

S M T W Th F S

Brookdale Anaheim
200 North Dale Avenue
Anaheim, CA 92801
(714) 761-5771 | brookdale.com

LOCATION KEY

AR Activity Room	AR Activity Room - 3rd fl
OUT Outdoors/Outing	RV Room Visit
FF First Floor	LB Library
SF Second Floor	IR In Room
DR Dining Room	CY Courtyard
PT Patio	

License Number

04 Passover Ends / Easter

9:00 Catholic TV Church	FF
9:30 Movie Matinee	FF
10:30 In Door Walking Club	SF
1:00 TV Sunday Service	FF
2:00 Skip Bo Club	SF
3:00 B Fit Exercise	FF
6:00 Evening Movie	FF

05

9:30 Film History (TV)	FF
10:00 Walking Club	OUT
10:30 B Fit Exercise	AR
1:00 Pet Therapy (TV)	FF
2:00 Rummikub	SF
2:30 Scenic Drive	OUT
6:00 Evening Movie	FF

06

10:00 B Walking Club	OUT
10:15 Morning Hymns	FF
10:30 B Fit Exercise	AR
1:30 Phase 10	SF
3:00 Afternoon Music	CY
6:00 Evening Movie	FF

07

10:00 B Walking Club	OUT
10:30 B Fit Exercise	AR
1:30 Rummikub	SF
2:30 Journey Back in Time-TV	FF
3:00 Flex Your Brain	FF
6:00 Bible Study with Saddleback Church	FF

08

9:30 B Walking Club	OUT
10:00 Holy Rosary	SF
10:45 B-Fit Exercise	AR
1:30 Sequence	SF
3:00 Buck Bingo	SF
6:00 Evening Movie	FF

09

9:30 Fun with Yarn	SF
10:00 B Walking Club	OUT
10:30 B-Fit Exercise	AR
1:15 Resident Council Meeting	DR
2:00 Bridge Club	AR
2:30 Senior Topics (TV)	FF
3:30 Wine Social	SF
6:00 Evening Movie	FF

10

10:00 B Walking Club	OUT
10:30 B-Fit Exercise	AR
1:30 Color & Chat	SF
2:00 Rummikub	SF
2:00 Poker Club	SF
3:00 Flex Your Brain	FF
6:00 Evening Movie	FF

11

9:00 Catholic TV Church	FF
9:30 Movie Matinee	FF
10:30 In Door Walking Club	SF
1:00 TV Sunday Service	FF
2:00 Skip Bo Club	SF
3:00 B Fit Exercise	FF
6:00 Evening Movie	FF

12

9:30 Film History (TV)	FF
10:00 Walking Club	OUT
10:30 B Fit Exercise	AR
1:00 Pet Therapy (TV)	FF
2:00 Rummikub	SF
2:30 Scenic Drive	OUT
6:00 Evening Movie	FF

13

10:00 B Walking Club	OUT
10:15 Morning Hymns	FF
10:30 B Fit Exercise	AR
1:30 Phase 10	SF
3:00 Birthday Celebration	CY
2:30 OL Health Talk (TV)	FF
6:00 Evening Movie	FF

14

10:00 B Walking Club	OUT
10:30 B Fit Exercise	AR
1:30 Rummikub	SF
2:30 Journey Back in Time-TV	FF
3:00 Flex Your Brain	FF
6:00 Bible Study with Saddleback Church	FF

15

Tax Day

9:30 B Walking Club	OUT
10:00 Holy Rosary	SF
10:45 B-Fit Exercise	SF
1:30 Sequence	SF
3:00 Buck Bingo	SF
6:00 Evening Movie	FF

16

9:30 Fun with Yarn	SF
10:00 Walking Club	OUT
10:30 B-Fit Exercise	AR
1:15 Food & Menu Chat	DR
2:00 Bridge Club	AR
2:30 Senior Topics -TV	FF
3:30 Wine Social	SF
6:00 Evening Movie	FF

17

10:00 B Walking Club	OUT
10:30 B-Fit Exercise	AR
1:30 Color & Chat	LB
2:00 Rummikub	SF
2:00 Poker Club	SF
3:00 Afternoon Music w/ Jo	CY
6:00 Evening Movie	FF

18

9:00 Catholic TV Church	FF
9:30 Movie Matinee	FF
10:30 In Door Walking Club	SF
1:00 TV Sunday Service	FF
2:00 Skip Bo Club	SF
3:00 B Fit Exercise	FF
6:00 Evening Movie	FF

19

9:30 Film History (TV)	FF
10:00 Walking Club	OUT
10:30 B Fit Exercise	AR
1:00 Pet Therapy (TV)	FF
2:00 Rummikub	SF
2:30 Scenic Drive	OUT
6:00 Evening Movie	FF

20

10:00 B Walking Club	OUT
10:30 Morning Hymns	FF
10:30 B Fit Exercise	AR
1:00 Phase 10	SF
2:00 Spring Tea Party	CY
3:30 My Life Story	AR
6:00 Evening Movie	FF

21

10:00 B Walking Club	OUT
10:30 B Fit Exercise	AR
1:30 Rummikub	SF
2:30 Journey Back in Time-TV	FF
3:00 Flex Your Brain	FF
6:00 Bible Study with Saddleback Church	FF

22

Earth Day

10:00 B Walking Club to Fullerton Arboretum	OUT
10:00 Holy Rosary	SF
10:45 B-Fit Exercise	AR
1:30 Sequence	SF
3:00 Grief Group Meeting	SF
6:00 Evening Movie	FF

