

S M T W Th F S

30 June

- 9:00 Coloring AR
- 9:15 *B-Fit Walking Group* AR
- 9:30 Compass Christian Church DR
- 10:00 Joyride BUS
- 2:00 Bingo with Billi AR
- 3:30 Wii Bowling, Team 1 TV
- 4:00 Board Games AR

02

- 9:00 Coloring AR
- 9:15 *B-Fit Walking Group* AR
- 10:00 Joyride BUS
- 2:00 Bingo with Billi AR
- 3:30 Wii Bowling, Team 1 TV
- 4:00 Board Games AR

09

- 9:00 Coloring AR
- 9:15 *B-Fit Walking Group* AR
- 10:00 Joyride BUS
- 12:00 *Liz Leathern Music* DR
- 2:00 Bingo with Billi AR
- 3:30 Wii Bowling, Team 1 TV
- 4:00 Board Games AR

16

Father's Day

- 9:00 Coloring AR
- 9:15 *B-Fit Walking Group* AR
- 9:30 Compass Christian Church DR
- 10:00 Joyride BUS
- 2:00 Bingo with Billi AR
- 3:30 Wii Bowling, Team 1 TV
- 4:00 Board Games AR

23

- 9:00 Coloring AR
- 9:15 *B-Fit Walking Group* AR
- 10:00 Joyride BUS
- 12:00 *Liz Leathern Music* DR
- 2:00 Bingo with Billi AR
- 3:30 Wii Bowling, Team 1 TV
- 4:00 Board Games AR

01

- 9:00 Coloring AR
- 9:30 *B-Fit with Cindy* TV
- 10:00 Bible Study with Steve AR
- 2:00 Bingo with Cindy AR
- 3:00 Wii Bowling, Team 2 TV
- 3:30 Arts and Crafts AR

03

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:00 Shopping Trip BUS
- 1:00 Word Hunt TV
- 2:00 Dominos AR
- 4:00 6,5,4 Dice AR
- 6:00 Open Bowling TV

10

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:00 Shopping Trip BUS
- 1:00 Word Hunt TV
- 2:00 Dominos AR
- 4:00 6,5,4 Dice AR
- 6:00 Open Bowling TV

17

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:00 Shopping Trip BUS
- 1:00 Word Hunt TV
- 2:00 Dominos AR
- 4:00 6,5,4 Dice AR
- 6:00 Open Bowling TV

24

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:00 Shopping Trip BUS
- 1:00 Word Hunt TV
- 2:00 Dominos AR
- 4:00 6,5,4 Dice AR
- 6:00 Open Bowling TV

Brookdale Central Chandler

1919 West Carla Vista Drive
Chandler, AZ 85224
(480) 855-6500 | brookdale.com



LOCATION KEY

- AR Activity Room
- CY Courtyard
- DR Dining Room
- GR Gathering Room
- MC Memory Care
- TV TV Room
- BUS Bus

License Number

04

- 8:30 Brain Games DR
- 9:00 *B-Fit Walking Group* AR
- 10:30 Bingo with Gigi AR
- 1:00 UNO with Gigi AR
- 2:00 *Music by Dotty Briles* DR
- 2:00 Crafts with Billi AR
- 3:30 Wii Bowling, Team 2 TV
- 6:00 Open Bowling TV

11

- 8:30 Brain Games DR
- 9:00 *B-Fit Walking Group* AR
- 10:30 Bingo with Gigi AR
- 1:00 UNO with Gigi AR
- 2:00 *Music by David Keller* DR
- 3:30 Wii Bowling, Team 2 TV
- 6:00 Open Bowling TV

18

- 8:30 Brain Games DR
- 9:00 *B-Fit Walking Group* AR
- 10:30 Bingo with Gigi AR
- 1:00 UNO with Gigi AR
- 2:00 Crafts with Billi AR
- 3:30 **BIRTHDAY PARTY!** AR
- 3:30 Wii Bowling, Team 2 TV
- 6:00 Open Bowling TV

