

S M T W Th F S

**Brookdale New Port Richey**  
6400 Trouble Creek Road  
New Port Richey, FL 34653  
(727) 847-2980 | brookdale.com

### LOCATION KEY

HC Heritage Court  
MDR Main Dining Room  
MM McMillan Manor  
STU Studios  
HH Holland House  
HCG Heritage Court Garden

AL6024

**04** **Passover Ends / Easter**  
9:00 BFit HC  
9:30 Easter Service MDR  
10:00 Jewelry Making HC  
1:00 Flex Your Brain Trivia HH  
2:00 Beatlemania Day-  
Let's Listen to Some of  
Their Greatest Hits HH

**05**  
9:00 BFit HC  
10:15 Brookdale Market HC  
1:30 Conversations in Aging HH  
Join us for a webinar on  
Living a Brain Healthy  
Lifestyle

**06**  
9:00 B-Fit HC  
10:00 Rosary HC  
10:00 Vase Chalking HC  
2:00 Bingo HC  
6:00 Ladies Night HC

**07**  
9:00 BFit HC  
10:00 Veterans Picture Day LIB  
All veterans come for  
pictures!  
10:30 Menu Chat MDR  
1:00 Reminisce-My Love Story HH  
2:00 National Walking Day-  
Lets go walking! LIB

**08**  
9:00 B-Fit HC  
10:00 Marbles Tournament HC  
10:15 Brookdale Market HC  
1:00 Flex Your Brain HH  
2:00 High Rollers HC  
7:00 Bible Study w/Marilyn HC

**09**  
9:00 B-Fit HC  
10:00 Mythical Painting HC  
Happy Hour MDR  
1:30 HC, STU, MM  
2:15 HH, VIL  
3:10 Rays Home Opener chan.31 HH  
Join us for the game and  
have popcorn & peanuts

**10**  
9:00 BFit HC  
10:00 Painting with Marbles HC  
1:00 Karaoke Classics HH  
2:00 BINGO MDR  
Mystery Bus Ride  
10am, 1pm, 2pm, 3pm  
Sign up at front desk-  
limited seating

**11**  
9:00 BFit HC  
10:00 National Submarine Day HH  
Genes going to talk Subs  
1:00 Flex Your Brain Trivia HH  
2:00 Naval History Video and  
discussion. Let's learn  
about our Navy!  
Pledge at the Flag Pole HH

**12**  
9:00 BFit HC  
10:15 Brookdale Market HC  
1:00 Activity Chat HH  
2:00 Wine Tasting HH  
Come join us as we  
sample a variety of  
wines and cheeses.

**13**  
9:00 B-Fit HC  
10:00 Rosary HC  
10:00 Just Peachy Painting HC  
2:00 Bingo HC  
6:00 Ladies Night HC  
Nat. Peach Cobbler Day!

**14**  
9:00 BFit HC  
10:00 International Day of  
Laughter- Lets paint  
Funny Things While We  
Tell Funny Stories HC  
10:30 Menu Chat MDR  
1:00 Planter Box Building HCG

**15** **Tax Day**  
9:00 B-Fit HC  
10:00 Davinci Day- Let's paint  
Our Own Masterpiece HC  
10:15 Brookdale Market HC  
1:00 Flex Your Brain HH  
2:00 High Rollers HC  
7:00 Bible Study w/Marilyn HC

**16**  
9:00 B-Fit HC  
10:00 Tree Bead Hangers HC  
Happy Hour MDR  
1:30 HC, STU, MM  
2:15 HH, VIL  
Please come at your  
buildings scheduled time

**17**  
9:00 BFit HC  
10:00 Let's Paint Daffy Duck-  
It's his Birthday 1937!! HC  
1:00 Karaoke Classics HH  
2:00 BINGO MDR  
Mystery Bus Ride  
10am, 1pm, 2pm, 3pm  
sign up at front desk

**18**  
9:00 BFit HC  
10:00 Barnum's Animal Drawing HC  
1:00 Flex Your Brain Trivia HH  
2:00 National Animal Cracker  
Day-Let's eat this tasty  
treat dipped in assorted  
yummy goodness! HH

**19**  
9:00 BFit HC  
10:15 Brookdale Market HC  
Resident Council MDR  
Will be held in small  
groups. Please sign up  
at the Front Desk.  
2pm, 2:45pm, 3:15pm

**20**  
9:00 B-Fit HC  
10:00 Rosary HC  
10:00 Create your own-  
Throw Pillow HC  
2:00 Bingo HC  
3:30 Garden Club Meeting HCG  
Join the Garden Club  
6:00 Ladies Night HC

**21**  
9:00 BFit HC  
10:00 Pastel Art HC  
10:30 Menu Chat MDR  
1:00 Activity Chat HH  
2:00 Tea Social for -  
National Tea Day HH

**22**  
9:00 B-Fit HC  
10:00 Jelly Bean Bouquets HC  
10:15 Brookdale Market HC  
1:00 Flex Your Brain HH  
2:00 High Rollers HC  
3:00 Celebrate Nature-  
Garden Planting HCG  
7:00 Bible Study w/Marilyn HC

**23**  
9:00 B-Fit HC  
10:00 Necklace Making HC  
Happy Hour MDR  
1:30 HH, VIL, MM  
2:15 STU, HC  
Please come at your  
buildings scheduled time

**24**  
9:00 BFit HC  
10:00 Yarn Wreath Crafting HC  
1:00 Karaoke Classics HH  
2:00 BINGO HC  
Mystery Bus Ride  
10am, 1pm, 2pm, 3pm  
Sign up at front desk-  
limited seating

**25**  
9:00 BFit HC  
10:00 Pigs in Blanket Painting HC  
1:00 Flex Your Brain Trivia HH  
2:00 Pigs in the Blanket Day-  
Let's celebrate by  
eating them :) HH

**26**  
9:00 BFit HC  
10:15 Brookdale Market HC  
1:00 My Life Story HH  
5:00 \*\*Water the Garden\*\* HCG

**27**  
9:00 B-Fit HC  
10:00 Rosary HC  
10:00 Make Your Own Lava Lamp HC  
2:30 Cooking w/Dante! MDR  
4:30 Ladies Night In HC

**28**  
9:00 BFit HC  
10:00 Fascinator Making for the  
Kentucky Derby! HC  
10:30 Menu Chat MDR  
1:00 Dance like nobody is  
watching to celebrate  
International Dance Week HC  
2:00 Bingo HC

**29**  
9:00 B-Fit HC  
10:15 Brookdale Market HC  
1:00 Flex Your Brain HH  
2:00 High Rollers HC  
7:00 Bible Study w/Marilyn HC  
5:00 \*\*Water the Garden\*\* HCG

**30**  
9:00 B-Fit HC  
10:00 Arbor Day Tree Planting HCG  
Happy Hour MDR  
1:30 HC, STU, MM  
2:15 HH, VIL  
Please come at your  
buildings scheduled time



## 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.

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.

### 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!*

## 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.