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# December 2021

## THE DAILY Path

### UPCOMING EVENTS

- 08:00 Breakfast
- 10:15 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:30 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

### LOCATION KEY

- LR - Living Room
- CK - Country Kitchen
- DR - Dining Room
- AR - Activity Room
- WL - West Lounge
- TB - Throughout Building
- EL - East Lounge
- CY - Courtyard
- EX - Exercise Room

License Number

### Brookdale Bellevue

4330 Onondaga Blvd.  
Syracuse, NY 13219

(315) 468-5108 | brookdale.com



05

- 10:15 B-Fit Balance LR
- 10:30 Virtual Church Services LR
- 11:00 Word In A Word LR
- 2:00 Ice Cream Social LR
- 2:30 Solace Time LR
- 3:00 Sing & Stretch LR
- 4:00 Sounds of the Holidays LR
- 6:30 Scents of Winter LR

06

- 10:15 B-Fit Flexibility LR
- 11:00 Catch Phrases LR
- 11:30 Would You think? LR
- 2:00 Music with Jilissa EL
- 2:30 Holiday Trivia CK
- 3:00 Arm Stretching LR
- 4:00 Classic Music LR
- 6:30 Miracle on 34th Street LR

07

- 10:00 Rosary LR
- 10:15 B-Fit - Lower Body LR
- 11:00 Dance With Me EMILYEL
- 2:00 Candy Cane Craft CK
- 2:30 Scrambled Up Words LR
- 3:00 Jazzy Hands LR
- 4:00 Christmas Carols LR
- 6:30 Lights On The Lake Out LR

08

- 10:15 B-Fit - Upper Body LR
- 11:00 Fun Facts LR
- 11:30 Green & Gold LR
- 2:00 Making Ornaments AR
- 2:30 I Say... You Say CK
- 3:00 Keep It Up LR
- 4:00 Music for the Holiday LR
- 6:30 Carolers in the House TB

09

- 10:15 B-Fit - Cardio LR
- 11:00 Christmas Puzzles LR
- 11:30 Smell & Touch Test LR
- 2:00 Gingerbread Houses AR
- 2:30 Christmas Crosswords CK
- 3:00 Touch & Tap LR
- 4:00 Music Maker LR
- 6:30 Nail Spa LR

10

- 10:15 B-Fit - Core & Relax LR
- 11:00 Catch Phrases LR
- 11:30 Looks Like LR
- 2:00 Christmas Cookies CK
- 2:30 Word Finds CK
- 3:00 Snowball Toss LR
- 4:00 Music Memories LR
- 6:30 Mystery Flavors LR

11

- 10:15 B-Fit Coordination LR
- 11:00 Name Five LR
- 11:30 Mystery Flavors LR
- 2:00 Paint with me CK
- 2:30 Out of the Box CK
- 3:00 Penny Pitch LR
- 4:00 Rosemary Clooney LR
- 6:30 Sensory Group LR

12

- 10:15 B-Fit Balance LR
- 10:30 Virtual Church LR
- 11:00 Brain Crunches LR
- 2:00 Ice Cream Social LR
- 2:30 Sentimental Reflections CK
- 3:00 Rollerball LR
- 4:00 Music To My Ears LR
- 6:30 Sensory Sorting LR

13

- 10:15 B-Fit Flexibility LR
- 11:00 Word Scramblers LR
- 11:30 What's That Scent? LR
- 2:00 Music with the Pumas WL
- 2:30 Fill In The Blank CK
- 3:00 Jingle Bell Stretches LR
- 4:00 Christmas Carols LR
- 6:30 The Christmas Story LR

14

- 10:00 Rosary WL
- 10:15 B-Fit - Lower Body LR
- 11:00 Repeat After Me LR
- 2:00 Christmas Painting CK
- 2:30 Sort It Out CK
- 3:00 Swat It LR
- 4:00 Swing Music LR
- 6:30 Swinging on a Star LR

15

- 10:15 B-Fit - Upper Body LR
- 11:00 Tell The Truth LR
- 11:30 Tactile Touch LR
- 2:00 We Blend CK
- 2:30 Tactiles and Tunes CK
- 3:00 Music w/Howie Bartolo WL
- 4:00 Standard Singers LR
- 6:30 Hand Massages LR

16

- 10:15 B-Fit - Cardio LR
- 11:00 Finish The Phrase LR
- 11:30 Hot Coco Chats LR
- 2:00 Snackactivities CK
- 2:30 In The News CK
- 3:00 Kicking Up Our Feet LR
- 4:00 Jazzy Christmas LR
- 6:30 Sift & Sorting LR

17

- 10:15 B-Fit - Core & Relax LR
- 11:00 Start Me Off LR
- 11:30 Storytellers LR
- 2:00 Mint and More CK
- 2:30 Relaxation Station CK
- 3:00 Jazzy Steps LR
- 4:00 Ringing The Bells LR
- 6:30 Stress busters LR

