

THE DAILY Path

UPCOMING EVENTS

- 7:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 10:45 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 12:30 Creative/Crafts/Art and Clustered Groups
- 1:30 Physical
- 2:00 Refreshments
- 3:00 Music/ Intergenerational
- 4:00 Dinner
- 6:00 Sensory/News and Reading Groups
- 6:30 Refreshments

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

LOCATION KEY

- DR - Dining Room
- O - Outdoors
- VR - Van Ride
- AR - Activity Room
- L - Library
- LR - Library Room
- AL - Assisting Living
- TV - TV Room



**01**  
 10:00 B-Fit DR  
 10:45 Flex Your Brain DR  
 12:30 Tea Time DR  
 1:30 Nature Appreciation O  
 3:00 Bingo at The NeighborsAL  
 6:00 IN2L Sensory DR

**02**  
 10:00 B-Fit DR  
 10:45 Animal Engagement DR  
 12:30 Manicures DR  
 1:30 Nature Walk O  
 3:00 Kids Say What? DR  
 6:00 In Today's News... DR

**03**  
 10:00 B-Fit DR  
 10:45 Crossword Puzzles DR  
 12:30 Birthday Social DR  
 2:00 Birdwatching O  
 3:00 Bingo at The NeighborsAL  
 6:00 InTouch Exploration DR

**04**  
 10:00 B-Fit DR  
 10:30 Smoothie Boosts DR  
 12:30 Baking LER  
 1:30 Yoga O  
 3:00 Entertainer: Vincent Z. DR  
 6:00 World News DR

**05**  
 10:00 B-Fit DR  
 10:45 Music Of Our Lives Discussion DR  
 1:30 Soaking Up the Sun! O  
 12:30 Home Remedies DR  
 3:00 Favorite Musician DR  
 6:00 Puzzles DR

Happy Birthday, Birgit!

**06**  
 10:00 B-Fit DR  
 10:45 Spirituality Group DR  
 12:30 Open Art Studio DR  
 1:30 Walking Club O  
 3:00 Reminiscing DR  
 6:00 Independent Reading DR

**07**  
 10:00 B-Fit DR  
 10:45 Brain Health DR  
 12:30 Van Ride VR  
 1:30 Stretching O  
 3:00 Music Request DR  
 6:00 Newspaper Social DR

**08**  
 10:00 B-Fit DR  
 10:45 Sorting It Out DR  
 12:30 Tea Time DR  
 1:30 Walking Club O  
 3:00 Bingo at The NeighborsAL  
 6:00 Historical Events DR

**09**  
 10:00 B-Fit DR  
 10:45 Sound Identification DR  
 12:30 Macramé Making DR  
 2:00 Nature Walk O  
 3:00 InTouch Singalong DR  
 6:00 Aromatherapy DR

**10**  
 10:00 B-Fit DR  
 10:45 Sorting it Out DR  
 12:30 Origami DR  
 1:30 Chair Dancing DR  
 3:00 Bingo at The NeighborsAL  
 6:00 InTouch Exploration DR

**11**  
 10:00 B-Fit DR  
 11:30 InTouch Quiz DR  
 12:30 Personal Pies DR  
 1:30 Garden Walk O  
 3:00 Music with Brad & Debby DR  
 6:00 In Today's News DR

**12**  
 10:00 B-Fit DR  
 10:45 What's That Sound? DR  
 12:30 Let's Write a Story DR  
 1:30 Walk off Your Lunch O  
 3:00 Big Band Hour DR  
 6:00 Current Events DR

**13**  
 10:00 B-Fit DR  
 10:45 Spirituality Group DR  
 12:30 Open Art Studio DR  
 1:30 Body Stretch O  
 3:00 Music Request Hour DR  
 6:00 Short Story Club DR

**14** Flag Day  
 10:00 B-Fit DR  
 10:45 Brain Benders DR  
 12:30 Origami DR  
 1:30 Fort Tuthill Trip VR  
 3:00 Musical Trivia DR  
 6:00 Newspaper Social DR

**15**  
 10:00 B-Fit DR  
 10:45 Brain Games DR  
 12:30 Tea Time DR  
 1:30 Nature Appreciation O  
 3:00 Bingo at The NeighborsAL  
 6:00 Immersive Sound DR

