

COMMUNITY CONNECTIONS CALENDAR

S M T W T F S

Brookdale Harrisburg
3560 North Progress Avenue
Harrisburg, PA 17110
(717) 671-4700
brookdale.com

Clare Bridge
All activities are subject to change.

05

10:00 Wellness Wake-Up/Coffee L
10:30 B-Fitness/Balance L
11:00 Brain Boosters/Hangman L
2:00 Bible Study D
3:00 Hymn Sing-A-Long L
4:00 Walking Club L
4:30 Solace L
6:00 I love Lucy L

06

10:00 Pastor Gary L
10:30 Wellness Wake-Up L
11:00 B-Fitness/Arms L
11:30 Brain Boosters/Trivia L
2:00 Culinary Crew D
3:00 Social and Music L
4:00 Matching Game D
6:00 Comedy Night L

07

10:00 Wellness Wake-up/Coffee L
10:30 B-Fitness/chair yoga L
11:00 Brain Booster/Hangman L
2:00 Creative Expression/BH D
3:00 Resident Engagement D
4:00 Walking Club L
4:30 Gardening Club CY
6:00 News Today L

08

10:00 Wellness Wake-up L
10:30 B-Fitness/Cardio L
11:00 Brain Boosters/PIR L
1:30 Bingo D
3:00 Art-Coloring Club D
4:00 Volley Ball L
4:30 Resident Engagement D
6:00 Trivia L

09

10:00 Wellness Wake-Up L
10:30 B-Fitness/Legs L
11:00 Brain Boosters- Memory L
2:00 Creative Expression D
3:00 Matching Game D
4:00 Walking Club L
4:30 Solace D
6:00 I love Raymond L

10

10:00 Wellness Wake-Up/coffee L
10:30 B-Fitness/ Moving L
11:00 Brian Boosters/sensory L
1:30 Movie Hour L
3:00 Social L
4:00 Ring Toss L
4:30 Resident Engagement D
6:00 Trivia L

11

10:00 Wellness Wake-Up L
10:30 B-Fitness/Cardio L
11:00 Brain Boosters L
1:30 Bingo Bucks Bingo D
3:00 Arts- Coloring Club L
4:00 Solace D
4:30 Resident Engagement D
6:00 Walking Club L

12

10:00 Wellness Wake-Up/Coffee L
10:30 B-Fitness/Core L
11:00 Brain Boosters/WITW L
2:00 Bible Study D
3:00 Hymn Sing-A-Long D
4:00 Resident Engagement D
4:30 Walking Club L
6:00 News and Media L

13

10:00 Pastor Gary L
10:30 Wellness Wake-up/Coffee L
11:00 B-Fitness/ Cardio L
11:30 Brain Booster/Cluster L
2:00 Culinary Crew-Parf D
3:00 Social and Music D
4:00 Resident Engagement D
6:00 Walking Club L

14

10:00 Wellness Wake-Up L
10:30 B-Fitness/ Balancing L
11:00 Brain Boosters/Cards L
2:00 Creative Expression D
3:00 Story Group L
4:00 Walking Club L
4:30 Games/Puzzles D
6:00 Tv/News/Media L

15

10:00 Wellness Wake-Up L
10:30 B-Fitness/arms and cardo L
11:00 Brain Boosters/hangman L
1:30 Bingo D
3:00 Arts- Coloring Club D
4:00 Stretching game L
4:30 Resident Engagement L
6:00 Walking Club L

16

10:00 Wellness Wake-up/Coffee L
10:30 B-Fitness/core L
11:00 Brain Boosters/PIR L
2:00 Creative Expression/WA D
3:00 Resident Engagement D
4:00 Chair Yoga L
4:30 Cluster Group D
6:00 Story Time L

17

10:00 Wellness Wake-up L
10:30 B-Fitness/Cardio L
11:00 Brain Boosters/Matching L
1:30 Movie Hour L
3:00 Social L
4:00 Cluster Group D
4:30 Resident Engagement D
6:00 I love Lucy L

18

10:00 Wellness Wake-up/coffee L
10:30 B-Fitness/Yoga L
11:00 Brain Boosters/WITW L
1:30 Bingo Bucks Bingo D
3:00 Arts- Coloring Club D
4:00 Stretching Club L
4:30 Resident Engagements L
6:00 Walking Club L

