

# COMMUNITY CONNECTIONS

# May 2026

May **S** **M** **T** **W** **T** **F** **S**

31

**Brookdale Central Whittier**  
 8101 Painter Avenue  
 Whittier, CA 90602  
 (562) 698-0596  
 brookdale.com

Brookdale  
 All activities are subject to change.

**LOCATION KEY**

Game Room GR  
 Courtyard CY  
 Dining Room DR  
 Theater TR  
 Downstairs Side Patio DSP

**01**  
 9:00 B Fit GR  
 2:00 Happy Hour w/Roy CY  
 3:00 Penny Bingo GR  
 6:00 Romance Film TR

**02**  
 9:15 Catholic Communion GR  
 10:00 Card Games GR  
 1:00 Activities Chat CY  
 3:00 Penny Bingo w/Erika GR  
 6:00 Action Film TR

**03**  
 9:00 Christian Service Online GR  
 10:00 Catholic Service Online TR  
 1:00 Res-Led Rummikub CY  
 6:00 Comedy Film TR

**04**  
 9:00 BFit GR  
 10:00 Tea w/Cynthia GR  
 1:00 Menu Chat w/Alyssa CY  
 3:00 Penny Bingo GR  
 6:00 Musical Film TR

**05**  
 9:00 BFit GR  
 12:45 Healing Therapy w/Gary GR  
 2:00 Penny Bingo GR  
 3:00 Cinco De Mayo Party CY  
 6:00 B&W Film TR

**06**  
 9:00 BFit GR  
 10:00 National Beverage Day Drinks GR  
 1:00 Mother's Day Tea CY  
 3:00 Penny Bingo GR  
 6:00 Western Film TR

**07**  
 9:00 BFit GR  
 10:00 Bewitched Marathon GR  
 1:00 Beaded Bracelet Craft GR  
 3:00 Penny Bingo GR  
 6:00 Sports Film TR

**08**  
 Happy Birthday Larry!!!  
 9:00 BFit GR  
 10:00 Button Day Button Craft GR  
 2:00 Happy Hour w/Mo CY  
 3:00 Penny Bingo GR  
 6:00 Romance Film TR

**09**  
 9:15 Catholic Communion GR  
 10:00 Mother's Day Packets GR  
 1:00 Scrabble GR  
 3:00 Penny Bingo w/Erika GR  
 6:00 Action Film TR

**10 MOTHER'S DAY**  
 Happy Mother's Day!!!  
 9:00 Christian Service Online GR  
 10:00 Mother's Day Brunch Service DR  
 12:00 Catholic Service Online TR  
 1:00 Dodger Baseball CY  
 6:00 Comedy Film TR

**11**  
 9:00 BFit GR  
 10:00 Art for All Ages GR  
 1:00 Res-Led Rummikub CY  
 3:00 Penny Bingo GR  
 6:00 Musical Film TR

**12**  
 9:00 BFit GR  
 10:00 Vintage Game Shows Party GR  
 1:00 Board Games GR  
 3:00 Penny Bingo GR  
 6:00 B&W Film TR

**13**  
 9:00 BFit GR  
 10:00 Garden Club w/Jill DSP  
 1:00 I Dream of Jeannie Marathon GR  
 3:00 Res-Led Penny Bingo GR  
 6:00 Western Film TR

**14**  
 9:00 BFit GR  
 10:00 Virtual Concert w/Snacks GR  
 1:00 Craft w/Casey GR  
 3:00 Penny Bingo GR  
 6:00 Sports Film

**15**  
 9:00 BFit GR  
 10:00 Card Games GR  
 2:00 Happy Hour w/Ernie CY  
 3:00 Penny Bingo GR  
 6:00 Romance Film TR

**16**  
 9:15 Catholic Communion GR  
 1:00 Brain Teasers w/Casey GR  
 3:00 Penny Bingo w/Erika GR  
 6:00 Action Film

**17**  
 9:00 Christian Service Online GR  
 10:00 Catholic Service Online TR  
 1:00 Dodger Baseball GR  
 1:00 Music w/Sam CY  
 6:00 Comedy Film TR

**18**  
 9:00 Walk w/Cynthia GR  
 10:00 Art for All Ages GR  
 1:00 Res-Led Rummikub CY  
 3:00 Penny Bingo GR  
 6:00 Musical Film TR

**19**  
 9:00 BFit GR  
 1:00 Corsage Making CY  
 1:30 Healing Therapy w/Gary GR  
 3:00 Penny Bingo GR  
 6:00 B&W Film TR

**20**  
 Happy Birthday Mario!!!  
 9:00 BFit GR  
 10:00 Pretty in Pink Matinee TR  
 1:00 Resident Council GR  
 3:00 Res-Led Penny Bingo  
 4:00 Prom Through the Ages DR&CY  
 6:30 Western Film TR

**21**  
 9:00 BFit GR  
 1:00 Prize Bingo GR  
 3:00 Penny Bingo GR  
 6:00 Sports Film TR

**22**  
 9:00 BFit GR  
 2:00 Happy Hour w/Ricky CY  
 3:00 Penny Bingo GR  
 6:00 Romance Film TR

**23**  
 9:15 Catholic Communion GR  
 10:00 World Turtle Day-- Turtle Documentary GR  
 1:00 Snow Cone Social CY  
 3:00 Penny Bingo GR  
 6:00 Action Film TR

**24**  
 9:00 Christian Service Online GR  
 10:00 Catholic Service Online TR  
 1:00 Dodger Baseball CY  
 6:00 Comedy Film TR

**25 MEMORIAL DAY**  
 9:00 BFit GR  
 10:00 Memorial Day Puzzles Packet GR  
 11:00 Memorial Day BBQ CY  
 3:00 Penny Bingo GR  
 6:00 Movie-- Top Gun TR

