

# December 2021

**Brookdale Cushing Park**  
 300 West Farm Pond Road  
 Framingham, MA 01702  
 (508) 628-7700 | brookdale.com

Assisted Living  
 All activities are subject to change.

Day	10:00	11:00	1:00	2:00	3:00	3:15	4:00	4:30	5:00	5:30
<b>1 WEDNESDAY</b>	9:30 CVS LOB	10:00 B-Fit Exercise - Lower Body Strength AR	10:45 Hot Chocolate w/Kettely AR	1:00 Catholic Mass w/Fr Brown LIB	2:00 Bingo for Prizes! AR	3:00 Come watch a movie with Kettely AR	5:30 Word Games with Joeliel AR			
<b>2 THURSDAY</b>	10:00 B-Fit Exercise - Cardio AR	10:30 Blood Pressure Clinic CK	11:00 Flex Your Brain AR	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:30 Happy Hour CK	4:00 Friends for Life Virtual Event AR			
<b>3 FRIDAY</b>	9:30 Bus to Target LOB	10:00 B-Fit with Kettely AR	10:45 Words with Kettely AR	11:45 Oaks Zoom call with Phil	1:00 One Day Lecture! AR	1:30 Bingo! AR	2:30 Coffee & Donuts w/Todd CK	4:00 Pre-Dinner Trivia LOB		
<b>4 SATURDAY</b>	9:00 Weekend News CK	10:00 B-Fit Exercise - Breathing and Relaxation AR	10:45 Word Games AR	1:00 One Day Lecture! AR	3:15 Bingo for Prizes! AR	4:00 Flex Your Brain LOB				
<b>5 SUNDAY</b>	9:00 "Sunday Morning News" CK	10:00 B-Fit Exercise - Core Strength AR	10:45 Word Games AR	2:00 Sunday Social AR	3:30 Trivia and Chat LOB	4:00 Flex your Brain LOB				
<b>6 MONDAY</b>	10:00 B-Fit Exercise - Balance AR	11:00 Hot Chocolate with Judy AR	1:00 Jewelry Making AR	3:00 Ted Talk and Discussion AR	4:00 Trivia LOB	5:30 Bingo Night w/Joeliel AR				
<b>7 TUESDAY</b>	10:00 Music & Movement AR	11:00 Conversations in Aging AR	1:00 Menu Chat with Chef AR	2:00 One Day Lecture! AR	3:15 Words Within Words AR	4:00 Trivia with Joeliel LOB	5:30 Movie Night! MR			
<b>8 WEDNESDAY</b>	9:30 Bus to Stop & Shop LOB	10:00 B-Fit Exercise - Lower Body Strength AR	10:45 Hot Choc. with Kettely AR	1:30 Art Class with Tracy! AR	3:00 Come watch a movie with Kettely AR	5:30 Word Games with Joeliel AR				
<b>9 THURSDAY</b>	10:00 B-Fit Exercise - Cardio AR	11:00 Flex Your Brain AR	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:30 Happy Hour CK	4:00 Resident Engagement Chat AR				
<b>10 FRIDAY</b>	9:30 Bus to CVS LOB	10:00 B-Fit with Kettely AR	10:45 Words with Kettely LOB	11:45 Oaks Zoom call with Phil	1:00 One Day Lecture! AR	1:30 Bingo! AR	2:30 Coffee & Donuts w/Todd CK	4:00 Pre-Dinner Trivia LOB		
<b>11 SATURDAY</b>	9:00 Weekend News CK	10:00 B-Fit Exercise - Breathing and Relaxation AR	10:45 Word Games AR	1:00 One Day Lecture! AR	3:15 Bingo for Prizes! AR	4:00 Flex Your Brain LOB				
<b>12 SUNDAY</b>	9:00 "Sunday Morning News" CK	10:00 B-Fit Exercise - Core Strength AR	10:45 Word Games AR	2:00 Sunday Social AR	3:15 Michael Leidg Entertains LOB	4:00 Flex your Brain LOB				
<b>13 MONDAY</b>	10:00 B-Fit Exercise - Balance AR	11:00 Hot Choc. with Judy AR	1:00 Jewelry Making AR	3:00 Ted Talk and Discussion AR	4:00 Trivia LOB	5:30 Bingo Night w/Joeliel AR				
<b>14 TUESDAY</b>	10:00 B-Fit - Strength AR	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:00 News Chat with Kettely AR	3:15 Words Within Words AR	4:00 My Life Story AR	4:00 Trivia with Joeliel LOB	5:30 Movie Night! MR		
<b>15 WEDNESDAY</b>	9:30 Market Basket LOB	10:00 B-Fit Exercise - Lower Body Strength AR	10:45 Hot Choc. with Kettely AR	1:30 Bingo for Prizes! AR	3:00 Come watch a movie with Kettely AR	5:30 Word Games with Joeliel AR				
