

S M T W Th F S

Brookdale N. Fredericksburg Road

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December 2021

THE DAILY Path

UPCOMING EVENTS

- 08:00 Breakfast
- 09:15 B-Fit Exercise
- 10:00 Refreshments
- 10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:15 Creative/Crafts/Art and Clustered Groups
- 02:00 Physical
- 03:00 Refreshments
- 03:30 Music/ Intergenerational
- 05:00 Dinner
- 06:00 Sensory/News and Reading Groups
- 06:45 Refreshments

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

LOCATION KEY

- HW - MC Hallway
- DR - MC Dining Room
- TR - T V Room
- AR - AL Activity Room
- BUS - Bus
- ADR - AL Dinning Room
- ALR - AL Living Room
- P - Patio
- CO - Community



05

9:15 B-Fit HW
10:30 Sunday Mass InthouchHW
2:15 Coupon Clipping DR
2:45 Indoor Soccer HW
3:30 Relaxation Music TR
6:00 Spiritual Reading HW

06

9:15 B-Fit HW
10:30 Words That Start With TR
2:15 Color Therapy DR
2:45 Balloon Toss HW
3:30 Big Band Music DR
6:00 Daily Good News HW

07

9:15 B-Fit HW
10:30 What's That Sound TR
2:15 Shake Paint DR
2:45 Pong P
3:00 Ice Cream/ Bunullos ADR
3:30 Residents Choice MusicDR
6:00 CB Support Group ALR
6:00 Dear Abby HW

08

9:15 B-Fit HW
10:00 Walmart BUS
10:30 Resident Council TR
2:15 Snacktivity DR
2:45 Sit & Stretch HW
3:30 Dance Music DR
6:00 Movie Night TR

09

9:15 B-Fit HW
10:30 Crossword Puzzles TR
2:15 Bingo HW
2:45 Corn Hole HW
3:00 Drumming With Kevin Cooley ADR
3:30 Country Music Trivia DR
6:00 Magazine Reading HW

10

9:15 B-Fit HW
10:30 The Daily Chronicle TR
11:30 Cheddars BUS
2:15 Crossword Puzzles HW
2:45 Afternoon Stroll CO
3:30 Rock N Roll Music DR
6:00 Lotion/HandMassagesHW

11

9:15 B-Fit HW
10:30 Today In History HW
2:15 Puzzles HW
2:45 Pong HW
3:30 Rock N Roll Music TR
6:00 Magazine Reading TR

12

9:15 B-Fit HW
10:30 Sunday Mass InthouchHW
2:15 Coupon Clipping DR
2:45 Sit & Stretch HW
3:30 Sunday Hymns TR
6:00 Spiritual Reading HW

13

9:15 B-Fit HW
10:30 Words That Start With TR
2:15 Color Therapy DR
2:45 Balloon Toss HW
3:30 Big Band Music DR
6:00 Daily Good News HW

14

9:15 B-Fit HW
10:30 What's That Sound TR
2:15 Art Expression DR
2:45 Pong P
3:00 Winter Drink Social ADR
3:30 Residents Choice MusicDR
6:00 Dear Abby HW

15

9:15 B-Fit HW
10:00 Walmart BUS
10:30 Name 5 Things TR
2:15 Snacktivity DR
2:45 Sit & Stretch HW
3:30 Dance Music DR
6:00 Movie Night TR

16

9:15 B-Fit HW
10:30 Crossword Puzzles TR
2:15 Bingo HW
2:45 Tabletop bowling HW
3:00 Friends For Life ADR
Tamale Social
3:30 Country Music Trivia DR
6:00 Magazine Reading HW

17

9:15 B-Fit HW
10:00 Mall & Lunch BUS
10:30 The Daily Chronicle TR
2:15 Finish The Phrase HW
2:45 Afternoon Stroll CO
3:30 Rock N Roll Music DR
6:00 Lotion/HandMassagesHW