19

10:00 Wellness Wake-up/Coffee L
10:30 B-Fitness/Cardio L
11:00 Brain Boosters/hangman L
2:00 Bible Study L
3:00 Hymn Sing-A-Long L
4:00 Ring Toss L
4:30 Matching Game L
6:00 Movie Night L

20

10:00 Pastor Gary L
10:30 Wellness Wake-Up L
11:00 B-Fitness/Arms and legs L
2:00 Culinary Crew D
3:00 Social and Music L
4:00 Cluster Group D
4:30 Resident Engagement D
6:00 Funny Videos L

21

10:00 Wellness Wake-Up L
10:30 B-Fitness/core L
11:00 Brain Boosters/WITW L
2:00 Creative Expression D
3:00 Trivia Game L
4:00 Walking Club L
4:30 Resident Engagement D
6:00 Sing-A-Long L

22

10:00 Wellness Wake-up L
10:30 B-Fitness/Balance L
11:00 Brain Boosters/hangman L
1:30 Bingo D
3:00 Arts- Calming Coloring D
4:00 Gardening Club CY
4:30 Stress Ball Game L
6:00 News and Media L

23

10:00 Wellness Wake-Up/Coffee L
10:30 B-Fitness/Core L
11:00 Brain Boosters/Matching L
2:00 Creative Expression D
3:00 Walking Club L
4:00 Resident Engagement D
4:30 Story Time L
6:00 Bedtime Stories L

24

10:00 Wellness Wake-up L
10:30 B-Fitness/Moving L
11:00 Brain Boosters/hangman L
2:00 Birthday Bash L/D
4:00 Walking Club L
4:30 Wind Down Game L
6:00 I love Lucy L

25

10:00 Wellness Wake-Up/Coffee L
10:30 B-Fitness/Chair L
11:00 Brain Boosters/PIR L
1:30 Bingo Bucks Bingo D
3:00 Arts- Coloring Club D
4:00 Cluster Group L
4:30 Resident Engagement D
6:00 Funny Stories L

26

10:00 Wellness Wake-up L
10:30 B-Fitness/Core L
11:00 Brain Boosters/WITW L
2:00 Bible Study L
3:00 Hymn Sing-A-Long L
4:00 Resident Engagement D
4:30 Puzzles L
6:00 Movie Night L

27

10:00 Pastor Gary L
10:30 Wellness Wake-Up/coffee L
11:00 Brain Boosters/Matching L
2:00 Culinary Crew D
3:00 Social and Music D
4:00 Resident engagement L
4:30 Walking Club L
6:00 Trivia L

28

10:00 Wellness Wake-Up L
10:30 B-Fitness/Cardio L
11:00 Brain Boosters/Cars L
2:00 Creative Expression D
3:00 Cluster Group L
4:00 Walking Club L
4:30 Resident Engagement L
6:00 I love Raymond L

29

10:00 Wellness Wake-Up/coffee L
10:30 B-Fitness/balance L
11:00 Brain Boosters/PIR L
1:30 Bingo D
3:00 Arts- Coloring Club D
4:00 Resident Engagement D
4:30 Walking Club L
6:00 Trivia L

30

10:00 Wellness Wake-Up/coffee L
10:30 B-Fitness/arms and legs L
11:00 Brain Boosters/Hangman L
2:00 Creative Exoression D
3:00 Resident Engagement L
4:00 Walking Club L
4:30 Solace L
6:00 Bedtime Stories L

31

HALLOWEEN

10:00 Wellness Wake-up L
10:30 B-Fitness/legs L
11:00 Brain Boosters/hal L
2:00 Halloween Party L/D
4:00 Wind down Game L
4:30 Walking Club L
6:00 Resident Engagement L

OCTOBER
2025

THE DAILY PATH

UPCOMING EVENTS

8:00A Breakfast
10:30 B-Fit, Exercise
11:00 Refreshments
11:00 Morning Mental Workout:
Reminiscing/
Discussion and
Clustered Groups
12:00 Lunch
2:00 Creative/Crafts/Art
and Clustered
Groups
4:00 Physical
3:30 Refreshments
4:30 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

D Clare Bridge Dining Room
L Clare Bridge Living Room
P courtyard
PCL Personal Care



COMMUNITY CONNECTIONS

October 2025

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

Universal Design - Creating Solutions for All

During a recent hotel stay, I found myself in a dimly lit shower squinting at three identical wall-mounted bottles— all with tiny, low-contrast text I couldn't decipher—not knowing if I was washing my hair with shampoo or body wash. And at home, I regularly struggle to find the right controls on the microwave, which is mounted at thigh-level and has an abundance of non-intuitively placed buttons labeled with small grayish font on a gray background. Have I suddenly become less capable? Maybe, but more likely it's a function of poor design that failed to consider real-world users.

