

April 2021

Brookdale Hamilton Wolfe
5331 Hamilton Wolfe Road
San Antonio, TX 78229
(210) 641-7200 | brookdale.com

Assisted Living
All activities are subject to change.

LOCATION KEY

AR - Activity Room
SR - Sun Room
BT - Bus Trip
MT - Movie Theater
1F - 1st Floor
L - Library
CY - Courtyard
DR - Dining Room
SAL - Salon
GYM - 2nd Floor
BIS - Bistro
PDR - Private Dining Room

April Fools' Day

10:30 BFit Cardio DR
11:00 FlexYourBrain AR
1:30 *???Mystery Drive???* BT
2:00 *Yoga with Nicole* MT
3:00 *Magic Show with Magician JohnO'Bryant* DR
3:30 Centerpieces AR
4:00 B-Walking Club 1F

Good Friday

10:30 BFit Cardio DR
11:00 Trivia AR
1:45 Res.CouncilOfficersMtg PDR
2:30 *Spa Day* AR
3:30 *Happy Hour!!!* DR
Piano music with Rolando
6:00 Evening Cinema MT
Happy Birthday Marvin!!!

Happy Birthday David F!!!

10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
1:30 **OrderingGroceriesOnline** L
2:30 **GrowYourBrainGardenClubCY**
3:00 *-SaturdayMovieMatinee-* MT
3:30 **BINGO!!!!** AR
4:00 B-Walking Club 1F

Happy Birthday Marjorie!!!

4 SUNDAY
Passover Ends / Easter
10:00 **SanFernandoCatholicMass** MT
10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
11:00 **RobersonSundayWorship** MT
12:00 *-Easter Brunch-* DR
1:30 OrderingGroceriesOnline L
2:30 Courtyard Games CY
3:00 *-Easter Celebration-* CY
4:00 B-Walking Club 1F
Don't forget record your steps!

5 MONDAY
10:30 BFit Cardio DR
11:00 Trivia AR
2:00 **Conversations in Aging** AR
with Melanie
2:30 Crochet Class AR
3:00 **Zumba Class with Tiffany** DR
4:00 *Jukebox Music Mondays* DR
6:00 Evening Cinema DR

Happy Birthday Bob S.!!!

6 TUESDAY
9:30 **BibleStudywithJim&Donna** AR
10:30 BFit Cardio DR
11:00 Flex Your Brain AR
11:30 **Communion** PDR
1:30 *???Mystery Drive???* BT
2:00 *Wii Sports Games* MT
2:30 **BrainHealth:StayingSharp** AR
4:00 B-Walking Club 1F
6:00 **Game Night:** AR
You Choose the Game

7 WEDNESDAY
9:00 **Salon Open 9:00-3:00** SAL
10:00 **St.Francis Assisi Mass** MT
10:30 BFit Cardio DR
11:00 Trivia AR
2:00 *Renew Your Mind Body & Spirit* AR
3:00 **Arts&Crafts with JoAnn** AR
4:00 *Wine Down Wednesday Crooning to the Classics* DR
Music with TJ
6:00 Evening Cinema MT

8 THURSDAY
10:30 BFitUpperBodyStrength DR
11:00 FlexYourBrain AR
1:30 *???Mystery Drive???* BT
2:00 **BUNCO** AR
3:00 *Yoga with Nicole* MT
3:30 **Nurse Talk with Jessica** MT
4:00 B-Walking Club 1F

9 FRIDAY
10:30 BFit Upper Body Strength DR
11:00 Trivia AR
2:30 *Spa Day* AR
3:30 *Happy Hour!!!* DR
Music with Jesus
6:00 Evening Cinema MT

10 SATURDAY
10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
1:30 OrderingGroceriesOnline L
2:30 **GrowYourBrainGardenClubCY**
3:00 *-SaturdayMovieMatinee-* MT
3:30 **BINGO!!!!** AR
4:00 B-Walking Club 1F
Don't forget to record your steps!

Happy Birthday Dr. Cottone!!

11 SUNDAY
10:00 **SanFernandoCatholicMass** MT
10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
1:30 OrderingGroceriesOnline L
2:30 Courtyard Games CY
3:00 *-Sunday Movie Matinee-* MT
3:30 **BINGO!!!!** AR
4:00 B-Walking Club 1F
Don't forget to record your steps!!!

12 MONDAY
10:30 BFit Upper Body Strength DR
11:00 Trivia AR
2:00 **Resident Council Meeting** DR
2:30 Crochet Class AR
3:00 **Zumba Class with Tiffany** DR
4:00 *JukeBox Music Mondays* DR
6:00 Evening Cinema DR

13 TUESDAY
9:30 **BibleStudywithJim&Donna** AR
10:30 BFit Upper Body Strength DR
11:00 Flex Your Brain AR
11:30 **Communion** PDR
1:30 *???Mystery Drive???* BT
2:00 *Wii Sports Games* MT
2:30 **Technology Class** AR
4:00 B-Walking Club 1F
6:00 **Game Night:** AR
You Choose the Game

14 WEDNESDAY
9:00 **Salon Open 9:00-3:00** SAL
10:00 **St.Francis Assisi Mass** MT
10:30 BFitUpperBodyStrength DR
11:00 Trivia AR
2:00 *Renew Your Mind Body & Spirit* AR
3:00 **Lighthouse for the Blind** AR
Presentation with Rene
4:00 *Wine Down Wednesday Jazz music with Saitama* DR
6:00 Evening Cinema MT

