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### Brookdale Beckett Meadows

7709 Beckett Road

Austin, TX 78749

(512) 891-9544 | brookdale.com



### 05

9:15	Protestant Church Service	MR
10:30	Catholic Mass	AR
1:30	B-Fit Exercise: Spiro 100	AR
2:00	Creative Art Expression	AR

### 12

#### Mother's Day Happy Mother's Day

9:15	Protestant Church Service	MR
10:30	Catholic Mass	AR
1:30	B-Fit Exercise: Spiro 100	AR
2:00	Group Puzzle Challenge	HW

### 19

9:15	Protestant Church Service	MR
10:30	Catholic Mass	AR
1:30	B-Fit Exercise: Spiro 100	AR
3:15	Dominoes: 42	AR

### 26

9:15	Protestant Church Service	MR
10:30	Catholic Mass	AR
1:30	B-Fit Exercise: Spiro 100	AR
3:15	Word Search Challenge	AR

### 06

10:00	B-Fit Exercise: Cardio & Breathing	AR
10:30	Extravagant Floral Arranging	AR
2:00	Kitchen Connections: Homemade Ice Cream	AR
3:30	Menu Chat with Lisa	AR
6:00	Dominoes: Mexican Train	Nk

### 13

10:00	B-Fit Exercise: Upper Body & Coordination	AR
10:45	Art Project: Tie Die Shirts	AR
2:00	Flex Your Brain	AR
3:30	Menu Chat with Lisa	AR
6:00	Karaoke with Dan	Lob
6:00	Mexican Train	Nk

### 20

	Beauty is Ageless	
10:00	B-Fit Exercise: Lower Body & Balance	AR
10:30	Floral Arranging	AR
11:00	Beauty is Ageless Photo Shoot	Cy
3:30	Menu Chat with Lisa	AR
6:00	Dominoes: Mexican Train	Nk

### 27

#### Memorial Day

10:00	B-Fit Exercise: Spiro 100	AR
10:45	Flex Your Brain	AR
2:00	Afternoon Cinema: Your Choice - Netflix	AR
6:00	Mexican Train	Nk

### 07

8:45	Trip to Walmart w/Larry	Bus
10:00	B-Fit Exercise: Lower Body & Coordination	AR
10:45	Your Choice Poker w/Lisa	AR
11:00	Protestant Communion	MR
1:15	Tai Chi with Louis	AR
2:00	Flex Your Brain	AR
3:00	Resident Council w/Joe	AR

### 14

8:45	Trip to HEB with Larry	Bus
10:00	B-Fit Exercise: Lower Body & Flexibility	AR
10:45	Word Mash Up Challenge	AR
1:15	Tai Chi with Louis	AR
2:00	Kitchen Connections: Lemon Cookies	AR
5:45	Piano Concert	Lob

### 21

8:45	Trip to Walmart w/Larry	Bus
10:00	B-Fit Exercise: Upper Body & Flexibility	AR
10:45	Your Choice: Poker w/Lisa	AR
1:15	Tai Chi with Louis	AR
2:15	Art Project with Clare Bridge	AR

### 28

8:45	Trip to HEB with Larry	Bus
10:00	B-Fit Exercise: Balance	AR
10:30	Kitchen Connections: Cheese Danish	AR
1:15	Tai Chi with Louis	AR
2:30	Musical Performance By Rick McCrae	Lob
3:30	Flex Your Brain	AR

### 01

10:00	B-Fit Exercise: Spiro 100	AR
10:30	Corn Hole Tourment with Brandy	HW
1:30	Wii Bowling with Bob!	AR
2:30	Musical Performance: Jazz Duo	Lob
3:00	Dominoes: 42	Nk

### 08

10:00	B-Fit Exercise: Spiro 100	AR
10:30	Billiards with Brandy	AR
10:45	Lunch Outing with Joe	Bus
2:00	Wii Bowling with Bob!	AR
3:00	Dominoes: 42	Nk

### 15

10:00	B-Fit Exercise: Spiro 100	AR
10:30	Let's Get Quizzical: Trivia Hour w/Brandy	AR
2:00	Wii Bowling with Bob!	AR
3:00	Dominoes: 42	Nk

### 22

10:00	B-Fit Exercise: Spiro 100	AR
10:30	Flex Your Brain with Brandy	AR
10:45	Lunch Outing with Joe	Bus
2:00	Wii Bowling with Bob!	AR
3:00	Dominoes: 42	Nk

### 29

10:00	B-Fit Exercise: Spiro 100	AR
10:30	Mini Golf with Brandy	HW
1:30	Welcome Ambassador's	AR
2:00	Wii Bowling with Bob!	AR
3:00	Dominoes: 42	Nk

### 02

9:15	Courtyard Gardening	Cy
10:00	B-Fit Exercise: Upper Body & Flexibility	AR
10:30	Wacky Word Challenge	AR
1:30	Flex Your Brain	AR
2:30	Dime Bingo	AR
3:30	Come Float Away	AR

### 09

9:15	Courtyard Gardening	Cy
10:00	B-Fit Exercise: Upper Body & Flexibility	AR
10:45	Art Project: Summer Wreath	AR
1:30	Flex Your Brain	AR
2:30	Dime Bingo	AR

### 16

9:15	Courtyard Gardening	Cy
10:00	B-Fit Exercise: Cardio & Breathing	AR
10:30	Brain Teasers: Word Puzzles	AR
2:30	Dime Bingo	AR
3:30	Come Float Away	AR

