

S M T W Th F S

Brookdale Bellevue
4330 Onondaga Blvd.
Syracuse, NY 13219
(315) 468-5108 | brookdale.com



<p>05</p> <p>10:30 B-Fit WL 11:00 Coffee & News DR 3:00 Ice Cream Social FL</p>	<p>06</p> <p>10:00 B-Fit- Upper Body WL 10:30 Wii Bowling WL 11:30 Coffee & Hot Coco WL 2:00 Holiday Create a Word WL 3:00 Happy Hour FL</p> <p>Happy Birthday Marion!</p>	<p>07</p> <p>10:30 Rosary WL 11:00 Dance With Me! -Emily WL 11:30 Coffee Hour FL 2:00 Bingo! DR 3:00 Manicures & Hand Massage AR 4:00 Scrabble FL 6:15 Outing to Lights on the Lake OOB</p>	<p>01</p> <p>10:00 B-Fit- Cardio WL 10:30 Trimming the Tree WL 1:00 Food Council WL 1:30 Resident council WL & Programs Chat WL 3:00 Decking the Halls WL 4:00 Mix & Mingle FL</p>	<p>02</p> <p>10:00 B-Fit- Head to Toe WL 10:30 Communion WL 11:00 Coffee Hour FL 2:00 Bingo! DR 3:15 Making Christmas Shadow Boxes AR 4:00 Social Hour FL</p>	<p>03</p> <p>10:00 B-Fit- Morning Stretch WL 10:30 Wii Bowling WL 11:30 The Price is Right WL 2:00 Afternoon Movie! WL Miracle on 34th Street 3:30 Social Hour FL</p>	<p>04</p> <p>10:00 B-Fit WL 10:45 Coffee Hour FL 1:00 Wii Bowling FL</p>
<p>12</p> <p>10:30 B-Fit WL 2:00 Jewelry Making AR 3:00 Ice Cream Social FL</p>	<p>13</p> <p>10:00 B-Fit- Upper Body WL 10:30 Wii Bowling WL 11:30 Coffee & Hot Coco WL 2:00 Music with Jilissa FL 3:00 Scrabble FL 4:00 Social Hour FL</p> <p>Happy Birthday Zigg!</p>	<p>14</p> <p>10:00 B-Fit- Lower Body WL 10:30 Rosary WL 11:00 Name the Christmas Carol WL 2:00 Bingo! DR 3:00 Monthly Birthday Party FL 4:00 Yahtzee! FL 6:15 Outing to Lights on the Lake OOB</p>	<p>15</p> <p>10:00 B-Fit- Cardio WL 10:30 Communion & Mass WL 11:00 Coffee & Chats WL 2:00 Making Ornaments AR 3:00 Boggle FL 4:00 Mix & Mingle FL 6:30 Carolers FL</p>	<p>16</p> <p>10:00 B-Fit- Head to Toe WL 10:30 Holiday Family Feud WL 11:15 Coffee & Chats FL 2:00 Bingo! DR 3:00 Making Gingerbread Houses AR 4:00 Mix & Mingle</p>	<p>17</p> <p>10:00 B-Fit- Morning Stretch WL 10:30 Wii Bowling WL 11:30 The Price is Right WL 2:00 Afternoon Movie! WL A Christmas Carol 3:30 Social Hour FL</p>	<p>18</p> <p>10:00 B-Fit WL 10:45 Coffee Hour FL 1:00 Wii Bowling FL</p>
<p>19</p> <p>10:30 B-Fit WL 2:00 WordSearch Finds FL 3:00 Ice Cream Social FL</p>	<p>20</p> <p>10:00 B-Fit-Upper Body WL 10:30 Wii Bowling WL 11:30 Coffee & Hot Coco WL 1:00 Dr. Couch/ Podiatrist WL 2:00 Music w/ The Puma's WL 3:00 Family Feud WL 4:00 Happy Hour FL</p>	<p>21 First Day of Winter</p> <p>10:00 B-Fit- Lower Body WL 10:30 Rosary WL 11:00 Coffee Hour FL 12:00 Most Festive Christmas Sweater Contest FL 2:00 Bingo! DR 3:00 Pretty Nails AR 4:00 Social Hour FL</p>	<p>22</p> <p>10:00 B-Fit-Cardio WL 10:30 100 Words WL 11:00 Coffee & Chats WL 2:00 Christmas Trivia WL 3:00 Holiday Party with Howie Bartolo WL 4:00 Social Hour FL Happy Birthday Natalie!</p>	<p>23</p> <p>10:00 B-Fit-Head to Toe WL 10:30 Communion WL 11:15 Frosting & Decorating Christmas Cookies AR 2:00 Bingo DR 3:15 Christmas Cookie Social FL 4:00 Card Club FL</p>	<p>24 Christmas Eve</p> <p>10:00 B-Fit- Morning Stretch WL 10:30 Wii Bowling WL 11:30 Coffee Hour WL 2:00 Afternoon Movie! WL It's A Wonderful Life 3:30 Mix & Mingle FL</p>	<p>25 Christmas Day</p> <p>10:00 Walking Club WL 10:45 Coffee Hour FL 12:00 Christmas Dinner DR 2:00 Christmas Movie WL 3:00 Social Hour FL</p> <p>Merry Christmas!</p>
<p>26</p> <p>10:30 B-Fit WL 2:00 News & Views DR 3:00 Ice Cream Social FL</p>	<p>27</p> <p>10:00 B-Fit-Upper Body WL 10:30 Wii Bowling WL 11:30 Coffee & Hot Coco WL 2:00 Holiday Wheel of Fortune WL 3:00 Happy Hour FL 4:00 Social Hour FL</p>	<p>28</p> <p>10:00 B-Fit- Lower Body WL 10:30 Rosary WL 11:00 Coffee Hour FL 2:00 Bingo! DR 3:00 Create a Word WL 4:00 Mix & Mingle FL</p>	<p>29</p> <p>10:00 B-Fit- Cardio WL 10:30 Family Feud WL 11:00 Coffee & Chats WL 2:00 Making Potpourri Mason Jars AR 3:00 Happy Hour FL 4:00 Jenga! FL</p>	<p>30</p> <p>10:00 B-Fit- Head to Toe WL 10:30 Communion WL 11:00 Coffee & Chats WL 2:00 New Year's Kick off Party with Jerry Cali WL 3:30 Wishes for the New Year WL 4:00 Social Hour FL</p>	<p>31 New Year's Eve</p> <p>10:00 B-Fit-Morning Stretch WL 10:30 Wii Bowling WL 11:30 The Price is Right WL 2:00 Bingo! WL 3:00 Social Hour FL</p>	<p>LOCATION KEY</p> <p>FL Front Lobby GL Garden Lounge WL West Lounge SL Sports Lounge EL East Lounge AR Activity Room SD Self Directed TB Throughout Building</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.