15 THURSDAY
Tax Day
10:00 **St.Francis Assisi Mass with Father Tom** MT
10:30 BFit Flexibility DR
11:00 FlexYourBrain AR
1:30 *???Mystery Drive???* BT
2:00 **BUNCO** AR
3:00 **Yoga with Nicole** MT
3:30 Centerpieces AR
4:00 B-Walking Club 1F

16 FRIDAY
10:30 BFit Flexibility DR
11:00 Trivia AR
2:30 *Spa Day* AR
3:30 *Happy Hour!!!* DR
Piano music with Rolando
6:00 Evening Cinema MT

17 SATURDAY
10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
1:30 OrderingGroceriesOnline L
2:30 **Scrapbook Saturdays** AR
2:30 **GrowYourBrainGardenClubCY**
3:00 *-SaturdayMovieMatinee-* MT
3:30 **BINGO!!!!** AR
4:00 B-Walking Club 1F
Don't forget to record your steps!!!

18 SUNDAY
10:00 **SanFernandoCatholicMass** MT
10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
11:00 **RobersonWorshipService** MT
1:30 OrderingGroceriesOnline L
2:30 Courtyard Games CY
3:00 *-Sunday Movie Matinee-* MT
3:30 **BINGO!!!!** AR
4:00 B-Walking Club 1F
Don't forget to record your steps

19 MONDAY
10:30 BFit Flexibility DR
11:00 Trivia AR
2:00 **Resident Chat Meeting** AR
2:30 Crochet Class AR
3:00 **Zumba Class with Tiffany** DR
4:00 *JukeBox Music Mondays* DR
6:00 Evening Cinema DR

20 TUESDAY
9:30 **BibleStudywithJim&Donna** AR
10:30 BFit Flexibility DR
11:00 Flex Your Brain AR
11:30 **Communion** PDR
1:30 *???Mystery Drive???* BT
2:00 *Wii Sports Games* MT
2:30 **BrainHealth:StayingSharp** AR
4:00 B-Walking Club 1F
6:00 **Game Night:You Choose** AR
You Choose the Game

21 WEDNESDAY
9:00 **Salon Open 9:00-3:00** SAL
10:00 **St.Francis Assisi Mass** MT
10:30 BFit Flexibility DR
11:00 Trivia AR
2:00 *Renew Your Medicare Presentation* AR
3:00 **For Humana Plans** AR
Plans for Chronic Health
4:00 *Wine Down Wednesday Crooning to the Classics* DR
Music with TJ
6:00 Evening Cinema MT

22 THURSDAY
10:30 BFitLowerBodyStrength DR
11:00 FlexYourBrain AR
1:30 *???Mystery Drive???* BT
1:45 **Menu Chat with Corina** DR
2:00 **BUNCO** AR
3:00 *Yoga with Nicole* MT
4:00 B-Walking Club 1F

23 FRIDAY
10:30 BFitLowerBodyStrength DR
11:00 Trivia AR
2:30 *Spa Day* AR
3:30 *Happy Hour!!!* DR
Music with Jesus
6:00 Evening Cinema MT

24 SATURDAY
10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
1:30 OrderingGroceriesOnline L
2:30 **GrowYourBrainGardenClubCY**
3:00 *-SaturdayMovieMatinee-* MT
3:30 **BINGO!!!!** AR
4:00 B-Walking Club 1F
Don't forget to record your steps

25 SUNDAY
10:00 **SanFernandoCatholicMass** MT
10:30 BFitBreathing&Relaxing DR
11:00 Daily Chronicle&Trivia AR
1:30 OrderingGroceriesOnline L
2:30 Courtyard Games CY
3:00 *-Sunday Movie Matinee-* MT
3:30 **BINGO!!!!** AR
4:00 B-Walking Club 1F
Don't forget to record your steps

26 MONDAY
10:30 BFit Lower Body Strength DR
11:00 Trivia AR
2:00 **Ambassador Meeting** PDR
2:30 Crochet Class AR
3:00 **Zumba Class with Tiffany** DR
4:00 *JukeBox Music Mondays* DR
6:00 Evening Cinema DR

27 TUESDAY
9:30 **BibleStudywithJim&Donna** AR
10:30 BFit Lower Body Strength DR
11:00 Flex Your Brain AR
11:30 **Communion** PDR
1:30 *???Mystery Drive???* BT
2:00 **Adroit Walker,Wheelchair Scooter AdjustmentClinic** DR
2:00 *Wii Sports Games* MT
2:30 **Technology Class** AR
4:00 B-Walking Club 1F
6:00 **Game Night:** AR
You Choose the Game

28 WEDNESDAY
9:00 **Salon Open 9:00-3:00** SAL
10:00 **St.Francis Assisi Mass** MT
10:30 BFitLowerBodyStrength DR
11:00 Trivia AR
2:00 *Renew Your Mind Body & Spirit* AR
3:00 **CSNP Presentation** AR
Plans for Chronic Health
4:00 *Wine Down Wednesday Jazz music with Saitama* DR
6:00 Evening Cinema MT

29 THURSDAY
10:00 BFitLowerBodyStrength DR
11:00 FlexYourBrain AR
1:30 *???Mystery Drive???* BT
2:00 **BUNCO** AR
3:00 *Yoga with Nicole* MT
4:00 B-Walking Club 1F

30 FRIDAY
10:00 BFitLowerBodyStrength AR
11:00 Trivia AR
2:30 *Spa Day* AR
3:30 *Happy Hour!!!* DR
6:00 Evening Cinema MT



COMMUNITY CONNECTIONS



brookdale.com

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.