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April 2021

Brookdale Charleston Gardens
800 Association Drive
Charleston, WV 25311
(304) 343-6600 | brookdale.com



01 April Fools' Day
10:00 B- Fit Cardio & Arms AR
10:30 HANGMAN DR
11:00 Gardening CY
1:30 Baking Club: DR
3:00 SOFA ABS DR
5:00 Walk w/ Sue CY
6:00 News & Hydration AR
7:00 Today in Hlstory AR

02 Good Friday
10:00 B- Fit Relax & Flex AR
10:30 REMINISCING DR
10:45 BIRD WATCHING CY
1:30 FREESTYLE ART AR
2:30 CORNHOLE DR
3:30 Music Appreciation DR
6:00 BOOK WORMS DR
7:00 Movie & Snack AR

03
10:00 REFRESHMENTS DR
10:00 B-Fit Cardio AR
10:30 CURRENT EVENTS CY
1:30 Crafts with Carolyn AR
2:30 Bowling AR
3:30 Music & Mandalas DR
6:00 COLLEGE SPORTS DR
7:00 LAUNDRY HELPERSDR

04 Passover Ends / Easter
10:00 B- Fit Relaxation & FlexAR
10:30 Walk W/ Sue AR
11:00 Refreshments DR
1:30 MANICURES AR
2:00 DEVOTION DR
3:00 Hymns w/ Jim AR
3:30 Church w/ Calvery AR
7:00 TV & SNACK DR

05
10:00 B-Fit Cardio & Legs AR
10:30 Current Events CY
11:00 LETS TRAVEL! DR
1:30 Bird Watching CY
2:30 Balloon Volleyball AR
3:30 Flower Arranging DR
6:00 HAND MASSAGES AR
7:30 Movie and Snack AR

06
10:00 B-Fit Balance & Flex AR
10:30 PRICE IS RIGHT DR
1:00 Birthday Party DR
1:30 Crafters Choice DR
2:30 Take a walk w/Opal CY
3:30 Karoke with Donna AR
6:00 News & Hydration DR
7:00 Today in History DR

07
10:00 B-Fit Core AR
10:30 What Did It Cost? DR
1:30 SPA EXPERIENCE DR
2:00 PET ENGAGEMENTDR
2:30 BALL TOSS CY
3:30 MUSIC & BINGO DR
6:00 CHIPS &READ DR
7:00 TV & SNACK DR

08
10:00 B- Fit Cardio & Arms AR
10:30 HANGMAN DR
11:00 Gardening CY
1:30 Baking Club: DR
3:00 SIT & Stretch DR
5:00 Walk w/Jim CY
6:00 News & Hydration AR
7:30 Laundry with Jackie DR

09
10:00 B- Fit Relax & Flex AR
10:30 REMINISCING DR
10:45 BIRD WATCHING CY
1:30 FREESTYLE ART AR
2:30 CORNHOLE DR
3:30 Music Appreciation DR
6:00 BOOK WORMS DR
7:00 Movie & Snack AR

10
10:00 REFRESHMENTS DR
10:00 B-Fit Cardio AR
10:30 CURRENT EVENTS CY
1:30 Crafts with Irene AR
2:30 Bowling AR
3:30 Music & Mandalas DR
6:00 COLLEGE SPORTS DR
7:00 LAUNDRY HELPERSDR

11
10:00 B-Fit Relation & FLex AR
10:30 Walk W/Jim AR
11:00 Refreshments DR
1:30 MANICURES AR
2:00 Devotion DR
3:00 Hymns/ Donna AR
3:30 Church AR
7:00 TV & SNACK DR

12
10:00 B-Fit Cardio & Legs AR
10:30 Current Events CY
11:00 LETS TRAVEL! DR
1:30 Bird Watching CY
2:30 Balloon Volleyball AR
3:30 Flower Arranging DR
6:00 HAND MASSAGES AR
7:30 Movie and Snack AR

13
10:00 B-Fit Balance & Flex AR
10:30 PRICE IS RIGHT DR
11:00 Gardening CY
1:30 Crafters Choice DR
2:30 Take a walk w/Donna CY
3:30 Karoke with Ham AR
6:00 News & Hydration DR
7:00 Today in History DR

14
10:00 B-Fit Core AR
10:30 What Did It Cost? DR
1:30 SPA EXPERIENCE DR
2:00 PET ENGAGEMENTDR
2:30 BALL TOSS CY
3:30 MUSIC & BINGO DR
6:00 CHIPS &READ DR
7:00 TV & SNACK DR

15 Tax Day
10:00 B- Fit Cardio & Arms AR
10:30 HANGMAN DR
11:00 Gardening CY
1:30 Baking Club: DR
3:00 Indoor Putting AR
5:00 Walk w/ Ellie CY
6:00 News & Hydration AR
7:30 Laundry with Irene DR

