

COMMUNITY CONNECTIONS

August 2025

S	M	T	W	T	F	S
August 31 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 2:00 Puzzle Building GR 3:00 Farkle AR	Brookdale Courtyard Puyallup 4610 6th Street Place Southeast Puyallup, WA 98374 (253) 841-9722 brookdale.com <small>Assisted Living All activities are subject to change.</small>		LOCATION KEY AR Activity Room DR Dining Room LB Library TV TV Room LR Living Room BO Bus Outing FP Front Patio PD Private Dining BP Back Patio FD Front Desk GR Game Room		01 9:00 Flex Your Brain AR 9:30 Bus Trip: BO 10:00 B-Fit: Dance AR 2:00 BINGO! DR 3:00 Social Hour BP	02 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 1:30 DIY Crafts DR 3:00 Bunco AR
03 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 2:00 Puzzle Building GR 3:00 Farkle AR	04 10:00 B-Fit: Yoga AR 10:30 Aromatherapy Meditation AR 2:00 BINGO! DR 3:00 Mexican Train Dominoes DR 3:30 Bible Study AR	05 10:00 B-Fit: Weights AR 10:45 Catholic Communion AR 10:45 Coffee Chat LR 2:00 Drum Cardio AR 3:00 Shuffleboard AR 3:30 Bunco AR	06 Medical Shuttle Day 10:00 B-Fit: Cardio AR 10:45 The Nanny: AR 2:00 Corn Hole Competition BP 3:00 Wine Down Wednesday DR 3:00 Farkle AR	07 Medical Shuttle Day 10:00 B-Fit: Weights AR 10:45 Coffee Chat LR 10:45 Mindful Coloring AR 2:00 Putting Challenge DR 3:30 Bunco AR 3:45 Activities Chat AR	08 9:00 Flex Your Brain AR 9:30 Bus Trip: BO 10:00 B-Fit: Dance AR 2:00 BINGO! DR 3:00 Social Hour BP	09 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 1:30 DIY Crafts DR 3:00 Bunco AR
10 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 2:00 Puzzle Building GR 3:00 Farkle AR	11 10:00 B-Fit: Yoga AR 10:30 Aromatherapy Meditation AR 2:00 BINGO! DR 3:00 Mexican Train Dominoes DR 3:30 Bible Study AR	12 10:00 B-Fit: Weights AR 10:45 Catholic Communion AR 10:45 Coffee Chat LR 2:00 Drum Cardio AR 3:00 Shuffleboard AR 3:30 Bunco AR	13 Medical Shuttle Day 10:00 B-Fit: Cardio AR 10:45 The Nanny: AR 2:00 Corn Hole Competition BP 3:00 Wine Down Wednesday DR 3:00 Farkle AR	14 Medical Shuttle Day 10:00 B-Fit: Weights AR 10:45 Coffee Chat LR 10:45 Mindful Coloring AR 2:00 Putting Challenge DR 3:30 Bunco AR	15 9:00 Flex Your Brain AR 9:30 Bus Trip: BO 10:00 B-Fit: Dance AR 2:00 BINGO! DR 3:00 Social Hour BP	16 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 1:30 DIY Crafts DR 3:00 Bunco AR
17 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 2:00 Puzzle Building GR 3:00 Farkle AR	18 10:00 B-Fit: Yoga AR 10:30 Aromatherapy Meditation AR 2:00 BINGO! DR 3:00 Mexican Train Dominoes DR 3:30 Bible Study AR	19 10:00 B-Fit: Weights AR 10:45 Catholic Communion AR 2:00 Resident Town Hall DR 3:00 Shuffleboard AR 3:30 Bunco AR	20 Medical Shuttle Day 10:00 B-Fit: Cardio AR 10:45 The Nanny: AR 2:00 Corn Hole Competition BP 3:00 Wine Down Wednesday DR 3:00 Farkle AR	21 Medical Shuttle Day 10:00 B-Fit: Weights AR 10:45 Coffee Chat LR 10:45 Mindful Coloring AR 2:00 Putting Challenge DR 3:30 Bunco AR	22 9:00 Flex Your Brain AR 9:30 Bus Trip: BO 10:00 B-Fit: Dance AR 2:00 BINGO! DR 3:00 Social Hour BP	23 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 1:30 DIY Crafts DR 3:00 Bunco AR
24 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 1:00 Summer Fun Carnival OS 2:00 Puzzle Building GR 3:00 Farkle AR	25 10:00 B-Fit: Yoga AR 10:30 Aromatherapy Meditation AR 2:00 BINGO! DR 3:00 Mexican Train Dominoes DR 3:30 Bible Study AR	26 10:00 B-Fit: Weights AR 10:45 Catholic Communion AR 10:45 Coffee Chat LR 1:30 Menu Chat DR 2:00 Drum Cardio AR 3:00 Shuffleboard AR 3:30 Bunco AR	27 Medical Shuttle Day 10:00 B-Fit: Cardio AR 10:45 The Nanny: AR 1:00 Corn Hole Competition BP 3:00 Wine Down Wednesday DR 3:00 Farkle AR	28 Medical Shuttle Day 10:00 B-Fit: Weights AR 10:45 Coffee Chat LR 10:45 Mindful Coloring AR 2:00 Putting Challenge DR 3:30 Bunco AR	29 9:00 Flex Your Brain AR 9:30 Bus Trip: BO 10:00 B-Fit: Dance AR 2:00 BINGO! DR 3:00 Social Hour BP	30 10:00 B-Fit Exercise AR 10:45 Coffee Chat LR 1:30 DIY Crafts DR 3:00 Bunco AR



