

S M T W Th F S

Brookdale Harrisonburg
2101 Deyerle Avenue
Harrisonburg, VA 22801
(540) 574-2982 | brookdale.com

		<p>01</p> <p>10:00 News & Veivs AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 Cooking Club AR 4:00 Flex Your Brain AR 6:00 Local News GR</p>	<p>02</p> <p>10:00 Tell me something good AR 10:30 Davis Bradley Performs LR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO DR 3:30 Paint Class AR</p>	<p>03</p> <p>9:00 Flower Arranging AR 10:00 Devotions and Coffee AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 1:30 Sing Along with Phyllis LR 3:30 Enjoying the Front Porch</p>	<p>04</p> <p>10:00 Tell me something Good AR 10:00 Spiritual Support Group with Cynthia LR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO DR 3:30 Art by Choice AR</p>	<p>05</p> <p>9:00 Word Finds Are Available AR 11:00 Exercise with Donna LR 11:30 B-Fit Walking Club With Donna LR 6:00 Board Game Gang GR</p>	
<p>06</p> <p>Board Games and Cards are always available in the Activity room. AR 9:00 Sunday service with Covenant Reform LR 1:00 Movie AR</p>	<p>07</p> <p>10:00 News and Views LR 11:00 B-Fit exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO DR 3:30 Resident Chat AR 4:00 Flex your Brain AR 4:00 Brookdale Book Worms GR</p>	<p>08</p> <p>10:00 News & Veivs AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 12:00 Scenic Adventure/Lunch VR 2:00 Cooking Club AR 4:00 Flex Your Brain AR 6:00 Local News GR</p>	<p>09</p> <p>10:00 Tell me something good AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 12:00 Monthly Birthday Party DR 2:00 BINGO DR 3:30 Crafty Hands AR</p>	<p>10</p> <p>9:00 Flower Arranging AR 10:00 Devotions and Coffee AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 1:30 Sing Along with Phyllis LR 3:30 Enjoying the Front Porch</p>	<p>11</p> <p>10:00 Tell me something Good AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO AR 3:30 Art by Choice AR</p>	<p>12</p> <p>9:00 Word Finds Are Available AR 11:00 Exercise with Donna LR 11:30 B-Fit Walking Club With Donna LR 6:00 Board Game Gang GR</p>	
<p>13</p> <p>Board Games and Cards are always available in the Activity room. AR 1:00 Movie AR</p>	<p>14 Flag Day</p> <p>10:00 News and Views LR 11:00 B-Fit exercise LR 11:30 B-Fit Walking Club OS 1:00 Discussion Group AR 2:00 Jeopardy AR 4:00 Flex your Brain AR</p>	<p>15</p> <p>10:00 News & Veivs AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 Cooking Club AR 4:00 Flex Your Brain AR 6:00 Local News GR</p>	<p>16</p> <p>10:00 Tell me something good AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO DR 3:30 Paint Class AR</p>	<p>17</p> <p>9:00 Flower Arranging AR 10:00 Devotions and Coffee AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 1:30 Sing Along with Phyllis LR 3:30 Enjoying the Front Porch</p>	<p>18</p> <p>10:00 Tell me something Good AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO AR 2:00 Father's Day Lou-Out OS 3:30 Art by Choice AR</p>	<p>19</p> <p>9:00 Word Finds Are Available AR 11:00 Exercise with Donna LR 11:30 B-Fit Walking Club With Donna LR 6:00 Board Game Gang GR</p>	
<p>20 Father's Day</p> <p>Board Games and Cards are always available in the Activity room. AR 1:00 Movie AR</p>	<p>21</p> <p>10:00 News and Views LR 11:00 B-Fit exercise LR 11:30 B-Fit Walking Club OS 1:00 Optimum Health Talk AR 2:00 Jeopardy AR 4:00 Flex your Brain AR</p>	<p>22</p> <p>10:00 News & Veivs AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 1:00 Resident and Food Council AR 2:00 Cooking Club AR 4:00 Flex Your Brain AR 6:00 Local News GR</p>	<p>23</p> <p>10:00 Tell me something good AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO DR 3:30 Crafty Hands AR</p>	<p>24</p> <p>9:00 Flower Arranging AR 10:00 Devotions and Coffee AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 1:30 Sing Along with Phyllis LR 3:30 Enjoying the Front Porch</p>	<p>25</p> <p>10:00 Tell me something Good AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO AR 3:30 Art by Choice AR</p>	<p>26</p> <p>9:00 Word Finds Are Available AR 11:00 Exercise with Donna LR 11:30 B-Fit Walking Club With Donna LR 6:00 Board Game Gang GR</p>	
<p>27</p> <p>Board Games and Cards are always available in the Activity room. AR 1:00 Movie AR</p>	<p>28</p> <p>10:00 News and Views LR 11:00 B-Fit exercise LR 11:30 B-Fit Walking Club OS 1:00 My life Story AR 2:00 Jeopardy AR 4:00 Flex your Brain AR</p>	<p>29</p> <p>10:00 News & Veivs AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 Cooking Club AR 4:00 Flex Your Brain AR 6:00 Local News GR</p>	<p>30</p> <p>10:00 Tell me something good AR 11:00 B-Fit Exercise LR 11:30 B-Fit Walking Club OS 2:00 BINGO DR</p>	<p>LOCATION KEY</p> <p>AR Activity Room FP Front Porch DR Dining Room OS Out Side GR Game Room LR Living Room VR Van Ride LR Walking Group</p>			

