

May 2019

Brookdale Tracy
355 West Grant Line Road
Tracy, CA 95376
(209) 835-1000 | brookdale.com

Assisted Living
All activities are subject to change.

1	2	3	4
WEDNESDAY 10:30 Wednesday Worship LR 1:00 B-Fit Exercise 3FL 1:30 Welcome Ambassador EC 1:30 Tracy Library 3FL 2:00 Gardening CY 3:00 Cribbage Board Game GR 6:15 Horse Races with victor LR	THURSDAY 10:00 Menu Chat with Jose DR 10:00 Walking Club LR 1:00 B-Fit Exercise Spiro100 3FL 1:30 Bible Study w/Dr.Sims CR 2:00 iPad Trivia Chain of Thought with Liset LR 3:00 Welcome Home Social LR 6:00 Horse Races with Victor LR	FRIDAY 9:30 Coffee Chat with Adaline LR 10:15 St. Bernards Church Rec 1:00 B-Fit Exercise Cardio 3FL 2:30 Happy Hour LR Entertainment, Cocktails & dance w/ Take a Bow 5:00 Trivia: History of Popular music in 20th Century with Miguel LR 6:30 Movie: Space Buddies with Marty & Misty Rec	SATURDAY 10:00 Bible study w/Pastor Micheal CR 1:30 B-Fit Exercise 3FL 2:00 Manicures LR 3:00 Bingo with Joy Rec 5:00 Board Games LR 6:00 Mexican Train Melba GR
SUNDAY 9:00 Church Service's BTO 9:30 Grace Church Service LR 11:30 Friends & Family DR 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 2:00 Friends and Family Cinco de Mayo Celebration Rec 3:00 Cribbage Board Game with Carrol. H GR 6:00 Uno with Alvin LR	MONDAY 9:00 Shopping BTO 10:00 Grief Support w/Tim LB 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 1:30 Shopping BTO 2:00 Word Trivia with Joy LR 6:00 Mexican Train with Gerri GR 6:30 Movie: Celtic Wome A new Journey with Marty & Misty Rec	TUESDAY 10:30 Amazing Kitchen BTO 10:00 Walking Club LR 1:00 B-Fit Exercise Balance 3FL 1:30 Shopping BTO 1:30 iPad/Tablet Technology Class with Liset LR 2:00 Sparrow Bible Study with Bea CR 3:00 Bingo with Liset Rec 6:15 Horse races with Victor LR	WEDNESDAY 10:30 Wednesday Worship LR 1:00 B-Fit Exercise 3FL Flexibility Rec 1:30 Tracy library BTO 2:00 Ice Cream Social CY 3:00 Cribbage Board Game with carol. H GR 6:15 Horse Races with Victor LR
SUNDAY 9:00 Church Service's BTO 9:30 Grace Church Service LR 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 2:00 Trivia with Betty LR 2:30 Music with Take A Bow LR 6:00 Uno with Alvin LR	MONDAY 9:00 Shopping BTO 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 1:30 Shopping BTO 2:00 Word Trivia with Joy LR 3:00 Art & Craft with Deb LR 6:00 Mexican Train with Gerri GR 6:30 Movie: Sarah Brightman La Lu with Marty & Misty Rec	TUESDAY 9:00 Shopping BTO 10:00 Walking Club LR 1:00 B-Fit Exercise Balance 3FL 1:30 Shopping BTO 1:30 iPad/Tablet Technology Class with Liset LR 2:00 Sparrow Bible Study with Bea CR 3:00 Bingo with Joy Rec 6:15 Horse races with Victor LR	WEDNESDAY 10:30 Wednesday Worship LR 1:00 B-Fit Exercise 3FL Flexibility Rec 1:30 Tracy Library BTO 2:00 Cooking Demo with Jose EC 3:00 Cribbage Game Board with Carrol. H GR 6:15 Horse Races with Victor LR
SUNDAY 9:00 Church Service's BTO 9:30 Grace Church Service LR 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 2:00 Trivia with Betty LR 3:00 Cribbage Game Board with Carrol. H GR 6:00 Uno with Alvin LR	MONDAY 9:00 Shopping BTO 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 1:30 Shopping BTO 2:00 word Trivia with Joy LR 6:00 Mexican Train with Gerri GR 6:30 Movie: Heritage Celtic Thunder with Marty & Misty Rec	TUESDAY 9:00 Shopping BTO 10:00 Walking Club LR 10:00 Kingdome Hope Services Rec 1:00 B-Fit Exercise Balance 3FL 1:30 Shopping BTO 1:30 iPad/Tablet Technology Class with Liset LR 2:00 Sparrow Bible Study with Bea CR 3:00 Bingo with Liset Rec 6:15 Horse races with Victor LR	THURSDAY 10:00 Coffee Social EC 10:00 Walking Club LR 1:00 B-Fit Exercise Spiro100 3FL Sitting Start 1:30 Bible Study w/Dr. Sims LB 2:00 iPad Trivia Chain of Thoughts with Liset LR 3:00 Welcome Ambassador EC 6:00 Horse Races with Victor LR