**16**  
 10:00 B-Fit DR  
 10:45 Animal Engagement DR  
 12:30 Step In Style DR  
 1:30 Nature Walk O  
 3:00 Karaoke DR  
 6:00 Dementia Support Group DR

**17**  
 10:00 B-Fit DR  
 10:45 Resident Council Meeting DR  
 12:30 Watercolor Fun DR  
 1:30 Ring Toss O  
 3:00 Bingo at The NeighborsAL  
 6:00 Smooth Jazz DR

**18**  
 10:00 B-Fit DR  
 10:45 Short Story Club DR  
 12:30 Summer Craft! DR  
 1:30 Garden Walk DR  
 3:00 Karaoke w/ Dennis AL  
 6:00 In Today's News DR

**19**  
 10:00 B-Fit DR  
 10:45 Mental Workout DR  
 12:30 Pencil Sketching DR  
 1:30 Toss & Talk O  
 3:00 Name That Tune DR  
 6:00 Easy Listening DR

Happy Birthday to Priscilla & Mary Louise!

**20** Father's Day  
 10:00 B-Fit DR  
 10:45 Dad Trivia DR  
 12:30 Father's Day Craft DR  
 1:30 Walking Club O  
 3:00 Famous Songs About Dads DR  
 6:00 Reminisce About Dad! DR

**21**  
 10:00 B-Fit DR  
 10:45 Sudoku DR  
 12:30 Small Group Painting DR  
 1:30 Scenic Drive VR  
 3:00 Elvis Hour DR  
 6:00 Newspaper Social DR

**22**  
 10:00 B-Fit DR  
 10:45 Word Challenge DR  
 12:30 Tea Time DR  
 1:30 Walking Club DR  
 3:00 Bingo at The NeighborsAL  
 6:00 Historical Events DR

**23**  
 10:00 B-Fit DR  
 10:45 Common Phrases DR  
 12:30 Step In Style DR  
 1:30 Nature Walk O  
 3:00 Smooth Jazz DR  
 6:00 I Love Lucy DR

**24**  
 10:00 B-Fit DR  
 10:45 Past vs. Present DR  
 12:30 Pet Art DR  
 1:30 Yoga O  
 3:00 Bingo at The NeighborsAL  
 6:00 InTouch Exploration DR

**25**  
 10:00 B-Fit DR  
 10:45 Puzzle Club DR  
 12:30 Cookie Cutters DR  
 1:30 Garden Walk O  
 3:00 Happy Hour DR  
 6:00 In Today's News DR

**26**  
 10:00 B-Fit DR  
 10:45 Tounge Twisters DR  
 12:30 Adult Coloring DR  
 1:30 Yoga O  
 3:00 Country Music Hour DR  
 6:00 World Travel Sim. DR

Happy Birthday, Tamiko!

**27**  
 10:00 B-Fit DR  
 10:45 Spirituality Group DR  
 12:30 Open Art Studio DR  
 1:30 Body Stretch O  
 3:00 50's Music Hour DR  
 6:00 Short Story Club DR

**28**  
 10:00 B-Fit DR  
 10:45 Brain Benders DR  
 12:30 Park Trip VR  
 1:30 Yoga O  
 3:00 Kids Say What? DR  
 6:00 Newspaper Social DR

**29**  
 10:00 B-Fit DR  
 10:45 Common Phrases DR  
 12:30 Tea Time DR  
 1:30 Stretching O  
 3:00 Bingo at The NeighborsAL  
 6:00 Aromatherapy DR

**30**  
 10:00 B-Fit DR  
 10:45 Funny Animals DR  
 12:30 Puzzle Club DR  
 1:30 Outdoor Exploration O  
 3:00 Show Tunes DR  
 6:00 Soft Sounds DR

Happy Birthday, John!

**Brookdale Flagstaff**  
 2100 South Woodlands Village Blvd.  
 Flagstaff, AZ 86001  
 (928) 779-7045 | brookdale.com

# Health and Wellness

## Connecting Through Technology



**S**ocial Connection is a feeling of belonging and closeness to other people. Connection is a core psychological need, essential to our sense of well-being. Social connections are different for everyone and change throughout your life. Scientists have identified neural networks in the brain that drive us to connect, in other words, our brains are wired for social connection.

