

S M T W Th F S

Brookdale West Hartford
22 Simsbury Road
West Hartford, CT 06117
(860) 523-9899 | brookdale.com

LOCATION KEY

B	AR	FP	Front Porch
AR	Activity Room	2LV	2Living Room
L	Lobby	LB	Library
DR	Dining Room	3FL	Clare Bridge
W	Wellness Center	IPL	TV Room
LR	Living Room	PDR	Private Dining Room
			<small>License Number</small>

04 Passover Ends / Easter

10:15	B-Fit Exercise	AR
11:00	Sunday Coffee Chat	AR
1:30	Easter Egg Hunt!	L
2:30	Movie Matinee: TBD	AR

05

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	Family Feud Game!	AR
3:30	Historical Showing: TBD	AR
6:15	Evening Movie: TBD	AR

06

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Hollywood Icons	AR
1:30	National Caramel Popcorn Day! Room Cart	AR
2:30	Manicures	AR
3:30	Elvis Concert	AR
6:15	Evening Movie: TBD	AR

07

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Brain Buster Trivia!	AR
2:30	Family Feud Game!	AR
3:30	Documentary Hour	AR
6:15	Evening Movie: TBD	AR

08

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Category Bingo	AR
2:30	Open Art Class	AR
4:00	Happy Hour!	AR
6:15	Evening Movie: TBA	AR

09

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	World Travels	AR
3:30	Big Band Music & Drinks!	AR
6:15	Evening Movie: TBD	AR

10

10:15	B-Fit Exercise	AR
11:00	Coffee Discussion Group	AR
1:30	Flex Your Brain: Trivia Challenge!	AR
2:30	Movie Matinee: TBD	AR

11

10:15	B-Fit Exercise	AR
11:00	Sunday Coffee Chat	AR
1:30	Flex Your Brain: Category Bingo	AR
2:30	Movie Matinee: TBD	AR

12

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	Historical Showing: TBD	AR
3:30	National Licorice Day! Room Cart	AR
6:15	Evening Movie: TBD	AR

13

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Resident Council Meeting	AR
1:30	Menu Chat with Jose	AR
2:30	Manicures	AR
3:30	Big Band Music	AR
6:15	Evening Movie: TBD	AR

14

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Brain Buster Trivia!	AR
2:30	Riddles	AR
3:30	Documentary Hour	AR
6:15	Evening Movie: TBD	AR

15 Tax Day

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Category Bingo	AR
2:30	Flower Arranging	AR
4:00	Happy Hour!	AR
6:15	Evening Movie: TBA	AR

16

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	World Innovations	AR
3:30	Checkers with Friends!	AR
6:15	Evening Movie: TBD	AR

17

10:15	B-Fit Exercise	AR
11:00	Coffee Discussion Group	AR
1:30	Flex Your Brain: Trivia Challenge!	AR
2:30	Movie Matinee: TBD	AR

18

10:15	B-Fit Exercise	AR
11:00	Sunday Coffee Chat	AR
1:30	Flex Your Brain: Category Bingo	AR
2:30	Movie Matinee: TBD	AR

19

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	Historical Showing: TBD	AR
3:30	My Life Story	AR
6:15	Evening Movie: TBD	AR

20

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Hollywood Icons	AR
2:30	Manicures	AR
3:30	Glenn Miller Concert	AR
6:15	Evening Movie: TBD	AR

21

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Brain Buster Trivia!	AR
2:30	Family Feud Game!	AR
3:30	Documentary Hour	AR
6:15	Evening Movie: TBD	AR

22

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Category Bingo	AR
2:30	Open Art Class	AR
4:00	Happy Hour!	AR
6:15	Evening Movie: TBA	AR

23

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	National Cherry Cheesecake Day! Cart	AR
3:30	World History	AR
6:15	Evening Movie: TBD	AR

24

10:15	B-Fit Exercise	AR
11:00	Coffee Discussion Group	AR
1:30	Flex Your Brain: Trivia Challenge!	AR
2:30	Movie Matinee: TBD	AR

25

10:15	B-Fit Exercise	AR
11:00	Sunday Coffee Chat	AR
1:30	Flex Your Brain: Category Bingo	AR
2:30	Movie Matinee: TBD	AR

26

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	Family Feud Game!	AR
3:30	Historical Showing: TBD	AR
6:15	Evening Movie: TBD	AR