16
10:00 B- Fit Relax & Flex AR
10:30 REMINISCING DR
10:45 BIRD WATCHING CY
1:30 FREESTYLE ART AR
2:30 CORNHOLE DR
3:30 Music Appreciation DR
6:00 BOOK WORMS DR
7:00 Movie & Snack AR

17
10:00 REFRESHMENTS DR
10:00 B-Fit Cardio AR
10:30 CURRENT EVENTS CY
1:30 Crafts with Carolyn AR
2:30 Bowling AR
3:30 Music & Mandalas DR
6:00 COLLEGE SPORTS DR
7:00 LAUNDRY HELPERSDR

18
10:00 B-fit Relaxation &Flex AR
10:30 Walk w/ Jim CY
11:00 Refreshments DR
1:30 MANICURES AR
2:00 Devotion DR
3:00 Hymns/Ham AR
3:30 Church AR
7:00 TV & SNACK DR

19
10:00 B-Fit Cardio & Legs AR
10:30 Current Event CY
11:00 LETS TRAVEL! DR
1:30 Bird Watching CY
2:30 Balloon Volleyball AR
3:30 Flower Arranging DR
6:00 HAND MASSAGES AR
7:30 Movie and Snack AR

20
10:00 B-Fit Balance & Flex AR
10:30 PRICE IS RIGHT DR
1:00 Resident Council AR
1:30 Crafters Choice DR
2:30 Take a walk w/Opal CY
3:30 Karoke with Jackie AR
6:00 News & Hydration DR
7:00 Today in History DR

21
10:00 B-Fit Core AR
10:30 What Did It Cost? DR
1:30 SPA EXPERIENCE DR
2:00 PET ENGAGEMENTDR
2:30 BALL TOSS CY
3:30 MUSIC & BINGO DR
6:00 CHIPS &READ DR
7:00 TV & SNACK DR

22
10:00 B- Fit Cardio & Arms AR
10:30 HANGMAN DR
11:00 Gardening CY
1:30 Baking Club: DR
3:00 Hallway Bolwing AR
5:00 Walk w/ Phylis CY
6:00 News & Hydration AR
7:30 Laundry with Irene DR

23
10:00 B- Fit Relax & Flex AR
10:30 REMINISCING DR
10:45 BIRD WATCHING CY
1:30 FREESTYLE ART AR
2:30 CORNHOLE DR
3:30 Music Appreciation DR
6:00 BOOK WORMS DR
7:00 Movie & Snack AR

24
10:00 REFRESHMENTS DR
10:00 B-Fit Cardio AR
10:30 CURRENT EVENTS CY
1:30 Crafts with Irene AR
2:30 Bowling AR
3:30 Music & Mandalas DR
6:00 COLLEGE SPORTS DR
7:00 LAUNDRY HELPERSDR

25
10:00 B-Fit Relaxation & FlexAR
10:30 Walk w/ Opal CY
11:00 Refreshments DR
1:30 MANICURES AR
2:00 DEVOTION DR
3:00 Hymns/Opal AR
3:30 Church AR
7:00 TV & SNACK DR

26
10:00 B-Fit Cardio & Legs AR
10:30 Current Events CY
11:00 LETS TRAVEL! DR
1:30 Bird Watching CY
2:30 Balloon Volleyball AR
3:30 Flower Arranging DR
6:00 HAND MASSAGES AR
7:30 Movie and Snack AR

27
10:00 B-Fit Balance & Flex AR
10:30 PRICE IS RIGHT DR
11:00 Gardening CY
1:30 Crafters Choice DR
2:30 Take a walk w/Donna CY
3:30 Karoke with Harold AR
6:00 News & Hydration DR
7:00 Today in History DR

28
10:00 B-Fit Core AR
10:30 What Did It Cost? DR
1:30 SPA EXPERIENCE DR
2:00 PET ENGAGEMENTDR
2:30 BALL TOSS CY
3:30 MUSIC & BINGO DR
6:00 CHIPS &READ DR
7:00 TV & SNACK DR

29
10:00 B- Fit Cardio & Arms AR
10:30 HANGMAN DR
11:00 Gardening CY
1:30 Baking Club: DR
6:00 News & Hydration AR

30
10:00 B- Fit Relax & Flex AR
10:30 REMINISCING DR
10:45 BIRD WATCHING CY
1:30 FREESTYLE ART AR
2:30 CORNHOLE DR
3:30 Music Appreciation DR
6:00 BOOK WORMS DR
7:00 Movie & Snack AR



THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
10:00 B-Fit Exercise
11:00 Refreshments
11:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
1:30 Creative/Crafts/Art and Clustered Groups
2:30 Physical
3:00 Refreshments
4:00 Music/ Intergenerational
4:30 Dinner
6:00 Sensory/News and Reading Groups
7:00 Refreshments

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

LOCATION KEY

- DR - DINING ROOM
AR - ACTIVITY ROOM
CY - COURTYARD
MR - MULTI PURPOSE ROOM AL
AL - ASSISTED LIVING

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.