### 3 Components of Social Connectedness

#### Socialization:

Interacting with others

#### Social Support:

Emotional support through difficult times

#### Social Belonging:

Being a part of something bigger than yourself

Healthy social connections have many benefits including

lower rates of anxiety and depression. Social connection creates a positive feedback loop of social, emotional, and physical well-being.

*(Source: Stanford Medicine Center for Compassion and Altruism Research)*

Technology can help us overcome barriers to connection. If you can't travel across the country, or even drive across town, you can connect virtually. The three main technologies that can help you to socially connect are video chat, social media, texting and email.

**Video Chat** allows people to connect virtually face to face over the internet when they cannot see each other in person. You can use the following devices to video chat: computer, smartphone, table or smart display. There are multiple video chat applications, although the most common are: FaceTime, Zoom, and Google Duo.

**Social Media** websites are designed for social networking. You can share pictures, videos or text and interact with others. Social media can help you connect with old friends and family members as well as find new connections with shared

interests. The most popular social media applications are: Facebook, Instagram and Twitter.

Be cautious on social media. To ensure you feel confident and safe while keeping in touch online, follow these social media tips:

1. Set your privacy settings
2. Selectively choose your friends
3. Share carefully
4. Use private messaging
5. Watch out for scams

Technology is changing how we communicate and connect in our world. Leverage technology as a tool to support real life connection, not as a substitute for real life interaction.

### Resources

- Techboomers.com is a free educational website that teaches older adults and other inexperienced internet users with basic computer skills about websites that can help improve their quality of life.
- AARP.com offers great resources including articles relating to seniors and technology.

*Be Well on Purpose!*

## COMMUNITY CONNECTIONS

June 2021

### Brookdale News

Helping Seniors Live Their Best Lives. **Cindy Baier, Brookdale President & CEO**



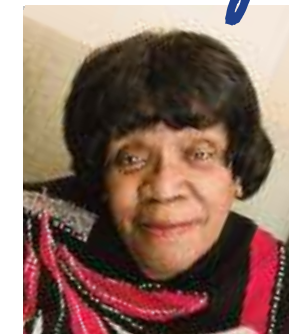
**A**s a Brookdale resident, you've experienced first-hand that Brookdale is all about helping older adults live their best lives. Supporting your wellbeing requires a balance between both your physical and emotional health. So, even during the height of the COVID-19 pandemic, we worked hard to provide new experiences for you and your family. We also developed welcome plans to ensure move-in processes were made easier while still following federal, state – and our own – safety guidelines. Even with a pandemic, we have been pleased to welcome thousands of new residents

across the country and appreciate the opportunity to enrich so many lives!

We are a company filled with servant leaders who unite around our mission to enrich the lives of those we serve in a culture built on our cornerstones of passion, courage, partnership and trust. During the most difficult times the country has faced, our everyday heroes have, together, overcome incredibly difficult challenges to help ensure your safety and wellbeing.

Our focus on what matters most will always be a core part of life here and I appreciate your continued confidence in Brookdale!

### An Engaged Life



**V**ivian McMillian of Wilson, North Carolina, has always led an engaged life! Married for 43 years, she and her husband Archie ran a “mom and pop” store selling candy, sodas, ice cream and other groceries. Vivian loved meeting and engaging with so many of their customers. She also led the church choir, became the lead pianist, and served as the first woman reverend of that church. Since moving to Brookdale Robinwood in Gastonia, North Carolina, in 2018, Vivian says she is “more active than I have ever been....I feel alive....I feel renewed.” Vivian has found purpose through leading church services and bible

study whenever possible. She spends days dining with friends, trying new things, and takes her commitment to B-Fit exercise class seriously. She continues to play the piano, sing, and pray with her friends.

Vivian has also been an inspiration to others who are feeling uncomfortable with transitioning into a community setting. She can often be found having a meaningful conversation with several residents or a one-on-one chat after happy hour or while passing them in the hall. Vivian says it best, “I am engaged because I choose to be and the opportunities are endless for me.”