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The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

What Does It Really Mean to Be Happy? Celebrating Happiness Happens Month

August is Happiness Happens Month, the national observance, started in 2000 by a group known as the Secret Society of Happy People, is dedicated to the pursuit of happiness. So what exactly does it mean to be happy? Although there are many different definitions, researchers who study the science of happiness often define happiness in two key ways—both of which we can nurture throughout our lives.

The first is hedonic well-being—the classic idea of happiness as feeling good. This includes positive emotions like joy and gratitude, fewer negative emotions, and overall satisfaction with life. The second is eudaimonic well-being, which focuses on meaning, purpose, and personal growth. Together, they form what scientists call subjective well-being.

Older adults often score higher on life satisfaction than younger people, especially when they focus on relationships, routines, and values that matter most. Perhaps with age we accumulate life experiences that enable a better understanding of how maintaining close relationships and participating in personally meaningful activities contribute to happiness. Or maybe we learn that small actions—like expressing gratitude, helping others, or spending time in nature—lead to greater well-being.

Research suggests that positive emotions have a number of health benefits, such as lower stress and inflammation, better immune response and lower risk of certain diseases. Happiness can also indirectly improve health by promoting better sleep, healthier eating patterns, and more active lifestyles.

The key takeaway is that joy doesn't have to be loud or constant. It can be quiet, meaningful, and built through everyday choices. **What's one thing that gave you a sense of meaning—or a moment of joy—today?** Sources: NIH, Geriatrics and Gerontology



Did You Know?

Feedback is a Gift

At Brookdale, it is our mission to enrich lives every day, and we strive to create the best possible experience for our residents and their families. Your feedback is a gift. Below is how you can share with us.

Fill Out a Survey

You may be randomly selected to receive a survey via mail, email from Brookdale, or a third party organization such as U.S. News or J.D. Power. All you have to do is fill it out and send it back. Your feedback is important to us and we appreciate you taking the time to complete a survey. All responses will remain anonymous unless you choose to self-identify.

Give Us a Call or Email

Feel free to provide feedback to your local community managers at any time, or call the Resident & Family Connection Line at **(877) 400-5296** or email familyconnection@brookdale.com. An associate will be happy to connect with you.

Brookdale News

Brookdale Senior Living Celebrates Resident Wellness with National B-Fit Day

As part of our commitment to health and well-being, Brookdale Senior Living communities across the country participated in a nationwide group exercise experience.

On May 28, residents, families, and team members across the country joined together for Brookdale's signature B-Fit workout, Brookdale's unique well-being program, offering residents enjoyable, accessible physical activities tailored to support overall health and connection. The program is grounded in gerontological research and designed to enhance quality of life through movement, fun, and togetherness.

The inaugural National B-Fit Day exemplifies Brookdale's commitment to innovative, resident-centered care and engagement. With 647 communities across the U.S., Brookdale continues to lead the way in holistic senior living experiences. The goal of the program is to provide opportunities for residents to participate in regular physical activity that supports their well-being and functional abilities.

"At Brookdale, we know that staying active supports not only physical health, but emotional and cognitive well-being too," said Brookdale Senior Vice-President of Resident and Family Engagement Sara Terry. "National B-Fit Day brings our mission to life—with our residents across the country engaging in B-Fit to highlight our commitment to overall well-being!"



An Engaged Life



Elaine, a resident at Brookdale Green Hills Cumberland has called Nashville home since 1967. The daughter of a law professor and dean at Southern University in Baton Rouge, LA, she spent her early years attending the university's lab school during a time of segregation. It was during those formative years, as she watched children from the neighboring Louisiana School for the Blind, that Elaine found her calling—to work with children who are visually impaired.

By the time school systems were integrated, Elaine was among the first Black young women to attend Saint Joseph Academy which led her to George Peabody College for Teachers. Elaine dedicated 44 years to the Tennessee School for the Blind, where she served as both a teacher and administrator, leaving a lasting legacy of compassion and excellence.

After her beloved husband Toyo of 53 years passed away in 2023, Elaine's children encouraged her to explore senior living communities for both safety and social connection. While initially hesitant, Elaine quickly found her place at Brookdale Green Hills Cumberland, where her vibrant personality shines. Known for her quick wit, warmth, and remarkable storytelling, Elaine has become a beloved Resident Ambassador at the community. Whether she's leading bingo night, welcoming and helping to orient new residents, or chatting with friends in the dining room, Elaine continues to inspire those around her with her humor, resilience, and her generous spirit.