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April 2021

Brookdale Garden Grove

10200 Chapman Avenue
Garden Grove, CA 92840
(714) 636-6453 | brookdale.com



01 April Fools' Day
9:00 Crafty Crafts DR
10:30 April Fools Fun DR
11:00 Dining Setters DR
1:00 Nails & Hand Massage DR
2:00 Minnie Exercise LR
3:00 Bible Readings LR
6:00 Beverly Hillbilies LR

02 Good Friday
9:00 All about Good Friday LR
10:00 Friday Morning Drive DR
11:00 Table Top News DR
1:00 Flower Power DR
2:00 Clare Bridge Social DR
4:00 Friday Night Karaoke DR
6:00 Movie of Choice LR

03
9:30 All about Easter/Trivia LR
10:00 Dying Colorful Eggs DR
1:00 Easter Pictures DR
2:00 Egg Hunt and Treats DR
4:00 Beautiful Hymns of God DR
6:00 After Dinner Chat DR

04 Passover Ends / Easter
9:45 C Communion AL
10:30 Easter Sermon LR
1:00 Sunday Funday DR
2:00 Bunny Treats INT
4:00 Aroma Therapy/Music LR
6:00 Sunday Magazines LR

05
9:00 Video Exercise LR
10:30 Animal Trivia LR
1:00 IN2L Fun LR
2:00 Horse Shoes LR
4:00 Music Sing Along INT
6:00 I Love Lucy LR

06
9:00 B-Fit Exercise DR
10:00 How are you feeling DR
10:30 Finish the Rhyme DR
1:00 Color Me Calm DR
2:00 Big Purple Ball LR
4:00 A Bit of Country LR
6:00 Night Time Puzzles LR

07
9:00 Bands and Weights LR
10:00 Name that Tune DR
10:30 Womans Trivia LR
1:00 Water Colors DR
2:00 Fun with Bing Bag Toss DR
4:00 Sing to the Lyrics DR
6:00 Travel the World LR

08
9:00 Crafty Crafts DR
10:30 Common Bonds DR
11:00 Dining Setters DR
1:00 Dot to Dots DR
2:00 Minnie Exercise LR
3:00 Bible Readings LR
6:00 Beverly Hillbilies LR

09
9:00 Chair Dancing LR
10:00 Scenic Drive DR
10:30 Kays Corner DR
1:00 Cooks Corner DR
2:00 Clare Bridge Social DR
4:00 Friday Night Karaoke DR
6:00 Movie of Choice LR

10
9:30 Morning Gardening P
10:30 Minnie Exercise LR
1:00 Relax with Colors DR
2:00 Card Games DR
4:00 Lets Sing a Tune DR
6:00 After Dinner Chat DR

11
9:45 C Communion AL
10:30 Morning Sermons LR
1:00 Sunday Funday DR
2:00 Matching Game INT
4:00 Aroma Therapy/Music LR
6:00 Sunday Magazines LR

12
9:00 Video Exercise LR
10:30 Animal Trivia LR
1:00 IN2L Fun LR
2:00 Horse Shoes LR
4:00 Music Sing Along INT
6:00 I Love Lucy LR

13
9:00 B-Fit Exercise DR
10:00 How are you feeling DR
10:30 Resident Council LR
1:00 Color Me Calm DR
2:00 Big Purple Ball LR
4:00 A Bit of Country LR
6:00 Night Time Puzzles LR

14
9:00 Bands and Weights LR
10:00 Name that Tune DR
10:30 Finish the Sentece LR
1:00 Fun w/Tips & Paints DR
2:00 Hallway Bowling DR
4:00 Sing to the Lyrics DR
6:00 Travel the World LR

15 Tax Day
9:00 Crafty Crafts DR
10:30 Lets Reminisce DR
11:00 Dining Setters DR
1:00 Nails & Hand Massages DR
2:00 Minnie Exercise LR
3:00 Bible Readings LR
6:00 Beverly Hillbilies LR

