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**30 May**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Watch Church	TR
1:30	Tour Of The Town- Resident's Choice	BT
2:00	Matinee	TR
3:00	Play Pool	BR

## M

**31 May Memorial Day**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:45	Crosswords	CS
10:30	Snack Cart	LB
1:00	Salute to America- Sing	LB
1:30	Mahjong (140)	LR
3:00	Bingo	CR
6:30	Movie- We Were Soldiers	TR

## T

**Brookdale Fort Myers Cypress Lake**  
7460 Lake Breeze Drive  
Ft. Myers, FL 33907  
(239) 454-4100 | brookdale.com

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### LOCATION KEY

CS	Coffee Shop	LB	Lobby
BT	Bus Trip	BR	Billiards Room
CR	Community Room	TR	Theater Room
PL	Pool	LI	Library
MS	Main Street	DR	Dining Room
CP	Chapel	A&C	Arts & Crafts

License Number

**01**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	My Life Story/Tech Talk	CS
10:30	May Day Traditions Craft	CR
10:30	Wii Bowling	CR
1:00	Hand & Foot (140)	LR
1:00	Pamper Yourself- Nails	CR
6:30	Movie- The Perfect Storm	TR

**02**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Watch Church	TR
1:30	Tour Of The Town- Manatee Park	BT
2:00	Matinee	TR
3:00	Monopoly Game	BR

**03**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:45	Crosswords	CS
10:30	Snack Cart	LB
1:30	Mahjong (140)	LR
3:00	Bingo	CR
6:30	Evening Movie- Clash Of The Titans	TR

**04**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Bible Study With Ruth	CP
1:00	Words With Friends	BR
2:00	Popcorn Tasting/Movie	TR
3:00	Black Jack	CR
6:30	Evening Movie- The Aviator	TR

**05**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:30	DIY Jewelry Box	A&C
1:00	Hand & Foot (140)	LR
1:30	Resident Activities Chat	CR
2:00	Mother's Day Craft- Pottery Paint DIY	A&C
6:30	Movie- Quartet	TR

**06**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	ALL Resident Chat	CR
1:30	Book Club	LI
1:30	Craft & Chat With Karen	LB
3:00	Bingo	CR
6:30	Movie- Becoming Jane	TR

**07**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Flex Your Brain	CS
10:30	Name That Tune- Drums	CR
1:30	Ladder Toss Game	PL
3:00	Happy Hour	LB
6:30	Night At The Movies- My Fair Lady	TR

**08**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Tech Talk	CS
10:00	Who Am I?	CS
10:30	Wii Bowling	CR
1:00	Hand & Foot (140)	LR
1:00	Poolside Rootbeer Floats	PL
6:30	Movie-Lord Of The Dance	TR

**09**

**Mother's Day**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Watch Church	TR
1:30	Tour Of The Town- Downtown Fort Myers	BT
2:00	Matinee	TR
3:00	Play Pool	BR

**10**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:45	Crosswords	CS
10:30	Snack Cart	LB
1:00	Men's Club Social (3rd)	LR
1:30	Mahjong (140)	LR
3:00	Bingo	CR
6:30	Movie- Ellis Island	TR

**11**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Bible Study With Ruth	CP
1:00	Jenga	CS
2:00	Popcorn Tasting/Movie	TR
3:00	LCR Dice Game	CS
6:30	Evening Movie- Julie & Julia	TR

**12**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:30	Watercolor Luminaries	A&C
11:30	Flex Your Brain	CS
1:00	Down Memory Lane	CS
1:00	Hand & Foot (140)	LR
2:00	Jewelry Making	A&C
6:30	Movie- Balls Of Fury	TR

**13**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Walking Club	PL
1:30	Book Club	LI
1:30	Jewelry Making W/ Karen	LB
3:00	Bingo	CR
6:30	Movie- Grease #1	TR

**14**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Flex Your Brain	CS
10:30	Name That Tune- Drums	CR
1:30	Paint & Sip By The Pool	PL
3:00	Happy Hour	LB
6:30	Night At The Movies- Grease #2	TR

**15**

**Armed Forces Day**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Tech Talk	CS
10:30	Wii Bowling	CR
1:00	Hand & Foot (140)	LR
1:00	Pamper Yourself- Get Your Nails Done	CR
6:30	Movie- Soldier's Tale	TR

**16**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Watch Church	TR
1:30	Tour Of The Town- Naples	BT
2:00	Matinee	TR
3:00	Chess	BR

**17**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:45	Crosswords	CS
10:30	Snack Cart	LB
1:30	Mahjong (140)	LR
3:00	Bingo	CR
6:30	Evening Movie- Mister Scrooge	TR

**18**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Bible Study With Ruth	CP
1:00	Words With Friends	BR
2:00	Popcorn Tasting/Movie	TR
3:00	Black Jack	CR
6:30	Evening Movie- Nine Months	TR

**19**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:30	DIY Bird Houses	A&C
11:30	Flex Your Brain	CS
1:00	Veterans Club (3rd)	LR
1:00	Hand & Foot (140)	LR
2:00	Health Talk w/ Neha	CP
6:30	Movie- Uncommon Valor	TR

**20**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Walking Club	PL
1:30	Book Club	LI
1:30	Craft & Chat With Karen	LB
3:00	Bingo	CR
6:30	Movie- The Big Year	TR

**21**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Flex Your Brain	CS
10:30	Name That Tune- Drums	CR
1:30	Horseshoe Game	PL
3:00	Happy Hour	LB
6:30	Night At The Movies- West Side Story	TR

**22**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Tech Talk	CS
10:30	Wii Bowling	CR
1:00	Hand & Foot (140)	LR
1:00	Poolside Snow Cones	PL
6:30	Evening Movie- Desert Hounds	TR