<b>16 THURSDAY</b>	10:00 B-Fit Exercise - Cardio AR	10:30 Blood Pressure Clinic CK	11:00 Flex Your Brain AR	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:30 Happy Hour CK	3:30 Resident Council AR			
<b>17 FRIDAY</b>	9:30 Bus to CVS LOB	10:00 B-Fit with Kettely AR	10:45 Words with Kettely AR	11:45 Oaks Zoom call with Phil	1:00 One Day Lecture! AR	1:30 Bingo! AR	2:30 Coffee & Donuts w/Todd CK	3:30 Rob Natoli Entertains! LOB		
<b>18 SATURDAY</b>	9:00 Weekend News CK	10:00 B-Fit Exercise - Breathing and Relaxation AR	10:45 Word Games AR	1:00 One Day Lecture! AR	3:15 Bingo for Prizes! AR	4:00 Flex Your Brain LOB				
<b>19 SUNDAY</b>	9:00 "Sunday Morning News" CK	10:00 B-Fit Exercise - Core Strength AR	10:45 Word Games AR	2:00 Sunday Social AR	3:30 Trivia and Chat LOB	4:00 Flex your Brain LOB				
<b>20 MONDAY</b>	10:00 B-Fit Exercise - Balance AR	11:00 Hot Choc. with Judy AR	1:00 Jewelry Making AR	3:00 Ted Talk and Discussion AR	4:00 Trivia LOB	5:30 Bingo Night w/Joeliel AR				
<b>21 TUESDAY</b>	<b>First Day of Winter</b>		10:00 B-Fit - Strength AR	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:00 News Chat with Kettely AR	3:15 Words Within Words AR	4:00 Trivia with Joeliel LOB	5:30 Movie Night! MR	
<b>22 WEDNESDAY</b>	9:30 Shoppers World LOB	10:00 B-Fit Exercise - Lower Body Strength AR	10:45 Hot Chocolate w/Kettely AR	1:30 Art Class with Tracy! AR	3:00 Come watch a movie with Kettely AR	5:30 Tom Madden Entertains AR				
<b>23 THURSDAY</b>	10:00 B-Fit Exercise - Cardio AR	11:00 Flex Your Brain AR	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:30 Happy Hour CK	2:45 Birthday Celebrations! CK	4:00 Pre-dinner Trivia! LOB			
<b>24 FRIDAY</b>	9:30 Bus to CVS LOB	10:00 B-Fit with Kettely AR	10:45 Words with Kettely AR	11:45 Oaks Zoom call with Phil	1:00 One Day Lecture! AR	1:30 Bingo! AR	2:30 Coffee & Donuts w/Todd CK	4:00 Pre-Dinner Trivia LOB		
<b>25 SATURDAY</b>	9:00 Weekend News CK	10:00 B-Fit Exercise - Breathing and Relaxation AR	10:45 Hot Chocolate & Chat AR	1:00 Bingo for Prizes AR	3:00 Michael Leidig performs his holiday repertoire LOB					
<b>26 SUNDAY</b>	9:00 "Sunday Morning News" CK	10:00 B-Fit Exercise - Core Strength AR	10:45 Word Games AR	2:00 Sunday Social AR	3:15 Ted Powers Entertains LOB	4:00 Flex your Brain LOB				
<b>27 MONDAY</b>	10:00 B-Fit Exercise - Balance AR	11:00 Hot Chocolate with Judy AR	1:00 Jewelry Making AR	3:00 Ted Talk and Discussion AR	4:00 Trivia LOB	5:30 Bingo Night w/Joeliel AR				
<b>28 TUESDAY</b>	10:00 B-Fit - Strength AR	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:00 News Chat with Kettely AR	3:15 Words Within Words AR	4:00 Trivia with Joeliel LOB	5:30 Movie Night! MR			
<b>29 WEDNESDAY</b>	9:30 Whole Foods LOB	10:00 B-Fit Exercise - Lower Body Strength AR	10:45 Hot Chocolate w/Kettely AR	3:00 Come watch a movie with Kettely AR	5:30 Word Games with Joeliel AR					
<b>30 THURSDAY</b>	10:00 B-Fit Exercise - Cardio AR	11:00 Flex Your Brain AR	10:30 Blood Pressure Clinic CK	11:00 Pre-Lunch Trivia LOB	1:00 One Day Lecture! AR	2:30 Happy Hour CK	4:00 Pre-dinner Trivia LOB			
<b>31 FRIDAY</b>	<b>New Year's Eve</b>		9:30 Bus to CVS LOB	10:00 B-Fit with Kettely AR	10:45 Words with Kettely AR	11:45 Oaks Zoom call with Phil	1:00 One Day Lecture! AR	1:30 Bingo! AR	2:30 Coffee & Donuts w/Todd CK	3:30 Jeff Thomas Entertains LOB
<b>LOCATION KEY</b>	AR - Activity Room	LOB - Lobby	MR - Movie Room	CK - Country Kitchen	DR - Dining Room	LIB - Library	M - Maples Building	149 - Apartment 149	-	-