25

- 8:30 Brain Games DR
- 9:00 *B-Fit Walking Group* AR
- 10:30 Bingo with Gigi AR
- 1:00 UNO with Gigi AR
- 3:30 Wii Bowling, Team 2 TV
- 6:00 Open Bowling TV

05

- 8:30 Brain Games DR
- 10:30 Crafts with Judy & Margaret AR
- 1:00 *Flex Your Brain* AR
- 3:00 Chair Volleyball AR
- 4:00 Reminiscing AR
- 6:00 Blackjack with Denise AR

12

- 8:30 Brain Games DR
- 10:30 Crafts with Judy & Margaret AR
- 11:00 Lunch Out BUS
- 1:00 *Flex Your Brain* AR
- 3:00 Chair Volleyball AR
- 4:00 Arizona Trivia Challenge AR

19

- 8:30 Brain Games DR
- 10:30 Crafts with Judy & Margaret AR
- 1:00 *Flex Your Brain* AR
- 3:00 Chair Volleyball AR
- 4:00 Reminiscing AR
- 6:00 Blackjack with Denise AR

26

- 8:30 Brain Games DR
- 10:30 Crafts with Judy & Margaret AR
- 1:00 *Flex Your Brain* AR
- 3:00 Chair Volleyball AR
- 4:00 Arizona Trivia Challenge AR

06

- 8:30 Brain Games DR
- 9:30 Catholic Communion TV
- 10:00 Coffee and Donut Hour AR
- 1:15 Joyride BUS
- 2:00 *Music by Chuck Morriss* DR
- 3:00 *Resident Council* AR
- 3:30 Wii Bowling, Team 1 TV
- 6:00 Movie & Popcorn TV

13

- 8:30 Brain Games DR
- 9:30 Catholic Communion TV
- 1:15 Joyride BUS
- 3:00 *Resident Programs Chat* AR
- 3:30 Blackjack with Denise AR
- 3:30 Wii Bowling, Team 1 TV
- 6:00 Movie & Popcorn TV

20

- 8:30 Brain Games DR
- 9:30 Catholic Communion TV
- 1:15 Joyride BUS
- 1:30 *Menu Chat* DR
- 3:30 Wii Bowling, Team 1 TV
- 6:00 Movie & Popcorn TV

27

- 8:30 Brain Games DR
- 9:30 Catholic Communion TV
- 1:15 Joyride BUS
- 3:30 Blackjack with Denise AR
- 3:30 Wii Bowling, Team 1 TV
- 6:00 Movie & Popcorn TV

07

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:30 Bingo with Judy & Margaret AR
- 2:00 Arts & Crafts with Cindy AR
- 3:00 *Flex Your Brain* TV
- 4:00 Yahtzee AR

14

Flag Day

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:30 Bingo with Judy & Margaret AR
- 2:00 Arts & Crafts with Cindy AR
- 3:00 *Flex Your Brain* TV
- 4:00 Yahtzee AR

21

Summer Solstice

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:30 Bingo with Judy & Margaret AR
- 2:00 Arts & Crafts with Cindy AR
- 2:00 *Music by David Grimes* DR
- 3:00 *Flex Your Brain* TV
- 4:00 Yahtzee AR

28

- 8:30 Brain Games DR
- 9:30 *B-Fit with Cindy* TV
- 10:30 Bingo with Judy & Margaret AR
- 2:00 Arts & Crafts with Cindy AR
- 3:00 *Flex Your Brain* TV
- 4:00 Yahtzee AR

08

- 9:00 Coloring AR
- 9:30 *B-Fit with Cindy* TV
- 10:30 Bingo with Steve AR
- 2:00 UNO with Cindy AR
- 3:00 Wii Bowling, Team 2 TV
- 3:30 Arts and Crafts AR

15

- 9:00 Coloring AR
- 9:30 *B-Fit with Cindy* TV
- 10:30 Bingo with Steve AR
- 2:00 UNO with Cindy AR
- 3:00 Wii Bowling, Team 2 TV
- 3:30 Arts and Crafts AR

