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May 2019

Brookdale Beckett Meadows

7709 Beckett Road

Austin, TX 78749

(512) 891-9544 | brookdale.com

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
9:30 B-Fit Exercise
10:00 Refreshments
10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
1:45 Creative/Crafts/Art and Clustered Groups
3:00 Physical
3:30 Refreshments
4:00 Music/ Intergenerational
5:00 Dinner
6:30 Sensory/News and Reading Groups
7:30 Refreshments

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

LOCATION KEY

- AR - Activity Room
LR - Living Room
CY - Court Yard
AL - Assisted Living
CM - Community
IN - In Touch Machine
DR - Dining Room



01

- 9:30 Be Fit Flexibility LR
10:30 Reminisce with Sam LR
11:00 Gardening CY
1:45 Making Sugar cookies LR
2:30 Live Jazz Music AL
3:00 Walking Club CY
4:00 Horse on InTouch LR
6:30 Current Events LR

02

- 9:30 Be Fit Low Bod StrengthLR
10:30 Cooking Trivia Time IN
11:00 Library Visit AL
1:45 Make Center Pieces AR
3:00 Balloon Toss LR
4:00 Music Mix LR
6:30 Good News Stories LR

03

- 9:30 Be Fit Breathing LR
10:30 Funny Poetry Reading LR
1:45 Prize Bingo AR
3:00 Body Aerobics LR
3:30 Happy Hour DR
4:00 Oldies Karaoke AR
6:30 News & Laughter AR

04

- 9:30 Be Fit Up Bod Strenght LR
10:00 Divine Canine LR
10:30 Topic of the Day LR
11:00 Tai Chi w/Lewis LR
1:45 Free Drawing AR
3:00 Stretching Time LR
4:00 Name That Tune AR
6:30 Spa Time AR

05

- 9:30 Be Fit Cardio LR
10:00 Church Services IN
10:30 Clothes folding AR
1:45 White Board Art AR
3:00 Chair Yoga LR
4:00 Gospel Sing-a-long LR
6:30 Short Story Time LR

06

- 9:30 Be Fit Coordination LR
10:30 Coffee & Discussion AR
1:00 Drive to the Capital
1:45 Tissue Art AR
3:00 Aerobic Time CY
4:00 1960's Music IN
6:30 Daily Chronicles LR

07

- 9:30 Be Fit Core LR
10:30 Verse Of The Day LR
11:00 Resident Council AR
1:45 Towel Folding AR
3:00 Bowling AR
3:30 Root Beer Float AR
4:00 Laughter Therapy LR
6:30 Short Stories LR

08

- 9:30 Be Fit Flexibility LR
10:30 Reminisce with Sam LR
11:00 Gardening CY
1:45 Baking Cinnamon BreadLR
3:00 Aerobic dance CY
4:00 Wii Tennis w/Virginia LR
6:30 Current Events LR

09

- 9:30 Be Fit Low Bod StrengthLR
10:30 Mother's Trivia Time IN
11:00 Library Visit AL
1:45 Painting w/Billie AR
3:00 Chair Yoga LR
4:00 Music Mix LR
6:30 Good News Stories LR

10

- 9:30 Be Fit Breathing LR
9:30 Gorzydki MS Choir AL
10:30 Mother's Poetry ReadingLR
1:45 Clothes folding AR
3:00 New Resident Social DR
4:00 Country Karaoke AR
6:30 News & Laughter AR

11

- 9:30 Be Fit Up Bod Strength LR
10:00 Divine Canine AL
10:30 Topic of the Day LR
11:00 Tai Chi w/Lewis LR
1:45 Free Painting AR
4:00 Name That Tune AR
6:30 Nail Spa AR

12

Mother's Day

- 9:30 Be Fit Cardio LR
10:00 Church Services IN
10:30 Napkin Folding AR
1:45 Mother's Day Cards AR
3:00 Ball Toss LR
4:00 Gospel Sing-a-long LR
6:30 Short Story Time LR

13

- 9:30 Be Fit Coordination LR
10:30 Good News & Coffee AR
1:00 Drive to Ladybird LakeCM
1:45 Scarf sorting AR
3:00 Breath Outside w/Elida CY
4:00 Country Music IN
Sing-a-long
6:30 Daily Chronicles LR

14

- 9:30 Be Fit Core LR
10:30 Verse Of The Day LR
1:45 Military Trivia AR
3:00 Putt Putt AR
3:30 Birthday Celebration DR
4:00 Laughter Therapy LR
5:45 Piano Concert AL

15

- 9:30 Be Fit Flexibility LR
10:30 Reminisce with Sam LR
11:00 Gardening Club CY
1:45 Making Cheese Dip LR
3:00 Wii Bowling with Jerry CY
4:00 Make Music w/ Corene LR
5:00 Family Support Group AL
6:30 Current Events LR