16
9:00 Chair Dancing LR
10:00 Friday Morning Drive DR
10:30 Table Top News DR
1:00 Flower Power DR
2:00 Clare Bridge Social DR
4:00 Friday Night Karaoke DR
6:00 Movie of Choice LR

17
9:30 Morning Life Skills DR
10:30 Minnie Exercise LR
1:00 Relax with Colors DR
2:00 Board Games DR
4:00 Lets Sing a Tune DR
6:00 After Dinner Chat DR

18
9:45 C Communion AL
10:30 Morning Sermons LR
1:00 Sunday Funday DR
2:00 Matching Game INT
4:00 Aroma Therapy/Music LR
6:00 Sunday Magazines LR

19
9:00 Video Exercise LR
10:30 Animal Trivia LR
1:00 IN2L Fun LR
2:00 Horse Shoes LR
4:00 Music Sing Along INT
6:00 I Love Lucy LR

20
9:00 B-Fit Exercise DR
10:00 How are you feeling DR
10:30 Common Sayings DR
1:00 Color Me Calm DR
2:00 Big Purple Ball LR
4:00 A Bit of Country LR
6:00 Night Time Puzzles LR

21
9:00 Bands and Weights LR
10:00 Name that Tune DR
10:30 Mens Trivia LR
1:00 Cotton Ball Painting DR
2:00 Hoola Hoop Toss DR
4:00 Sing to the Lyrics DR
6:00 Travel the World LR

22
9:00 Earth Day Crafty Crafts DR
10:30 All about Earth Day DR
11:00 Dining Setters DR
1:00 Dot to Dots DR
2:00 Minnie Exercise LR
3:00 Bible Readings LR
6:00 Beverly Hillbilies LR

23
9:00 Chair Dancing LR
10:00 Scenic Drive DR
10:30 Kays Corner DR
1:00 Cooks Corner DR
2:00 Clare Bridge Social DR
4:00 Friday Night Karaoke DR
6:00 Movie of Choice LR

24
9:30 Morning Gardening DR
10:30 Minnie Exercise LR
1:00 Relax with Colors DR
2:00 Basket Ball Hoops DR
4:00 Lets Sing a Tune DR
6:00 After Dinner Chat DR

25
9:45 C Communion AL
10:30 Morning Sermons LR
1:00 Sunday Funday DR
2:00 Matching Game INT
4:00 Aroma Therapy/Music LR
6:00 Sunday Magazines LR

26
9:00 Video Exercise LR
10:30 Animal Trivia LR
1:00 IN2L Fun LR
2:00 Horse Shoes LR
4:00 Music Sing Along INT
6:00 I Love Lucy LR

27
9:00 B-Fit Exercise DR
10:00 How are you feeling DR
10:30 what came first DR
1:00 Color Me Calm DR
2:00 Big Purple Ball LR
4:00 A Bit of Country LR
6:00 Night Time Puzzles LR

28
9:00 Bands and Weights LR
10:00 Name that Tune DR
10:30 How Many in All? LR
1:00 Art & Colored Chalk DR
2:00 Balloons & Noodles DR
4:00 Sing to the Lyrics DR
6:00 Travel the World LR

29
9:00 Crafty Crafts DR
10:30 1950's Memory Lane DR
11:00 Dining Setters DR
1:00 Nails & Hand Massage DR
2:00 Minnie Exercise LR
3:00 Bible Readings LR
6:00 Beverly Hillbilies LR

30
9:00 Chair Dancing LR
10:00 Friday Morning Drive DR
10:30 Table Top News DR
1:00 Memory Photo Album DR
2:00 Clare Bridge Social DR
4:00 Friday Night Karaoke DR
6:00 Movie of Choice LR



THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
9:00 B-Fit Exercise
10:00 Refreshments
10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
1:00 Creative/Crafts/Art and Clustered Groups
2:00 Physical
3:00 Refreshments
4:00 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

- AL - Assisted Living
P - Patio
RL - Reading Lounge
O - Outing
DR - Dining Room
LR - Living Room
L - Lobby
INT - Intouch
I - IPAD

## 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.