 Share A Funny Memory PAT	3:30 Waltons TV	3:30 Feel Good Story BIS	2:30 Happy Saturday Social BIS
6:15 Family Movie LIV	6:15 Monday Movie Night LIV	6:15 Evening News TV	6:15 Classic TV LIV	6:00 Evening Patio Sit PAT	6:00 News Crew LIV	6:15 History Channel LIV
7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends	7:30 Refreshments LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends PAT	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/Friends LIV
14	15	16	17	18	19	20
10:00 This Day In History LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 This Day In History LIV
10:30 Lets Move With Ken ML	10:30 B-Fit: Balance ML	10:30 B-Fit: Cardio ML	10:30 B-Fit: Coordination ML	10:30 B-Fit: Core ML	10:30 B-Fit: Flexibility ML	10:30 Lets Move With Ken ML
11:00 Sunday Worship LIV	11:00 Flex Your Brain Trivia LIV	11:00 Armchair Travel Beijing LIV	11:00 Bridge BIS	11:00 Book Nook LIB	11:00 Virtual Train Ride LIV	11:00 Would You Rather FD
1:30 Jenga BIS	1:30 Mindful Art FD	1:30 Word Games FD	1:30 Music from Yester-year LIV	1:30 Puzzle Palloza! LIB	1:30 Resident Council LIV	1:30 Card Shark Bridge BIS
2:30 Sundaes on Sundays! BIS	2:30 Share Your Art Social BIS	2:00 Live Entertainment ML	2:30 Menu Chat w/Marcus BIS	2:30 Lets Be Social Hour BIS	2:30 Patio Punch PAT	2:30 Bring A Friend Social BIS
3:30 Word Puzzles FD	3:30 Positive Affirmations BIS	3:30 Tuesday Talk Social PAT	3:30 Food Trivia BIS	3:30 Share Travel Stories BIS	3:30 Share a Fall Memory PAT	3:30 Introduce your Friend BIS
6:00 Family Movie LIV	6:15 Gameshow Madness LIV	6:15 I Love Lucy LIV	6:15 Sit-Com Sit-In LIV	6:00 Armchair Travel Istanbul LIV	6:00 Jonny Carson Show LIV	6:15 Movie "Oklahoma!" LIV
7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV
21	22	23	24	25	26	27
		ROSH HASHANAH				
10:00 This Day In History LIV	10:00 Today's World News LIV	10:00 Todays World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 Today's World News LIV	10:00 This Day In History LIV
10:30 Lets Move With Ken ML	10:30 B-Fit: Balance ML	10:30 B-Fit: Cardio ML	10:30 B-Fit: Coordination ML	10:30 B-Fit: Core ML	10:30 B-Fit: Flexibility ML	10:30 Lets Move With Ken ML
11:00 Resident Worship LIV	11:00 Flex Your Brain Scamble FD	11:00 Learning Rosh Hashanah FD	11:00 Cards with Friends BIS	11:00 Uno! LIB	11:00 Antiques Roadshow LIV	11:00 Maine in September LIV
1:30 Virtual Sistine Chapel LIV	1:30 Write Your Story FD	1:30 Travel To Jerusalem LIV	1:30 Health Talk w/Suncrest ML	1:30 Travel to Amish Country LIV	1:30 Word Games FD	1:30 Descramble Word Game FD
2:30 Sundaes on Sundays! BIS	2:30 Share Your Story Social BIS	2:30 Social Hour! BIS	2:30 Social Hour BIS	2:30 Quilt Creative Art TV	2:30 Ice Cream Social Hour BIS	2:30 Lets Talk Fall Social BIS
3:30 Stories of School Dances BIS	3:30 Word Puzzles FD	3:30 Kindness Korner FD	3:30 Checkers BIS	3:30 Short Story LIV	3:30 50's Music BIS	3:30 Creative Fall Art BIS
6:00 Lawrence Welk LIV	6:00 Andy Griffith Show LIV	6:00 Gaithers LIV	6:00 Mash LIV	6:15 Movie "Richer or Poorer" LIV	6:15 Movie "Carousel" LIV	6:00 Movie "Joyful Noise" LIV
7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends	7:30 Refreshments w/ Friends LIV
28	29	30				
10:00 This Day In History LIV	10:00 Today's World News LIV	10:00 Today's World News LIV				
10:30 Lets Move With Ken ML	10:30 B-Fit: Balance ML	10:30 B-Fit: Cardio ML				
11:00 Worship Hour LIV	11:00 Flex Your Brain Trivia LIV	11:00 Lets Visit Turkey LIV				
1:30 Dominos BIS	1:30 Monday Matinee Movie LIV	1:30 Water Color Painting BIS				
2:30 Sundaes on Sundays! BIS	2:30 Monday Madness Social BIS	2:30 Pepsi Challenge Social BIS				
3:30 Sunday Differences FD	3:30 Football Game! TV	3:30 Pepsi History BIS				
6:00 Lawrence Welk LIV	6:00 News Crew LIV	6:00 Gilligans Island LIV				
7:30 Refreshments w/ Friends LIV	7:00 Refreshments w/ Friends LIV	7:30 Refreshments w/ Friends LIV				

Brookdale Oakwood
1701 Far Hills Avenue
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Assisted Living
All activities are subject to change.