27

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Hollywood Icons	AR
2:30	Manicures	AR
3:30	Dean Martin Concert	AR
6:15	Evening Movie: TBD	AR

28

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Brain Buster Trivia!	AR
2:30	National Blueberry Pie Day! Room Cart	AR
3:30	Documentary Hour	AR
6:15	Evening Movie: TBD	AR

29

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Category Bingo	AR
2:30	Painting	AR
4:00	Happy Hour!	AR
6:15	Evening Movie: TBA	AR

30

10:15	B-Fit Exercise	AR
11:00	Coffee and News	AR
1:30	Flex Your Brain: Word in a Word	AR
2:30	World Innovations	AR
3:30	Big Band Music & Drinks!	AR
6:15	Evening Movie: TBD	AR



COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Prioritizing Your Well-Being



During this time of social distancing, it is important to stay active for both your emotional and physical health.

Each day, it is important to prioritize your well-being despite all that is going on around you. Here are a few tips and inspiration for overall well-being.

Stay connected to family and friends using technology or your phone. Make a list of family and friends to interact with daily. Try things like a virtual breakfast, lunch, or dinner with family or friends.

Optimum Life Inspiration

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.” ~ Mandy Hale

Be Well on Purpose!

To schedule a virtual visit with your family, please reach out to a Resident Programs associate.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Stay connected spiritually - Attend virtual religious services via the television or online. Consider checking in with a fellow parishioner over the phone and see how they are doing.

Call a friend or family member that you have been wishing to connect with that lives far away. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

Stay connected through music. Music nourishes the brain. Play some music that

you enjoy listening to on the radio, television or on an electronic device.

Note of Thanks - Try to take note of when people do a good job and find ways to give recognition. For example: a hand written note or card, a call, or perhaps an email to them.

Take time out for activities you enjoy. Read a good book, watch a comedy, play a fun board or video game, make something—whether it’s a new recipe, a craft, or a piece of art. It doesn’t matter what you do, as long as it takes you out of your worries.

Breathing Exercise - Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling more relaxed.

Brookdale News

Brookdale Surpasses Raising \$18 Million for Alzheimer’s Care, Support and Research



In a year like no other, Brookdale Senior Living continued to be a leader in fundraising to fight Alzheimer’s disease. During 2020, in the midst of serving and supporting tens of thousands of residents, patients, and associates during the global COVID-19 pandemic, the Brookdale team maintained its commitment to supporting those seeking a cure for Alzheimer’s and raised almost \$1.2 million as a National Team for the Alzheimer’s Association Walk to End Alzheimer’s. With this contribution, Brookdale has raised more than \$18 million since 2008 to support the care, support and research efforts of the Alzheimer’s Association.

“I am incredibly grateful for the compassion and commitment of all the members of our Brookdale team,” said Lucinda (“Cindy”) Baier, Brookdale’s President and Chief Executive Officer. “It is incredible and admirable that, despite all the hardships and challenges that 2020 brought, our team still kept in their hearts the need to fight Alzheimer’s. They still found ways to continue our tradition of supporting this important cause.” Baier added, “Within Brookdale’s Clare Bridge communities where we offer specialized dementia care with a person-centered approach, we see the impact of Alzheimer’s every day. We look forward to the day when there is a cure and support this cause fully.”

An Engaged Life



Mary Bullock, a resident at Brookdale Monrovia, CA since 2019, regards everyone with respect, kindness and compassion. It is why she has spent her life serving others, while also being a trailblazer as the first African American to work at Arcadia Methodist Hospital. Having begun as a Certified Nursing Assistant, Mary finished her 35 years of service as a Registered Nurse in the Emergency Room.

Since moving to Brookdale Monrovia, Mary has discovered new interests and new passions through engagement with other residents. She recently took up painting and says her work is turning out pretty good. Mary has continued to live an engaged life by trying new things, cultivating friendships and increasing a sense of belonging and well-being for those around her.

Although she has officially retired from nursing, Mary continues to serve others and use her gift of empathy. She notices those who are lonely, draws them into friendship and helps them get connected. And she encourages fellow residents to stay healthy by inviting them to join her for the B-Fit exercise classes. Once a nurse always a nurse. Mary truly sees her community as an extension of the life she lived before moving to Brookdale.