SUNDAY 9:00 Church Service's BTO 9:30 Grace Church Service LR 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 2:00 Trivia with Betty LR 2:30 Piano Music with Joe LR 6:00 Uno with Alvin LR	MONDAY 10:30 Movie & Lunch BTO 1:00 B-Fit Exercise Spiro100 LR Chair Yoga 1:30 Shopping BTO 2:00 Word Trivia with Betty LR 3:00 Art & Craft with Deb LR 6:00 Mexican Train with Gerri GR 6:30 Movie: Sarah Brightman Live from Las Vegas with Marty and Misty Rec	TUESDAY 10:00 Walking Club LR 10:30 Health Talk: Myths of Aging with Christina LR 1:00 B-Fit Exercise Balance 3FL 1:30 Shopping BTO 1:30 iPad/Tablet Technology Class LR 2:00 Sparrow Bible Study with Bea CR 3:00 Bingo with Joy Rec 6:15 Horse races with Victor LR	THURSDAY 10:30 Wednesday Worship LR 1:00 B-Fit Exercise 3FL Flexibility Rec 1:30 Tracy Library BTO 2:30 Brookdale Celebrates Residents Birthday Party LR 5:00 Uno with Marcelle LR 6:00 Word Search Packet LR 6:15 Horse Races with Vivtor LR
SUNDAY 10:00 Bible study w/Pastor Micheal CR 1:30 B-Fit Exercise 3FL 2:00 Manicure LR 3:00 Bingo with Joy Rec 5:00 Board Games LR 6:00 Mexican Train with Melba GR	MONDAY 9:30 Town Hall Meeting LR 10:15 St. Bernards Church Rec 1:30 B-Fit Exercise 3FL 2:30 Happy Hour LR Entertainment, Cocktails & dance w/ David Flynn 5:00 Trivia: History of Popular music in 20th Century with Miguel LR 6:30 Movie: Lincoln with Marty & Misty Rec	TUESDAY 10:00 Bible study w/Pastor Micheal CR 1:30 B-Fit Exercise 3FL 2:00 Manicures LR 3:00 Bingo with Joy Rec 5:00 Board Games LR 6:00 Mexican Train with Melba GR	THURSDAY 10:00 Walking Club LR 1:00 B-Fit Exercise Spiro100 3FL Steady on your feet 1:30 Bible Study w/Dr. Sims LB 2:00 iPad Trivia Chain of Thoughts with Liset LR 3:00 Resident Council Meeting Rec 6:00 Horse Races with Victor LR
SUNDAY 10:00 Bible study w/Pastor Micheal CR 1:30 B-Fit Exercise 3FL 2:00 Manicure LR 3:00 Bingo with Joy Rec 5:00 Board Games LR 6:00 Mexican Train GR	FRIDAY 10:15 St. Bernards Church Rec 1:30 B-Fit Exercise 3FL 2:30 Happy Hour LR Entertainment, Cocktails & dance Elvis 5:00 Trivia: History of Popular music in 20th Century with Miguel LR 6:30 Movie: Chihuahua too with Marty & Misty Rec	SATURDAY 10:00 Bible study w/Pastor Micheal CR 1:30 B-Fit Exercise 3FL 2:00 Manicure LR 3:00 Bingo with Joy Rec 5:00 Board Games LR 6:00 Mexican Train GR	FRIDAY 10:00 Walking Club LR 10:00 Brookdale Club CY 1:00 B-Fit Exercise Spiro100 3FL Balance Feet 1:30 Bible Study w/Dr. Sims CR 2:00 Life Story LB 3:00 Residnet Program Chat Rec 6:00 Horse Races with Victor LR
SUNDAY LR - GR Rec - Recreation Room LB - Library MCN - Memory Care Neighborhood 3FL - Third Floor 2FL - Game Room EC - Emeritus Club DR - Dining Room BTO - Bus Trip Outing CR - Computer Room CY - Court Yard BCY - Back Court Yard	FRIDAY 10:15 St. Bernards Church Rec 1:30 B-Fit Exercise 3FL 2:30 Happy Hour LR Entertainment, Cocktails and dance Elvis LR 5:00 Trivia: History of Popular music in 20th Century with Miguel LR 6:00 Redem Brookdale Voucher LR 6:30 Movie: Entrapment with Marty & Misty Rec	SATURDAY 10:00 Bible study w/Pastor Micheal CR 1:30 B-Fit Exercise 3FL 2:00 Manicure LR 3:00 Bingo with Joy Rec 5:00 Board Games LR 6:00 Mexican Train GR	FRIDAY 10:15 St. Bernards Church Rec 1:30 B-Fit Exercise 3FL 2:30 Happy Hour LR Entertainment, Cocktails and dance Elvis LR 5:00 Trivia: History of Popular music in 20th Century with Miguel LR 6:00 Redem Brookdale Voucher LR 6:30 Movie: Entrapment with Marty & Misty Rec