**23**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Watch Church	TR
1:30	Tour Of The Town- Lakes Park	BT
2:00	Matinee	TR
3:00	Play Pool	BR

**24**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:45	Crosswords	CS
10:30	Snack Cart	LB
1:30	Mahjong (140)	LR
3:00	Bingo	CR
6:30	Evening Movie- Victory At Sea	TR

**25**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Bible Study With Ruth	CP
1:00	Jenga	CS
2:00	Popcorn Tasting/Movie	TR
3:00	LCR Dice Game	CS
6:30	Evening Movie- In Harm's Way	TR

**26**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:30	DIY Yarn Wreaths	A&C
11:30	Flex Your Brain	CS
1:00	Hand & Foot (140)	LR
2:00	Baking Demo W/ Jim	LB
6:30	Evening Movie- Revenge Of Pink Panther	TR

**27**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
9:30	Store Outing	BT
10:30	Walking Club	PL
1:00	May Birthday Party	LB
1:30	Book Club	LI
3:00	Bingo	CR
6:30	Movie- Invincible	TR

**28**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:00	Flex Your Brain	CS
10:30	Name That Tune- Drums	CR
2:00	Food For Thought	CR
3:00	Happy Hour	LB
6:30	Night At The Movies- Miracle Dogs	TR

**29**

8:45	Be Fit Exercise	CR
9:15	Espresso Yourself	CS
10:30	Wii Bowling	CR
1:00	Hand & Foot (140)	LR
1:00	Pamper Yourself- Get Your Nails Done	CR
6:30	Evening Movie- The Sea Of Grass	TR

## COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

## Chasing the Blues Away



Everyone gets the blues now and then, especially if you have experienced a recent loss or significant life change. The following suggestions are things that you can do for yourself when you are “in a rut” or just not feeling like yourself.

**Get Moving**

Physical activity is essential to well-being. It has been shown in numerous research trials to have a beneficial effect on mild depression or anxiety.

**Laugh**

Laughter has been shown to produce a number of biochemical responses in the body. Those changes result in feeling better and having an improved immune response.

**Social Contact**

Finding one or two people with whom you can connect and share concerns will help you to live a more Optimum Life. How about getting a socially distanced walking club going now that the weather is getting better?

**Help Someone Else**

Studies show that older adults who are involved in volunteer activities have less depression. Find a way to help others that matches your time and abilities.

**Practice Gratitude**

Learning to be thankful helps to move the focus from what you don't have to what you do have. Keep a gratitude journal where you write down five things you are grateful for every day.

**Learn a New Skill**

Much has been written in recent months and years about the importance of learning new things to keep the brain active. In addition to “building the brain”, mastering a new skill helps to increase your sense that you can handle life's challenges. It helps you to feel good about yourself and gives you a renewed sense of purpose.

## Wellness Challenge

**Know When to Get Help**

If you are having symptoms of depression that won't go away and are interfering with your normal activities, seek the help of a medical professional. According to the National Institute on Aging, symptoms of depression may include the following:

- An “empty” feeling, ongoing sadness, and anxiety
- Tiredness, lack of energy
- Sleep problems
- Eating more or less than usual

Some people will have difficulty recognizing that they are depressed. If you have a friend or family member that you are concerned about, assist them in taking the proper steps to get help. Depression is not normal at any age and it can be successfully treated. Together we can chase those blues away!

***Be Well on Purpose!***

## Brookdale News

## Brookdale's Leaders Recognized as McKnight's “Women of Distinction”



Two Brookdale Senior Living leaders have been recognized by McKnight's as “Women of Distinction” in the senior living industry. The Women of Distinction program is a joint offering of both McKnight's Senior Living and McKnight's Long-Term Care News. Mary Sue Patchett, executive vice president of strategic operations, and Juliet Holt Klinger, senior director of dementia care, were named as award recipients in McKnight's 3rd Annual Women of Distinction program.

Beyond her expert leadership at Brookdale, Patchett has dedicated her work to changing how the world views senior living. Her trailblazing efforts include: assisting in the creation of the first senior living trade association now known as Argentum, establishing Florida's chapter of Argentum and changing “Homes for the Aged” to what we now know as Assisted Living. She will be inducted into McKnight's Hall of Honor, which recognizes executive-level women who have made significant contributions to the senior housing and care fields.

Holt Klinger, a gerontologist, was instrumental in developing Brookdale's award-winning dementia care program to support memory care residents and families, has been named a Veteran VIP. This category is new and recognizes leaders with over 15 years of experience who are making an impact on the senior living field and have demonstrated an exceptional commitment to the senior living and care industry through their accomplishments.

“I'm proud to see our dedicated leaders at Brookdale recognized by McKnight's for their impassioned work shaping the senior living industry,” Lucinda (“Cindy”) Baier, Brookdale president and chief executive officer, said.

## An Engaged Life



It was 1932 and the music world was abuzz with greats like Bing Crosby, Fred Astaire and Louis Armstrong. It was also the same year that Cathy Lundstrom was born. Perhaps inspired by the abundance of hit songs during this time, a young Cathy learned to play the piano, and her passion for music influenced her enjoyment in playing for herself and others. Music shaped Cathy's career and life as she began to teach others to play the piano.

So, it was just natural that when Cathy moved into Brookdale Montrose in Montrose, Ohio in January 2020, her love of music came with her. If you look for Cathy, you may hear her before you see her, as she is often in the community's large living room playing the piano. Her gentle spirit comes to life as she plays, bringing comfort to herself and others.

In addition to her enjoyment of the piano, Cathy continues to build more connections as she also engages in new experiences and creative projects. Whether it's painting, reading, gardening, or sharing her musical talent, she is dedicated to leading a life of passion and purpose.