18

Happy 77th Birthday Frances Hedgpeth
9:15 B-Fit HW
10:30 Family Fued HW
2:15 Color Therapy HW
2:45 Balloon Toss HW
3:30 Dance Music TR
6:00 Poetry Reading TR

19

9:15 B-Fit HW
10:30 Sunday Mass InthouchHW
2:15 Coupon Clipping DR
2:45 Bean Bag Toss HW
3:30 Inspirational Music TR
6:00 Spiritual Reading HW

20

9:15 B-Fit HW
10:30 Words That Start With TR
2:15 Color Therapy DR
2:45 Balloon Toss HW
3:30 Big Band Music DR
6:00 Daily Good News HW
6:30 Christmas Lights BUS

21

First Day of Winter
9:15 B-Fit HW
10:30 What's That Sound TR
2:15 Paint DR
2:45 Pong P
3:00 Apple Cider Social ADR
3:30 Residents Choice MusicDR
6:00 Dear Abby HW

22

9:15 B-Fit HW
10:00 Walmart BUS
10:30 Things That Are TR
2:15 Snacktivity DR
2:45 Sit & Stretch HW
3:30 Dance Music DR
6:00 Movie Night TR

23

9:15 B-Fit HW
10:30 Crossword Puzzles TR
2:15 Bingo HW
2:45 Beanbag Toss HW
3:30 Country Music Trivia DR
6:00 Magazine Reading HW

24

Christmas Eve
9:15 B-Fit HW
10:30 The Daily Chronicle TR
2:15 Name 5 Things HW
2:45 Afternoon Stroll CO
3:30 Rock N Roll Music DR
6:00 Lotion/HandMassagesHW

25

Christmas Day
9:15 B-Fit HW
10:30 Words That Start WithHW
2:15 Food For A Cause HW
2:45 Sit & Stretch HW
3:30 Country Music Trivia TR
6:00 Daily Good News TR

26

9:15 B-Fit HW
10:30 Sunday Mass InthouchHW
2:15 Coupon Clipping DR
2:45 Indoor Walk HW
3:30 Relaxation Music TR
6:00 Spiritual Reading HW

27

9:15 B-Fit HW
10:30 Words That Start With TR
2:15 Color Therapy DR
2:45 Balloon Toss HW
3:30 Big Band Music DR
6:00 Daily Good News HW

28

9:15 B-Fit HW
10:30 What's That Sound TR
2:15 Paint DR
2:45 Pong P
3:00 Ice Cream Social ADR
3:30 Residents Choice MusicDR
6:00 Dear Abby HW

29

9:15 B-Fit HW
10:00 Walmart BUS
2:15 Snacktivity DR
2:45 Sit & Stretch HW
3:30 Dance Music DR
6:00 Movie Night TR

30

9:15 B-Fit HW
10:30 Crossword Puzzles TR
2:15 Bingo HW
2:45 Virtual Bowling TR
3:30 Country Music Trivia DR
6:00 Magazine Reading HW

31

New Year's Eve
9:15 B-Fit HW
10:30 The Daily Chronicle TR
11:00 Decorate for New YearADR
2:15 Hangman DR
2:45 Afternoon Stroll CO
3:00 Ball Drop ADR
3:30 Rock N Roll Music DR
6:00 Lotion/HandMassagesHW

Health and Wellness

Overcoming Holiday Blues



The holidays are supposed to be the happiest time of the year, yet for many, they can trigger deep feelings of sadness and anxiety. Many people experience a drop in mood in anticipation of the holidays. The good news - seasonal doldrums tend to fade once the festivities are over.

Beating the Holiday Blues with the Optimum Life Six Dimensions

Optimum Life is the way we define well-being at Brookdale. We meet you where you are with six dimensions - Purposeful, Emotional, Physical, Social, Spiritual and Intellectual. The philosophy for each of the dimensions can be applied in helping to prevent the holiday blues.

Purposeful - Volunteer your time to help others in need. The benefits can help you reduce stress and provide a sense of purpose.