LOCATION KEY
LR - GR
Rec - Recreation Room
LB - Library
MCN - Memory Care Neighborhood
3FL - Third Floor
2FL - Game Room
EC - Emeritus Club
DR - Dining Room
BTO - Bus Trip Outing
CR - Computer Room
CY - Court Yard
BCY - Back Court Yard

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®: Reducing Your Risk of Falling



According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the

problems associated with falling and a proactive plan.

Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

Interventions that Can Increase Safety and Reduce the Risk of Falls

Medication Plan of Care: Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

Therapy: Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

Wellness Challenge

10 Tips to Prevent Falls

Avoiding falls requires a proactive approach. Below are 10 tips to help prevent falls.

1. Stay physically active
2. Talk with your doctor regarding your Vitamin D level
3. Review your medications with your health care provider
4. Have annual eye and hearing exams
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls
8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you

Be Well on Purpose!



Brookdale News

Brookdale's Online Newsroom



Staying in the know about all things Brookdale is easy with BrookdaleNews.com, your source for everything happening at Brookdale. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Check out blogs from Brookdale experts on advancements in Alzheimer's and dementia care, senior living industry

insights, and tips for living an Optimum Life. BrookdaleNews.com has local community stories, reports on corporate initiatives, informative videos, and even short films produced and starring residents and associates. Brookdale news comes from all over the country and features stories that you wouldn't hear other places. Residents and associates are recognized for both the large and small things that they do to daily enrich lives.

At BrookdaleNews.com, go behind the scenes to see what life is really like at Brookdale by reading candid, genuine stories from the field and corporate office. Have a story idea? Click on “Submit a Story” to share your idea with the Public Relations team. Click “Subscribe for News Alerts” at the top of the screen to receive a notification when a new story posts. Share BrookdaleNews.com with your friends and family so they can see how we are enriching lives every day.

Wishes of a Lifetime

Brookdale is proud to honor our residents' wishes and dreams through our partnership with Wish of a Lifetime®



Car Enthusiast Takes Dream 'Victory Lap' in Race Car

Harold Smith has loved cars all of his life. From the moment he bought his first car, he has been able to dismantle an engine and put it back together without a manual or guide. He has owned a 1937 pick-up truck, a 1948 Plymouth, and he currently owns a 1957 red and white Chevy he restored himself.

The 84-year-old Brookdale Spring Arbor resident loves everything about owning, driving and even watching cars — after all he witnessed the very first race of the Daytona 500 when it opened in 1959.

Wish of a Lifetime and Brookdale Senior Living were excited to get Harold back to the racetrack to ride in a race car on November 10, 2018. Charlotte Motor Speedway provided Harold with an hour-long tour of the speedway, then an exhilarating race car ride. Harold practically leapt over the pit-road wall as if he had done it 100 times before. The smile on his face as he made the final round of his “victory lap” said it all.