Health and Wellness

Connecting Through Technology



Social Connection is a feeling of belonging and closeness to other people. Connection is a core psychological need, essential to our sense of well-being. Social connections are different for everyone and change throughout your life. Scientists have identified neural networks in the brain that drive us to connect, in other words, our brains are wired for social connection.

3 Components of Social Connectedness

Socialization:

Interacting with others

Social Support:

Emotional support through difficult times

Social Belonging:

Being a part of something bigger than yourself

Healthy social connections have many benefits including

lower rates of anxiety and depression. Social connection creates a positive feedback loop of social, emotional, and physical well-being.

(Source: Stanford Medicine Center for Compassion and Altruism Research)

Technology can help us overcome barriers to connection. If you can't travel across the country, or even drive across town, you can connect virtually. The three main technologies that can help you to socially connect are video chat, social media, texting and email.

Video Chat allows people to connect virtually face to face over the internet when they cannot see each other in person. You can use the following devices to video chat: computer, smartphone, table or smart display. There are multiple video chat applications, although the most common are: FaceTime, Zoom, and Google Duo.

Social Media websites are designed for social networking. You can share pictures, videos or text and interact with others. Social media can help you connect with old friends and family members as well as find new connections with shared

interests. The most popular social media applications are: Facebook, Instagram and Twitter.

Be cautious on social media. To ensure you feel confident and safe while keeping in touch online, follow these social media tips:

1. Set your privacy settings
2. Selectively choose your friends
3. Share carefully
4. Use private messaging
5. Watch out for scams

Technology is changing how we communicate and connect in our world. Leverage technology as a tool to support real life connection, not as a substitute for real life interaction.

Resources

- Techboomers.com is a free educational website that teaches older adults and other inexperienced internet users with basic computer skills about websites that can help improve their quality of life.
- AARP.com offers great resources including articles relating to seniors and technology.

Be Well on Purpose!

Brookdale News

Helping Seniors Live Their Best Lives. **Cindy Baier, Brookdale President & CEO**



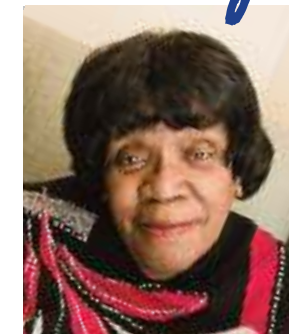
As a Brookdale resident, you've experienced first-hand that Brookdale is all about helping older adults live their best lives. Supporting your wellbeing requires a balance between both your physical and emotional health. So, even during the height of the COVID-19 pandemic, we worked hard to provide new experiences for you and your family. We also developed welcome plans to ensure move-in processes were made easier while still following federal, state – and our own – safety guidelines. Even with a pandemic, we have been pleased to welcome thousands of new residents

across the country and appreciate the opportunity to enrich so many lives!

We are a company filled with servant leaders who unite around our mission to enrich the lives of those we serve in a culture built on our cornerstones of passion, courage, partnership and trust. During the most difficult times the country has faced, our everyday heroes have, together, overcome incredibly difficult challenges to help ensure your safety and wellbeing.

Our focus on what matters most will always be a core part of life here and I appreciate your continued confidence in Brookdale!

An Engaged Life



Vivian McMillian of Wilson, North Carolina, has always led an engaged life! Married for 43 years, she and her husband Archie ran a “mom and pop” store selling candy, sodas, ice cream and other groceries. Vivian loved meeting and engaging with so many of their customers. She also led the church choir, became the lead pianist, and served as the first woman reverend of that church. Since moving to Brookdale Robinwood in Gastonia, North Carolina, in 2018, Vivian says she is “more active than I have ever been....I feel alive....I feel renewed.” Vivian has found purpose through leading church services and bible study whenever possible. She spends days dining with friends, trying new things, and takes her commitment to B-Fit exercise class seriously. She continues to play the piano, sing, and pray with her friends.

Vivian has also been an inspiration to others who are feeling uncomfortable with transitioning into a community setting. She can often be found having a meaningful conversation with several residents or a one-on-one chat after happy hour or while passing them in the hall. Vivian says it best, “I am engaged because I choose to be and the opportunities are endless for me.”