**26**  
 9:00 BFit GR  
 10:00 Antiques Roadshow Watch Party w/Snacks GR  
 1:00 Crystal Jewelry w/Cara GR  
 3:00 Penny Bingo GR  
 6:00 B&W Film TR

**27**  
 Happy Birthday Mary!!!  
 9:00 BFit GR  
 10:00 Garden Club w/Jill DSP  
 1:00 Town Hall CY  
 3:00 Penny Bingo GR  
 6:00 Western Film TR

**28**  
 9:00 BFit GR  
 1:00 Board Games GR  
 3:00 Penny Bingo GR  
 6:00 Sports Film TR

**29**  
 9:00 BFit GR  
 10:00 Virtual Concert GR  
 2:00 Happy Hour w/Stand-Up Comedian CY  
 3:00 Penny Bingo GR  
 6:00 Romance Film TR

**30**  
 9:00 Christian Service Online GR  
 10:00 Catholic Service Online TR  
 1:00 Dodger Baseball CY  
 6:00 Action Film TR



# COMMUNITY CONNECTIONS

May 2026

## The Gerontologist's Corner

Featuring **Christy Phillips, PhD, Gerontologist at Brookdale**

### Dance Your Way to a Great Workout

I have a confession - I can happily dance for hours, fancying my living room moves to rival Mick Jagger's. But, put me on an elliptical machine for just 45 minutes and it feels like time is standing still. Despite feeling way more effortful than dancing, my fitness tracker says I'm not working any harder on the elliptical than dancing. How is that?

The answer is simple and something I share with people who ask me about finding motivation to exercise: when movement feels fun, we're more likely to do it and do more of it. For many, dancing is joyful and doesn't feel like exercise, even though it absolutely is. Music distracts us from the effort, rhythm keeps us moving, and enjoyment makes time fly. Before you know it, your heart rate is up, your muscles are working, and you've been active longer than you realize.

That's why dance is such a powerful way to stay active. It's an aerobic activity that supports heart and brain health, while also improving strength, balance and flexibility—key factors in reducing fall risk. Dancing can also boost mood and create opportunities for connection that help combat loneliness.

Dance fits easily into daily life. Most songs last three to five minutes, so one or two songs equals a meaningful stretch of movement that can be done anywhere with no special equipment. String a few songs together, and you've logged 10-15 minutes without ever calling it a 'workout'. Getting the recommended amount of aerobic activity- about 30 minutes most days—can look like dancing to two to three songs in the morning and in the afternoon, and maybe one song before dinner.

So, the next time a favorite song comes on, turn up the music and start moving your feet. And remember: when exercise feels like fun, you naturally keep going!



## Did you Know?

### Brookdale's Friends for Life Incentive

Friends for Life (FFL) is an incentive program to encourage residents and families to tell their family and friends about living at Brookdale. Relationships and friendships support a culture of community and social connectedness within both Brookdale and the greater community. For each referral that moves into a community, the current (referring) resident receives fabulous rewards\*. See your ED or sales team for more details.

#### How to refer friends:

1. Tell us the name of a friend who would love to live at your community
2. If your friend moves in, you'll qualify for a rent credit\*
3. Refer more friends for even more rent credits, and have more friends in your community!

\*Terms and conditions apply.



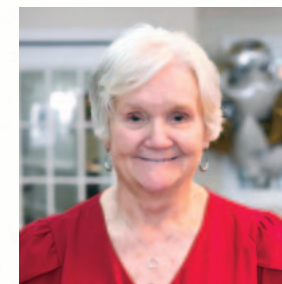
## Brookdale News

### Brookdale 2025 Cornerstone Award Winners

Each year we gather nominations from across Brookdale for our Cornerstone Awards. Out of our 36,000 associates, these awards are then given to the four associates we feel best represent each of Brookdale's Cornerstones- **Passion, Courage, Partnership, and Trust**.

**Congratulations to our 2025 Cornerstone Award winners:**

#### PASSION



**Linda Johnson**  
Driver at Brookdale  
Morehead City (NC)

#### COURAGE



**Dia DePaula**  
Health & Wellness Director III  
at Brookdale Kenmore AL (NY)

#### PARTNERSHIP



**Nicole McAndrew**  
Supervisor, Talent  
Acquisition at CSC

#### TRUST



**Florica Hadar**  
Business Office Manager  
at Brookdale Utica AL (MI)

These cornerstones drive everything we do at Brookdale. Whether it's how we interact with our current residents and families, our potential residents and families, or each other - we need all four of these cornerstones to enrich the lives of those we serve every day: a passion for the work, the courage to always do the right thing, strong partnerships with each other and our residents, and trust-based relationships with those we serve.

## An Engaged Life

When Gloria C. made a move at Brookdale Monroe (NJ), it marked the beginning of a meaningful new chapter. While transitions can feel overwhelming, Gloria embraced this change with courage and positivity. In her new environment she has thrived with a familiar routine, personal connections and daily opportunities that support her success.

What makes Gloria remarkable is that she continues to share her longtime talent as a beautician and manicurist. She approaches other residents warmly, offering personal touches that make residents feel confident and cared for. This meaningful role gives her a sense of purpose and allows her to continue serving others as something she has always loved to do. Additionally, she contributes during the dining experience in making sure our dining tables are always presentable with each utensil placed with care.

Gloria's social connections remain the heart of her days. She enjoys engaging in her favorite programs and truly feels part of the team and her community. Her journey shows that living an engaged life doesn't end with change. With the right support and opportunities, each day can be filled with purpose, meaningful moments, connections and belonging.