16

- 9:30 Be Fit Low Bod StrengthLR
10:30 WW Trivia and facts IN
11:00 Library Visit AL
1:45 Make a Flag AR
3:00 Marching Day LR
4:00 Music Mix LR
6:30 Good News Stories LR

17

- 9:30 Be Fit Breathing LR
10:00 Regent School Choir AL
10:30 Military Poetry ReadingLR
1:45 Boxing Class AR
3:00 Kick Boxing
3:30 Music with Lisa AR
4:00 Karaoke AR
6:30 News & Laughter AR

18

Armed Forces Day

- 9:30 Be Fit Up Bod Strength LR
10:00 Divine Canine LR
10:30 Armed Forces Day triviaLR
11:00 Tai Chi w/Lewis LR
1:45 Paint a Rose AR
3:00 Stretching time LR
4:00 Name That Tune AR
6:30 Spa Time AR

19

- 9:30 Be Fit Cardio LR
10:00 Church Services IN
10:30 Noodle sorting AR
1:45 Intouch Puzzles AR
3:00 Balloon Toss LR
4:00 Gospel Sing-a-long LR
6:30 Short Story Time LR

20

- 9:30 Be Fit Coordination LR
11:00 Beauty is Ageless PhotosAL
1:00 Drive to the Park CM
1:45 Pipe working AR
3:00 Country Dancing CY
4:00 Musical Sing-a-long IN
6:30 Daily Chronicles LR

21

- 9:30 Be Fit Core LR
10:30 Verse Of The Day LR
2:15 AL Art Project AR
3:00 Bean Bag Toss AR
3:30 Make Hot Coco DR
4:00 Laughter Therapy LR
6:30 Short Stories LR

22

- 9:30 Be Fit Flexibility LR
10:30 Reminisce with Sam LR
11:00 Gardening Club CY
1:45 Quesadillas w/Jorge LR
3:00 Wii Fishing w/Corene CY
4:00 Mind Games LR
6:30 Current Events LR

23

- 9:30 Be Fit Low Bod StrengthLR
10:30 Marine Trivia Time IN
11:00 Library Visit AL
1:45 Paint the state Flower AR
3:00 Big Band Dancing LR
4:00 Music Mix LR
6:30 Good News Stories LR

24

- 9:30 Be Fit Breathing LR
10:30 May Poetry Reading LR
1:45 Whiteboard art AR
3:00 Aerobic class LR
3:30 Happy Hour DR
4:00 Country Karaoke AR
6:30 News & Laughter AR

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- 9:30 Be Fit Up Bod Strenght LR
10:00 Divine Canine LR
10:30 Topic of the Day LR
11:00 Tai Chi w/lewis LR
1:45 Color your house AR
3:00 Streching Time LR
4:00 Name That Tune AR
6:30 Spa Time AR

26

- 9:30 Be Fit Cardio LR
10:00 Church Services IN
10:30 Bean Sorting/ClusteringAR
1:45 Intouch Price is Right AR
3:00 Chair Kick Boxing LR
4:00 Gospel Sing-a-long LR
6:30 Short Story Time LR

27

Memorial Day

- 9:30 Be Fit Coordination LR
10:30 Crossword Puzzles LR
1:00 Drive-Downtown Austin
1:45 Color a Tree AR
3:00 Virtual Bike riding CY
4:00 Patriotic Sing-a-Long IN
6:30 Daily Chronicles LR

28

- 9:30 Be Fit Core LR
10:30 Verse Of The Day LR
1:45 Word Mashup game AR
2:30 Music with Rick AL
3:00 Hit The Target AR
4:00 Laughter Therapy LR
6:30 Short Stories LR

29

- 9:30 Be Fit Flexibility LR
10:30 Reminisce with Sam LR
11:00 Gardening Club CY
1:45 Make Snowcones LR
3:00 Wii Driving w/Agnes CY
4:00 Singing w/ Virginia LR
6:30 Current Events LR

30

- 9:30 Be Fit Low Bod StrengthLR
10:30 May Trivia Time IN
11:00 Library Visit AL
1:45 Whiteboard Art AR
2:30 Music w/Steve&Kristi AL
3:00 Walk in the courtyard LR
4:00 Music Mix LR
6:30 Good News Stories LR

31

- 9:30 Be Fit Breathing LR
10:30 Happy Poetry Reading LR
1:45 flower petal sorting AR
3:00 Kick boxing class LR
3:30 Happy Hour AR
4:00 Showtune Karaoke AR
6:30 News & Laughter AR

Health and Wellness

Live Your Optimum Life®: Reducing Your Risk of Falling



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

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.

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!



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Brookdale News

Brookdale's Online Newsroom



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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.

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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.