### 23

9:15	Courtyard Gardening	Cy
10:00	B-Fit Exercise: Cardio	AR
10:45	Art Project: Painting With Allison	AR
2:30	Dime Bingo	AR
3:30	Kitchen Connection: Smoothies	AR

### 30

9:15	Courtyard Gardening	Cy
10:00	B-Fit Exercise: Core & Breathing	AR
10:30	Flex Your Brain	AR
1:30	Dime Bingo	AR
2:30	Musical Performance with Steve & Kristi Balltunis	Lob

### 03

10:00	B-Fit Exercise: Balance Cardio	AR
10:45	Optimum Life Wellness Event: Myths of Aging	AR
2:00	Billiards Tournament	HW
3:15	Happy Hour: Cinco de Mayo Fiesta	Lob

### 10

9:30	Gorzycki Middle School Choir Show	AR
10:45	B-Fit Exercise: Core & Balance	AR
1:30	Resident Engagement Chat	AR
2:00	Word Mash Up Challenge	AR
3:15	Happy Hour	Lob

### 17

10:00	Regents School of Austin Choir Show	AR
11:15	B-Fit Exercise: Breathing & Relaxation	AR
1:30	Flex Your Brain	AR
3:15	Happy Hour	Lob
3:30	Musical Performance with Lisa Clark	Lob

### 24

10:00	B-Fit Exercise: Core & Flexibility	AR
10:30	My Life Story	AR
2:00	Flex Your Brain	AR
3:15	Happy Hour	Lob

### 31

10:00	B-Fit Exercise: Upper & Lower Body	AR
10:45	Word Mash Up Challenge	AR
1:30	Art Project: Tissue Paper Sunflower	AR
3:15	Happy Hour	Lob

### 04

9:00	Early Riser Coffee	Lob
10:00	Divine Canines: Pet Therapy	Lob
11:00	Tai Chi with Louis	MC
2:30	Dime Bingo with Jill	AR
3:30	B-Fit Exercise: Spiro 100	AR

### 11

9:00	Early Riser Coffee	Lob
10:00	Divine Canines: Pet Therapy	Lob
11:00	Tai Chi with Louis	MC
2:30	Dime Bingo with Jill	AR
3:30	B-Fit Exercise: Spiro 100	AR

### 18

#### Armed Forces Day

9:00	Early Riser Coffee	Lob
10:00	Divine Canines: Pet Therapy	Lob
11:00	Tai Chi with Louis	MC
2:30	Dime Bingo with Jill	AR
3:30	B-Fit Exercise: Spiro 100	AR

### 25

9:00	Early Riser Coffee	Lob
10:00	Divine Canines: Pet Therapy	Lob
11:00	Tai Chi with Louis	MC
2:30	Dime Bingo with Jill	AR
3:30	B-Fit Exercise: Spiro 100	AR

#### LOCATION KEY

AR	Activity Room
MR	Media Room
Lob	Lobby
Nk	Nook
MC	Memory Care
LR	Living Room
AL	Assisted Living
HW	Hallway

# COMMUNITY CONNECTIONS



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## Health and Wellness

### Live Your Optimum Life®: Reducing Your Risk of Falling



associated with falling and a proactive plan.

#### Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

#### Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

#### Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better.

Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

#### Interventions that Can Increase Safety and Reduce the Risk of Falls

##### Medication Plan of Care:

Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

##### Therapy:

Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the problems

## Wellness Challenge

### 10 Tips to Prevent Falls

Avoiding falls requires a proactive approach. Below are 10 tips to help prevent falls.

1. Stay physically active
2. Have annual eye and hearing exams
3. Review your medications with your health care provider

4. Talk with your doctor regarding your Vitamin D level
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls

8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you

#### Be Well on Purpose!



## Brookdale News

### Brookdale's Online Newsroom



Staying in the know about all things Brookdale is easy with BrookdaleNews.com, your source for everything happening at Brookdale. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Check out blogs from Brookdale experts on advancements in Alzheimer's and dementia care, senior living industry insights, and tips for living an Optimum Life.

BrookdaleNews.com has local community stories, reports on corporate initiatives, informative videos, and even short films produced and starring residents and associates. Brookdale news comes from all over the country and features stories that you wouldn't hear other places. Residents and associates are recognized for both the large and small things that they do to daily enrich lives.

At BrookdaleNews.com, go behind the scenes to see what life is really like at Brookdale by reading candid, genuine stories from the field and corporate office. Have a story idea? Click on “Submit a Story” to share your idea with the Public Relations team. Click “Subscribe for News Alerts” at the top of the screen to receive a notification when a new story posts. Share BrookdaleNews.com with your friends and family so they can see how we are enriching lives every day.

## Wishes of a Lifetime

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



#### Car Enthusiast Takes Dream 'Victory Lap' in Race Car

Harold Smith has loved cars all of his life. From the moment he bought his first car, he has been able to dismantle an engine and put it back together without a manual or guide. He has owned a 1937 pick-up truck, a 1948 Plymouth, and he currently owns a 1957 red and white Chevy he restored himself.

The 84-year-old Brookdale Spring Arbor resident loves everything about owning, driving and even watching cars — after all he witnessed the very first race of the Daytona 500 when it opened in 1959.

Wish of a Lifetime and Brookdale Senior Living were excited to get Harold back to the racetrack to ride in a race car on November 10, 2018. Charlotte Motor Speedway provided Harold with an hour-long tour of the speedway, then an exhilarating race car ride. Harold practically leapt over the pit-road wall as if he had done it 100 times before. The smile on his face as he made the final round of his “victory lap” said it all.