22

- 9:00 Coloring AR
- 9:30 *B-Fit with Cindy* TV
- 10:00 Bible Study with Steve AR
- 2:00 Bingo with Cindy AR
- 3:00 Wii Bowling, Team 2 TV
- 3:30 Arts and Crafts AR

29

- 9:00 Coloring AR
- 9:30 *B-Fit with Cindy* TV
- 2:00 UNO with Cindy AR
- 3:00 Wii Bowling, Team 2 TV
- 3:30 Arts and Crafts AR

Health and Wellness

Live Your Optimum Life®: Stay Hydrated for Better Health



According to the Centers for Disease Control and Prevention (CDC), drinking enough water every day is good for overall health.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration and bowel movements

When fluid intake is inadequate, we can become dehydrated. Why is dehydration more common in

older adults? Reduced muscle mass, decreased sensitivity to thirst and less efficient kidney function all can contribute to dehydration. Our bodies continue to need water, but older adults tend to experience less thirst, and are prone to drinking less water, even though their recommended daily fluid intake does not decrease.

In addition to not taking in enough fluids, other factors can affect hydration status. For example, dry winter air can increase fluid loss, running a fever increases fluid needs as well as medications, especially diuretics and laxatives can also contribute to fluid loss.

What are the signs and symptoms of dehydration? Although it may seem obvious, the first warning sign of dehydration is extreme thirst. Additional symptoms include:

- Less frequent urination
- Dark-colored urine

- Fatigue
- Headache
- Confusion

The amount of fluid you should be drinking everyday varies from person to person. Discuss the amount of fluids that you should drink with your doctor or healthcare professional. Although it was often recommended that healthy adults consume eight 8-ounce (oz.) glasses of water per day, some health conditions call for a person to limit or restrict fluids. Milk, juice, coffee, tea and water all count as sources of fluid.

If you are eating a well-balanced diet you can get the equivalent of two to three 8-oz glasses of water from the fluids in the foods you eat. Many fruits and vegetables have high water content, as do soups, gelatin, and pudding.

As the summer temperatures rise – be sure to drink water and stay hydrated!

Wellness Challenge

Optimum Life Inspiration – Tips to Stay Hydrated

- Add flavor to water with lemon, cucumber slices, or mint leaves.
- Keep a glass of water nearby and take frequent sips.
- Eat five to nine servings of fruits and vegetables each day. Limit fruit juice.
- Drink a glass of water or other beverage with meals, snacks, and medications.
- Be alert for signs and symptoms of dehydration.

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

It's Survey Time!



Brookdale's 2019 Resident and Family survey is under way! Every day, our associates work hard to meet your needs and exceed your expectations. We are committed to your satisfaction and sincerely value the trust you place in us. As a member of the Brookdale family, your feedback is important to us, and we want to hear from you about what we are doing well and how we can improve your overall experience. If you or your loved one moved-in prior to April 1st, 2019, you should have received a paper survey from

your community along with a postage paid envelope. You can complete and mail back the paper survey or follow the included instructions on how to complete the survey online.

The survey is confidential, and you will not need to provide your or your loved one's name unless you choose to. Return envelopes must be postmarked by Monday July 15th as this is the day the survey will close. We hope you will take the time to complete this year's Resident and Family Survey. We sincerely look forward to hearing from you. And remember, our community teams always welcome your feedback.

Wishes of a Lifetime

Brookdale is proud to honor our residents' wishes and dreams through our partnership with Wish of a Lifetime®



Resident Returns to Hometown for School Reunion

Sandra Arkin was born and raised in Tacoma, Washington. She attended Stadium High School and graduated with the class of 1955. She had not been back to Tacoma since 1975 when she attended her 20th high school reunion. Although it's been many years since she's been back, Sandra has kept in touch with her closest friends and cousins that still reside in the area.

Sandra wanted nothing more than the opportunity to go back to her hometown and be reunited with her classmates. Especially for the 62nd high school reunion with the opportunity for them to celebrate their 80th birthdays together.

Wish of a Lifetime and Brookdale were excited to send Sandra and her friend, Deborah Massa, to Tacoma, where Sandra reconnected with her former classmates and friends.