

S

M

T

W

Th

F

S

April 2021

Brookdale Eddy Pond West
669 Washington Street
Auburn, MA 01501
(508) 832-4458 | brookdale.com



01

April Fools' Day

10:30 B-Fit Flexibility AR
11:00 Talk and Toss SR
11:00 Creative Cooking DR
1:30 Just Follin' Around SR
1:30 Resident Council AR
2:00 Seated Volleyball SR
3:15 Bingo AR
6:00 Poetry Jam SR

02

Good Friday

10:30 B-Fit AR
11:00 Animal video TR
11:00 Trivia SR
1:30 Travelogue TR
1:30 Birthday Party AR
2:00 Parachute SR
3:15 Pokeno AR
6:00 Meditation SR

03

10:30 B-Fit Lower Body AR
11:00 Brain Aerobics/Sensory AR
11:00 Finish Lines SR
1:00 Rosary* TR
1:30 Making Centerpieces AR
2:00 Motion to Music SR
3:15 Bingo AR
6:00 Movie Night TR

04

Passover Ends / Easter

10:30 B-Fit Balance AR
11:00 Current Events AR
1:00 Rosary* TR
1:30 Easter Bunny w/ Treats SR
2:00 Ball Toss SR
3:15 Reminsce SR
6:00 Chicken Soup SR

05

10:30 B-Fit Cardio AR
11:00 Letter Trivia AR
1:30 Paint and Sip AR
1:30 Knead Time CK
2:00 Golf TR
3:15 Country Karaoke* SR
3:15 Boardgames CK
6:00 Let's Reminisce SR

06

10:30 B-Fit Coordination AR
11:00 Who Am I? AR
1:30 Fabric Craft AR
1:30 Men's Club CK
2:00 Mop Hockey SR
3:15 Catholic Mass AL
3:15 Manicures SR
6:00 Roll & Remember SR

07

10:30 B-Fit Core AR
11:00 News/Views AR
1:00 Baking Cookies AR
1:00 Country Rides OD
2:00 Fly Swat AR
3:00 Country Rides/MD OD
3:15 Bingo AR
6:00 Drama Club SR

08

10:30 B-Fit Coordination AR
11:00 Headline News TR
1:30 Afternoon Stroll OD
1:30 Spring Craft CK
2:00 Parachute Fun SR
3:15 Bingo AR
3:15 Comedy Hour TR
6:00 Chatter Box SR

09

10:30 B-Fit AR
11:00 Animal Videos TR
11:00 Trivia SR
1:30 Travelogue TR
1:30 Would You Rather AR
2:00 Hand Massages SR
3:00 Drum Circle SR
6:00 Story Time SR

10

10:30 B-Fit Core AR
11:00 Headline News AR
11:00 Finish Lines SR
1:00 Rosary* TR
1:30 Painting Group AR
2:00 Air Hockey SR
3:15 Bingo/Karaoke* AR
6:00 Memory Cafe SR

11

10:30 B-Fit Upper Body AR
11:00 Finish the Phrase AR
1:00 Rosary* TR
1:30 Feature Film/Folding TR
2:00 Sit and Chat SR
3:15 Bingo CK
6:00 Evening Meditation SR

12

10:30 B-Fit Breathing AR
11:00 Scategories AR
1:30 Rootbeer Floats AR
1:30 Sensory Shuffle CK
2:00 Bowling TR
3:15 Karaoke Classics* SR
3:15 Bingo CK
6:00 News and Views SR

13

10:30 B-Fit Balance AR
11:00 Manicures AR
1:30 Yahtzee AR
1:30 Craft Group CK
2:00 Balloon Volley SR
3:15 Botoms Up CK
3:15 Moving to the Melodies TR
6:00 Hand Massages SR

14

10:30 B-Fit Cardio AR
11:00 Spelling Bee AR
1:00 Country Rides OD
1:30 Rhythm and Blues TR
2:00 Table Tennis SR
3:00 Country Rides/MD OD
3:15 Bingo AR
6:00 Reading Group SR

15

Tax Day

10:30 B-Fit Balance AR
11:00 Spelling Bee AR
11:00 Aromatherapy SR
1:30 Red Hat Tea Party AR
1:30 Painting Class CK
2:00 Fly Swatter Fun SR
3:15 Bingo AR
6:00 Folding and Sorting SR

16

10:30 B-Fit AR
11:00 Animal Bloopers TR
11:00 Trivia SR
1:30 Travelogue TR
1:30 Coffee Social AR
2:00 Bean Bag Toss SR
3:15 Cheese/Cracker Social AR
6:00 Mindful Memories SR