Emotional - Although it can be tempting to isolate yourself when you have the holiday blues, it can be beneficial to

spend time with your friends and family.

Physical - A quick 10-minute walk will get your heart rate up and release mood-boosting endorphins.

Social - Instead of spending the holidays alone at home, get your friends or family together for a dinner party.

Spiritual - Don't be afraid to ask others for help in running holiday errands to lighten your load. Be sure to set aside time to meditate and reflect.

Intellectual - It can be difficult to be alone around the holiday season. Instead of sitting at home, fill-up your calendar with activities and perhaps learn something new.

Wellness Challenge

Holiday Trivia

1. How many American states have towns named Santa Claus?
2. What is the name of the author of the popular children's story, 'How the Grinch Stole Christmas'?
3. What traditional New Year's Eve song begins with lyrics, 'Should auld acquaintance be forgot'?
4. Which famous Christmas movie featured Bing Crosby as Bob Wallace?
5. What month of the year is Thanksgiving celebrated in Canada?
6. Which famous Christmas song was introduced by Judy Garland in the 1944 movie, 'Meet Me in St. Louis'?
7. True or False: The musical film 'Babes in Toyland' was produced by Walt Disney?
8. Which 1946 fantasy film was directed by Frank Capra and based on a story called, 'The Greatest Gift'?

Answers:

1. 3- Indiana, Georgia, Arizona
2. Dr. Seuss
3. Auld Lang Syne
4. White Christmas
5. October
6. Have Yourself a Merry Little Christmas
7. True
8. It's a Wonderful Life

Be Well on Purpose!

COMMUNITY CONNECTIONS

December 2021

Brookdale News

Happy Holidays!



We celebrate and cherish the holidays in many different ways. I want to share with you some of my most memorable holiday traditions. Let's start with food! Growing up my family ate pizza on Christmas Eve and then woke up to a cinnamon roll breakfast on Christmas morning. These foods were synonymous with Christmas for my grandparents, my mom, my sister, and I because we ate them together for so many years. A more unique way we celebrated involves my mom's favorite color, purple. She always proudly displayed a special purple Christmas tree, with purple lights, and even purple ornaments.

In more recent years we ate and celebrated with a special friend who has become like family. April Huber ran the senior living community where my mom's husband lived. She was so warm and hospitable during that time that my mom began to see her as another family member. Even though my mom has passed, April is still like family to us. Each year I make sure to send her a gift and to let her know how grateful we are for her years of service improving the quality of our family's lives.

During this holiday season, I also want to thank you, our residents, for making Brookdale your home. This holiday season I hope you feel loved and inspired by your community.

Sincerely,
Cindy Baier
President & CEO

An Engaged Life



Friendships have a powerful effect on us and bring happiness to our lives. When starting in a new place, we know how valuable friendships are in our everyday life. Bophareth "Bo" Grossmann, a resident at Brookdale Lake Shore Drive in Chicago, IL, is no stranger in needing to create friendships in a new location. She spent a good deal of time in France because she enjoys traveling and France is her second home. In France she was able to visit relatives, as well as experience French culture and cuisine, which she enjoys. She attended Lycee Rene Descartes and Graduated from La Faculte des Sciences Commerciales.

Three years ago, when Bo moved to the community, she wanted to tap into her interests and create an opportunity for connections. Her first thought was to create an inclusive club to explore French culture, politics, and lifestyle. Bo started the French Connection Club in June 2019, and after a hiatus due to the pandemic, it is one of the largest regularly attended clubs in the community.

Bo's focus on inclusiveness has created a safe place for members to open up with each other; friendships are being formed and cultivated. For example, a resident recently attended the French Club, and the group found out about her French background. As a result, she and Bo agreed to meet regularly to keep up their French. Other friendships are forming and doing things like going out to lunch at French restaurants and tapping into new interests by seeing architecture crafted after the Palace of Versailles.

We can't wait to see what's in store next for this group of friends.