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April 2021

Brookdale Las Vegas

3025 East Russell Road

Las Vegas, NV 89120

(702) 451-7896 | brookdale.com



01 April Fools' Day

9:45 B-Fit
10:30 Today In History
11:00 Jokes and Stories
1:30 Baking Club:Cupcakes
2:30 Art Walk
3:00 Easter Centerpieces
6:00 Evening News

02 Good Friday

9:45 B-Fit
10:30 Morning Devotional
11:00 Resident Council CB
1:30 Wooden Art Project
2:30 Outdoor Stroll
3:00 Bingo
6:00 Comedy Hour

03

9:45 B-Fit
10:30 Memory Lane
11:00 Ceramics Class
1:30 Easter Painting CB
2:30 Community Walk CB
3:00 Finish The Lyrics
6:00 Movie Night CB

04 Passover Ends / Easter

9:45 B-Fit
10:30 Brain Games
11:00 Morning Worship
1:30 Jewelry Making
2:30 Garden Walk
3:00 Easter Social
6:00 Evening News

05

9:45 B-Fit
10:30 Finish the Phrase
11:00 Beautiful Manicures
1:30 Flower Arranging
2:30 Outdoor Walk
3:00 Nat King Cole Concert
6:00 Daily News CB

06

9:45 B-Fit
10:30 Common Sayings
11:00 Outdoor Reading
1:30 The Artist In You
2:30 Outdoor Stroll
3:00 Name That Tune
6:00 Hollywood Classics

07

9:45 B-Fit
10:30 Trivia
11:00 Hand Massages CB
1:30 Garden Club
2:30 Garden Walk
3:00 Happy Hour DR
6:00 Movie Night

08

9:45 B-Fit
10:30 Today In History
11:00 The Chronicle
1:30 Baking Club:Cookies
2:30 Art Walk
3:00 Virtual Salsa Dancing
6:00 Evening News

09

9:45 B-Fit
10:30 Morning Devotional
11:00 Indoor Volleyball
1:30 Paint on Canvas
2:30 Outdoor Stroll
3:00 Bingo
6:00 Comedy Hour

10

9:45 B-Fit
10:30 Mind Joggers
11:00 Ceramics Class
1:30 Color Therapy CB
2:30 Community Walk CB
3:00 Finish the Lyrics
6:00 Movie Night CB

11

9:45 B-Fit
10:30 Brain Games
11:00 Morning Worship
1:30 Jewelry Making
2:30 Garden Walk
3:00 karaoke
6:00 Evening News

12

9:45 B-Fit
10:30 Finish the Phrase
11:00 Beautiful Manicures
1:30 Pencil Art
2:30 Outdoor Walk
3:00 Singing along w/ Susie Q
6:00 Daily News CB

13

9:45 B-Fit
10:30 Common Sayings
11:00 Outdoor Reading
1:30 The Artist In You
2:30 Outdoor Stroll
3:00 Name That Tune
6:00 Hollywood Classics

14

9:45 B-Fit
10:30 Trivia
11:00 Hand Massages CB
1:30 Garden Club
2:30 Garden Walk
3:00 Happy Hour DR
6:00 Movie Night

15 Tax Day

9:45 B-Fit
10:30 Today In History
11:00 Who, What, Where
1:30 Baking Club:Brownies
2:30 Art Walk
3:00 In touch Dancing
6:00 Evening News

16

9:45 B-Fit
10:30 Morning Devotional
11:00 Indoor Volleyball
1:30 Spring Wreaths
2:30 Outdoor Stroll
3:00 Bingo
6:00 Comedy Hour

17

9:45 B-Fit
10:30 Mind Joggers
11:00 Ceramics Class
1:30 Color Therapy CB
2:30 Community Walk CB
3:00 Finish The lyrics
6:00 Movie Night CB

18

9:45 B-Fit
10:30 Brain Games
11:00 Morning Worship
1:30 Jewelry Making
2:30 Garden Walk
3:00 Karaoke
6:00 Evening News

19

9:45 B-Fit
10:30 Finish the Phrase
11:00 Beautiful Manicures
1:30 Pencil Art
2:30 Outdoor Walk
3:00 Rock and Roll Hour
6:00 Daily News CB

20

9:45 B-Fit
10:30 Common Sayings
11:00 Outdoor Reading
1:30 The Artist In You
2:30 Outdoor Stroll
3:00 Name That Tune
6:00 Hollywood Classics

21

9:45 B-Fit
10:30 Trivia
11:00 Hand Massages CB
1:30 Garden Club
2:30 Garden Walk
3:00 Happy Hour DR
6:00 Movie Night

22

9:45 B-Fit
10:30 Today In History
11:00 Who, What, Where
1:30 Baking Club: Muffins
2:30 Art Walk
3:00 Singing along w/Mary Sue
6:00 Evening News

23

9:45 B-Fit
10:30 Morning Devotional
11:00 Indoor Volleyball
1:30 DIY Soaps
2:30 Outdoor Stroll
3:00 Bingo
6:00 Comedy Hour

24

9:45 B-Fit
10:30 Memory Lane
11:00 Ceramics Class
1:30 Color Therapy CB
2:30 Community Walk CB
3:00 Finish the Lyrics
6:00 Movie Night CB

25

9:45 B-Fit
10:30 Brain Games
11:00 Morning Worship
1:30 Jewelry Making
2:30 Garden Walk
3:00 Karaoke
6:00 Evening News

26

9:45 B-Fit
10:30 Finish the Phrase
11:00 Beautiful Manicures
1:30 Pencil Art
2:30 Outdoor Walk
3:00 April Birthday Social
6:00 Daily News CB

27

9:45 B-Fit
10:30 Common Sayings
11:00 Outdoor Reading
1:30 The Artist In You
2:30 Outdoor Stroll
3:00 Name That Tune
6:00 Hollywood Classics

28

9:45 B-Fit
10:30 Trivia
11:00 Hand Massages CB
1:30 Garden Club
2:30 Garden Walk
3:00 Happy Hour DR
6:00 Movie Night

29

9:45 B-Fit
10:30 Today In History
11:00 Animal Trivia
1:30 Baking Club:Scones
2:30 Art Walk
3:00 Virtual Concert
6:00 Evening News

30

9:45 B-Fit
10:30 Morning Devotional
11:00 Indoor Volleyball
1:30 Paint & sip
2:30 Outdoor Stroll
3:00 Bingo
6:00 Comedy Hour



THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
9:45 B-Fit Exercise
10:00 Refreshments
10:30 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
3:00 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

- BT - Bus Trip
AR - Activities Room
CB - Clare Bridge
DR - Dining Room
ML - McLeod Lounge

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.