18

- 10:15 B-Fit Coordination LR
- 11:00 Word Games LR
- 11:30 In The News Today LR
- 2:00 Pine Cone Crafts CK
- 2:30 This Or That CK
- 3:00 Penny Pitch LR
- 4:00 Elvis Christmas LR
- 6:30 Lavender Hands LR

19

- 10:15 B-Fit Balance LR
- 10:30 Virtual Church LR
- 11:00 Adult Coloring LR
- 2:00 Ice Cream Social LR
- 2:30 Winter Scenery CK
- 3:00 Snow Ball Toss LR
- 4:00 Christmas Carols LR
- 6:30 Sensory Sort LR

20

- 10:15 B-Fit Flexibility LR
- 11:00 Match Up LR
- 11:30 Nail Spa LR
- 2:00 Modeling CK
- 2:30 Mind Twisters CK
- 3:00 Music and Nature LR
- 4:00 Music LR
- 6:30 Charlie Brown Christmas LR

21

#### First Day of Winter

- 10:00 Rosary WL
- 10:15 B-Fit - Lower Body LR
- 11:00 Which One Works? LR
- 2:00 Gift Wrapping CK
- 2:30 Smells of Winter CK
- 3:00 Afternoon Stretches LR
- 4:00 Burl Ives LR
- 6:30 Winter Scenery Video LR

22

- 10:15 B-Fit - Upper Body LR
- 11:00 Old Wives Tales LR
- 11:30 Quiet Relaxation LR
- 2:00 Snackactivities CK
- 2:30 Southern Saying CK
- 3:00 Stretch and Sway LR
- 4:00 Christmas Carols LR
- 6:30 Night Owls LR

23

- 10:15 B-Fit - Cardio LR
- 11:00 State Facts LR
- 11:30 Frosting Cookies AR
- 2:00 Super Snacks CK
- 2:30 Today in Headlines CK
- 3:00 Conversation Balls LR
- 4:00 Nutcracker Suite LR
- 6:30 Fire Place Chats LR

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#### Christmas Eve

- 10:15 B-Fit - Core & Relax LR
- 11:00 Christmas Trivia LR
- 11:30 Candy Cane Taste Test LR
- 2:00 Christmas Card Craft CK
- 2:30 Touch & Taste CK
- 3:00 Snowball Toss LR
- 4:00 Christmas Carols LR
- 6:30 Lavender Hands LR

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#### Christmas Day

- 10:15 B-Fit Coordination LR
- 11:00 Christmas Parade LR
- 11:30 Holiday Scents LR
- 2:00 Bake & Take Treats CK
- 2:30 Remember When! CK
- 3:00 Jingle Bell Stretch LR
- 4:00 Singing Carols LR
- 6:30 Hot Coco Treats!! LR

26

- 10:15 B-Fit Balance LR
- 10:30 Virtual Church LR
- 11:00 Mind Joggers LR
- 2:00 Ice Cream Social LR
- 2:30 Solace Time CK
- 3:00 Move with Me LR
- 4:00 Music To My Ears LR
- 6:30 Massages LR

27

- 10:15 B-Fit Flexibility LR
- 11:00 Things That Bounce LR
- 11:30 Reading Circle LR
- 2:00 TimeSlips CK
- 2:30 Top of the Mountain CK
- 3:00 Toss It LR
- 4:00 The Jazzman LR
- 6:30 Its A Wonderful Life LR

28

- 10:00 Rosary LR
- 10:15 B-Fit - Lower Body LR
- 11:00 Morning Greetings LR
- 2:00 Large Canvases CK
- 2:30 Folding/Sorting CK
- 3:00 Forever Fit LR
- 4:00 Ella Sings LR
- 6:30 Dream Sounds LR

29

- 10:15 B-Fit - Upper Body LR
- 11:00 DREAM Words LR
- 11:30 Eggnog by the Fire LR
- 2:00 Dough Matters CK
- 2:30 Making Potpourri Jars AR
- 3:00 Lower Body Exercise LR
- 4:00 Easy Listening LR
- 6:30 Eye Masks LR

30

- 10:15 B-Fit - Cardio LR
- 11:00 Collages LR
- 11:30 Charles Dickens LR
- 2:00 Christmas Lanterns CK
- 2:30 Party with Jerry Cali CK
- 3:00 Christmas Charades LR
- 4:00 Clancy Brothers Music LR
- 6:30 Chicken Soup 4/Soul LR

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#### New Year's Eve

- 10:15 B-Fit - Core & Relax LR
- 11:00 Chinese Checkers LR
- 11:30 Book Club LR
- 2:00 Bird Feeders CK
- 2:30 Bird Watching CK
- 3:00 Bend and Flex LR
- 4:00 Big Band Music LR
- 6:30 Bird Song Relaxation LR



# 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 send her a gift and 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.