23

9:30 Fun with Yarn	SF
10:00 B-Walking Club	OUT
10:45 B-Fit Exercise	AR
1:30 Bridge Club	AR
2:30 Senior Topics -TV	FF
3:30 Wine Social	SF
6:00 Evening Movie	FF

24

10:00 B Walking Club	OUT
10:30 B-Fit Exercise	AR
1:30 Color & Chat	SF
2:00 Rummikub	SF
2:30 Poker Club	SF
3:00 Flex Your Brain	FF
6:00 Evening Movie	FF

25

9:00 Catholic TV Church	FF
9:30 Movie Matinee	FF
10:30 In Door Walking Club	SF
1:00 TV Sunday Service	FF
2:00 Skip Bo Club	SF
3:00 B Fit Exercise	FF
6:00 Evening Movie	FF

26

9:30 Film History (TV)	FF
10:00 Walking Club	OUT
10:30 B Fit Exercise	AR
1:00 Pet Therapy (TV)	FF
2:00 Rummikub	SF
2:30 Scenic Drive	FF
6:00 Evening Movie	FF

27

10:00 B Walking Club	OUT
10:30 Morning Hymns	FF
10:30 B Fit Exercise	AR
1:00 Phase 10	SF
3:00 New Residents Social	SF
3:00 Afternoon Music	CY
6:00 Evening Movie	FF

28

10:00 B Walking Club	OUT
10:30 B Fit Exercise	AR
1:30 Rummikub	SF
2:30 Journey Back in Time-TV	FF
3:00 Flex Your Brain	FF
6:00 Bible Study with Saddleback Church	FF

29

9:30 B Walking Club	OUT
10:00 Holy Rosary	SF
10:45 B-Fit Exercise	AR
1:30 Sequence	SF
3:00 Buck Bingo	SF
6:00 Evening Movie	FF

30

9:30 Fun with Yarn	SF
10:00 B Walking Club	OUT
10:30 B-Fit Exercise	AR
1:30 Bridge Club	AR
2:30 Senior Topics	FF
3:00 Wine Social	SF
6:00 Evening Movie	FF



COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Prioritizing Your Well-Being



During this time of social distancing, it is important to stay active for both your emotional and physical health.

Each day, it is important to prioritize your well-being despite all that is going on around you. Here are a few tips and inspiration for overall well-being.

Stay connected to family and friends using technology or your phone. Make a list of family and friends to interact with daily. Try things like a virtual breakfast, lunch, or dinner with family or friends.

Optimum Life Inspiration

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.” ~ Mandy Hale

Be Well on Purpose!

To schedule a virtual visit with your family, please reach out to a Resident Programs associate.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Stay connected spiritually - Attend virtual religious services via the television or online. Consider checking in with a fellow parishioner over the phone and see how they are doing.

Call a friend or family member that you have been wishing to connect with that lives far away. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

Stay connected through music. Music nourishes the brain. Play some music that

you enjoy listening to on the radio, television or on an electronic device.

Note of Thanks - Try to take note of when people do a good job and find ways to give recognition. For example: a hand written note or card, a call, or perhaps an email to them.

Take time out for activities you enjoy. Read a good book, watch a comedy, play a fun board or video game, make something—whether it’s a new recipe, a craft, or a piece of art. It doesn’t matter what you do, as long as it takes you out of your worries.

Breathing Exercise - Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling more relaxed.

Brookdale News

Brookdale Surpasses Raising \$18 Million for Alzheimer’s Care, Support and Research



In a year like no other, Brookdale Senior Living continued to be a leader in fundraising to fight Alzheimer’s disease. During 2020, in the midst of serving and supporting tens of thousands of residents, patients, and associates during the global COVID-19 pandemic, the Brookdale team maintained its commitment to supporting those seeking a cure for Alzheimer’s and raised almost \$1.2 million as a National Team for the Alzheimer’s Association Walk to End Alzheimer’s. With this contribution, Brookdale has raised more than \$18 million since 2008 to support the care, support and research efforts of the Alzheimer’s Association.

“I am incredibly grateful for the compassion and commitment of all the members of our Brookdale team,” said Lucinda (“Cindy”) Baier, Brookdale’s President and Chief Executive Officer. “It is incredible and admirable that, despite all the hardships and challenges that 2020 brought, our team still kept in their hearts the need to fight Alzheimer’s. They still found ways to continue our tradition of supporting this important cause.” Baier added, “Within Brookdale’s Clare Bridge communities where we offer specialized dementia care with a person-centered approach, we see the impact of Alzheimer’s every day. We look forward to the day when there is a cure and support this cause fully.”

An Engaged Life



Mary Bullock, a resident at Brookdale Monrovia, CA since 2019, regards everyone with respect, kindness and compassion. It is why she has spent her life serving others, while also being a trailblazer as the first African American to work at Arcadia Methodist Hospital. Having begun as a Certified Nursing Assistant, Mary finished her 35 years of service as a Registered Nurse in the Emergency Room.

Since moving to Brookdale Monrovia, Mary has discovered new interests and new passions through engagement with other residents. She recently took up painting and says her work is turning out pretty good. Mary has continued to live an engaged life by trying new things, cultivating friendships and increasing a sense of belonging and well-being for those around her.

Although she has officially retired from nursing, Mary continues to serve others and use her gift of empathy. She notices those who are lonely, draws them into friendship and helps them get connected. And she encourages fellow residents to stay healthy by inviting them to join her for the B-Fit exercise classes. Once a nurse always a nurse. Mary truly sees her community as an extension of the life she lived before moving to Brookdale.