Many everyday items—from appliances to smartphones, websites and product packaging—aren't designed with normal age-related changes in mind. Vision, hearing, dexterity and perceptual abilities can shift as we age, yet small print, subtle colors, indistinguishable buttons, poor placement, and confusing displays are all too common. This can make daily tasks harder and more frustrating than they need to be.

Fortunately, some companies are realizing the value of universal design—creating tools that are easier for everyone to use. OXO Good Grips kitchen product line is a prime example: originally designed for people with arthritis, their kitchen tools with large, soft grips and intuitive function have become a favorite across all age groups. Why? Because what works well for someone with limited grip strength often works better for everyone.

This reflects the ethos of “solve for one, extend to many” - creating inclusion by default, not by exception. The bottom line: user-friendly tools adapt to us, not the other way around. Inclusive design benefits everyone, and it starts with awareness. I encourage you to give feedback when you encounter poor design, letting companies know they need input from people of all ages and abilities. Let's make everyday design work better for everyone!



Did you Know?

Brookdale Resident Rewards



The Brookdale Resident Rewards program provides a great value to residents and their families. Right now, you can now access an exclusive collection of perks and discounts on popular products, services and national retailers - just for being a Brookdale resident or family member.

You and your family could save on hundreds of items from electronics, pet supplies and home goods to event tickets, theme parks and vacation packages. And the best part? There is absolutely no cost to

you to access and take advantage of these exclusive discounts and offers. With more fun rewards to come in the future, this is just one way to say thank you for choosing to call Brookdale home.

To get started, head over to [Brookdale.com/Rewards](https://brookdale.com/Rewards) and create your free account to access the Brookdale Resident Rewards portal.

Brookdale News

U.S. News & World Report Best Senior Living Survey



Brookdale has once again partnered with Activated Insights, a third-party research firm, as part of a senior living recognition program from U.S. News & World Report. Residents and their families will have the opportunity to participate in a survey between **October 6 - October 26**.

The U.S. News' Best Senior Living ratings evaluate over 3,500 communities in the U.S. in one or more of the following categories: independent living, assisted living, memory care and continuing care retirement. Senior living

communities are evaluated on several criteria, including resident and family members' satisfaction with safety, care, community management and staff, value and other services and amenities.

This is a great opportunity to tell us how we are doing and to publicly recognize your community leaders and associates for their hard work. Resident Engagement leaders will be reaching out to residents*; our Assisted Living and Memory Care families will receive an email with a link to the survey.

We sincerely appreciate you taking a few minutes to participate in the survey. Activated Insights will receive and process the results. Survey responses are confidential, unless you choose to identify yourself in the survey.

Your feedback is a gift!

**Residents (or their families) who moved in after 9/8/25 are not eligible take this year's U.S. News Survey.*

An Engaged Life

When Ray O. moved into Brookdale Overland Park 119th in Kansas in 2024, he was looking for more than a place to live—he wanted a community where he felt comfortable. “I liked the feeling here,” Ray says. “It made me feel at home.”

Ray's background is in construction, but his creative journey took a new turn after a close friend gave him an intarsia wood sculpture before passing away. That gift sparked his interest in the art form, which uses different types of wood, carefully shaped and placed, to create detailed works of art. “Wood has a character of its own,” Ray explains. “The challenge is finding how they fit together to make something beautiful.”

Since then, Ray has crafted pieces including commissioned works. The connections he's made through his work have introduced him to people all across the country, enriching his life in ways he never expected.

Ray's talents don't stop at woodworking. He recently completed a model of a 1934 Ford Coup and once restored Triumph cars. For him, these projects are more than hobbies—they provide healing and joy. When his wife faced dementia, his art gave him strength and purpose. Ray is a reminder that creativity, passion, and friendship bring meaning at every stage of life.