17

10:30 B-Fit Cardio AR
11:00 This Day in History AR
11:00 Finish Lines SR
1:00 Rosary* TR
1:30 Artistic Expression AR
2:00 Ball Toss SR
3:15 Bingo/Karaoke* CK
6:00 Movie Night TR

18

10:30 B-Fit Flexibility AR
11:00 You Be the Judge AR
1:00 Rosary* TR
1:30 Feature Film/Folding TR
2:00 Basketball SR
3:15 Bingo CK
6:00 Sing and Swing SR

19

10:30 B-Fit Lower Body AR
11:00 Family Feud AR
1:30 Novelty Icecream SR
1:30 Rhyme Time SR
2:00 Sit and Stretch SR
3:15 Pokeno CK
3:15 Country Karaoke* TR
6:00 Manicures SR

20

10:30 B-Fit Upper Body AR
11:00 Trivia AR
1:30 Wood Craft AR
1:30 Table games AR
2:00 Conversation Ball SR
3:15 Drone Tours TR
3:15 Bingo/Sing-A-Long* AR
6:00 Poetry Jam SR

21

10:30 B-Fit Breathing TR
11:00 Clue Trivia/Sensory AR
1:30 Happy Hour SR
1:00 Country Rides OD
2:00 Shuffleboard SR
3:00 Country Rides/MD OD
3:15 Bingo AR
6:00 Aromatherapy SR

22

10:30 B-Fit Upper Body AR
11:00 Make-A-Word SR
11:00 Crossword Fun TR
1:30 Afternoon Stroll OD
1:30 Creative Corner CK
2:00 Balloon Volley AL
3:15 Bingo AR
6:00 Movie Night TR

23

10:30 B-Fit AR
11:00 Barnyard Videos TR
11:00 Trivia SR
1:30 Gardening OD
1:30 Ice Cream Social AR
2:00 Hot Topic SR
3:15 Bingo AR
6:00 Frank Sinatra Melodies TR

24

10:30 B-Fit Breathing/Relax AR
11:00 Morning Inspirations TR
11:00 Brain Fitness/Sensory AR
11:00 Finish Lines SR
1:00 Rosary* TR
2:00 Roll and Remember SR
3:15 Bingo AR
6:00 Hand Massages SR

25

10:30 B-Fit Coordination AR
11:00 Finish the Lyrics AR
1:00 Rosary* TR
1:30 Feature Film/Folding TR
2:00 Basket Toss SR
3:15 Bingo CK
6:00 Hand Massage SR

26

10:30 B-Fit Core AR
11:00 Would You Rather TR
1:30 Creative Cooking DR
1:30 Sing Along SR
2:00 Broom Hockey SR
3:15 Pokeno AR
3:15 Oldies Karaoke* TR
6:00 Word Scrabble SR

27

10:30 B-Fit Flexibility AR
11:00 Manicures AR
1:30 Seasonal Craft AR
1:30 The Price is Right SR
2:00 Bean Bag Twister SR
3:15 That's Puzzling CK
3:15 Moving to the 90's TR
6:00 Sensory Serenades TR

28

10:30 B-Fit Lower Body AR
11:00 Brain Busters AR
1:00 Country Rides OD
1:30 Pudding AR
2:00 Kickball SR
3:00 Country Rides/MD OD
3:15 Bingo AR
6:00 Drama Club SR

29

10:30 B-fit Coordination TR
11:00 You Be the Judge TR
1:30 Knead Time DR
1:30 Afternoon Stroll OD
2:00 Basket Toss SR
3:15 Bulletin Board Prep AR
3:15 Story Time SR
6:00 Movie Night TR

30

10:30 B-Fit AR
11:00 Trivia SR
1:30 Travelogue TR
1:30 Beauty/Spa Day AR
2:00 Spring Magazine Hunt CK
3:15 Bible Study SR
3:15 Making Soap AR
6:00 Aromatherapy SR



THE DAILY PATH

UPCOMING EVENTS

- 9:00 Breakfast
10:30 B-Fit Exercise
11:00 Refreshments
11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
1:30 Creative/Crafts/Art and Clustered Groups
2:00 Physical
2:45 Refreshments
3:15 Music/ Intergenerational
5:00 Dinner
6:00 Sensory/News and Reading Groups
7:00 Refreshments

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

LOCATION KEY

- AL - Combined Activity AL
AR - Activity Room
CK - Country Kitchen
DR - Dining Room
OT - Out Trip
SR - Sitting Room
TR - Theater Room
* - In Touch
P - Back Patio

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.

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!

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.

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.