LOCATION KEY

AL Assisted Living	TV Television Room
BIS Bistro	LIB Library
BR Bus Ride	CY Court Yard
LIV Living Room	DR Dining Room
OT Outing	ML Main Lobby
POR Porch	

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

Grandparents Day: Celebrating Legacy and the Science of Generativity

On September 7, we celebrate Grandparents Day, observed the first Sunday of September after Labor Day, since 1978. The statute declaring the day a national holiday states the day's purpose is, "to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of strength, information, and guidance older people can offer."

The holiday's purpose brings to mind a concept first introduced by psychologist Erik Erikson in 1963, called generativity — the desire to contribute to the well-being of future generations. Whether sharing a life lesson, mentoring a younger person, or just offering kindness and presence, these simple acts represent powerful, and I believe sometimes undervalued, expressions of generativity.

Why it Matters – for Grandchildren and for Grandparents

When young adults receive support and guidance from older mentors, research suggests they experience increased resilience, emotional intelligence, and a stronger sense of identity and meaning. Intergenerational programs have also been shown to enhance empathy and social skills in children and adolescents, while decreasing ageist attitudes. And it appears the benefits of intergenerational relationships aren't just one-way. Studies suggest that generativity promotes well-being among older adults by reinforcing purpose in life, reducing depression, and even supporting cognitive health. This may be particularly true when older adults have strong social support and opportunities to contribute.

This Grandparents Day, take a moment to reflect not just on the grandchildren you may have, but on all the ways you've invested in others — as a parent, teacher, friend, or community member. Your experience, your stories, and your care matter deeply.

Sources: *Nationaltoday.com, Environmental Research and Public Health. 2022*



Did You Know?

Brookdale's Friends for Life Incentive



Friends for Life (FFL) is an incentive program to encourage residents and families to tell their family and friends about living at Brookdale. Relationships and friendships support a culture of community and social connectedness within both Brookdale and the greater community. For each referral that moves into a community, the current (referring) resident receives fabulous rewards. See your ED or sales team for more details.

How to refer friends:

1. Tell us the name of a friend who would love to live at your community
2. If your friend moves in, you'll qualify for a rent credit*
3. Refer more friends for even more rent credits, and have more friends in your community!

**Terms and conditions apply.*



COMMUNITY CONNECTIONS

September 2025

Brookdale News

September Starts the Season of Protection: Time to Get Vaccinated

We are committed to your overall well-being and September marks the start of the fall vaccination season, making it the perfect time to ensure you're up to date on important vaccines. Living in a senior community means sharing meals, activities, and friendships—which also means it's especially important to protect yourself and those around you from illness.

The Centers for Disease Control and Prevention (CDC) recommends that adults aged 65 and older stay current with key vaccinations to help prevent serious illness, hospitalization, and complications. Beginning this month, on-site clinics will offer a variety of vaccines (as available), including those for COVID-19, flu, RSV, pneumonia, measles and shingles.

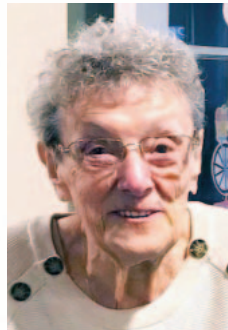
Most costs are covered by Medicare Parts A, B, and D, as well as Medicaid and many private insurance plans. Camille Jordan, Senior Vice President of Clinical Services at Brookdale, highlights the value of community-based vaccination: "Getting vaccinated is one of the simplest ways to stay well and enjoy everything your community has to offer. Community clinics help ensure residents receive timely immunizations, which helps protect everyone."

If you're not sure whether you're up to date, speak with your Brookdale Health & Wellness Director or your healthcare provider. They can help you decide what's right for your health.

Taking this simple step now can help keep you protected as we head into colder months—when flu and respiratory illnesses tend to spread. Let's stay proactive and help keep our community safe and healthy for all.



An Engaged Life



Virginia, a resident of Brookdale Kenmore is a beloved sister, mother, grandmother, and great-grandmother. She enjoyed a fulfilling 20-year career at TMP Technologies in Buffalo, NY and now embraces life with a zest for learning and connection. Virginia has a range of hobbies and interests including reading and watching movies, listening to music, playing games, and the occasional casino trip.

Since moving into Brookdale Kenmore in October 2023, Virginia has fully immersed herself in community life. She's become more independent, social, and open to new experiences—adopting a positive outlook and greater understanding of others. As she puts it, "We are all here for different reasons," a sentiment that helps guide her open-heart approach to those around her.

Virginia is a proud member of the Helping Hands committee at the community which supports those in need through meaningful projects like creating Easter baskets for domestic violence survivors and writing cards to Meals on Wheels recipients. She also contributes creatively such as donating seasonal décor, bringing in flowers for the garden, and assisting fellow residents. "I've found myself coming out of my shell," she says, and it's clear she's making the most of every moment. Virginia's life is a testament to the joy of serving others and staying engaged.

Assisted Living

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