The holidays are supposed to be the happiest time of the year, yet for many, they can trigger deep feelings of sadness and anxiety. Many people experience a drop in mood in anticipation of the holidays. The good news - seasonal doldrums tend to fade once the festivities are over.

### Beating the Holiday Blues with the Optimum Life Six Dimensions

Optimum Life is the way we define well-being at Brookdale. We meet you where you are with six dimensions – Purposeful, Emotional, Physical, Social, Spiritual and Intellectual. The philosophy for each of the dimensions can be applied in helping to prevent the holiday blues.

**Purposeful** – Volunteer your time to help others in need. The benefits can help you reduce stress and provide a sense of purpose.

**Emotional** – Although it can be tempting to isolate yourself when you have the holiday blues, it can be beneficial to

spend time with your friends and family.

**Physical** – A quick 10-minute walk will get your heart rate up and release mood-boosting endorphins.

**Social** – Instead of spending the holidays alone at home, get your friends or family together for a dinner party.

**Spiritual** – Don't be afraid to ask others for help in running holiday errands to lighten your load. Be sure to set aside time to meditate and reflect.

**Intellectual** – It can be difficult to be alone around the holiday season. Instead of sitting at home, fill-up your calendar with activities and perhaps learn something new.

## Wellness Challenge

### Holiday Trivia

1. How many American states have towns named Santa Claus?
2. What is the name of the author of the popular children's story, 'How the Grinch Stole Christmas'?
3. What traditional New Year's Eve song begins with lyrics, 'Should auld acquaintance be forgot'?
4. Which famous Christmas movie featured Bing Crosby as Bob Wallace?
5. What month of the year is Thanksgiving celebrated in Canada?
6. Which famous Christmas song was introduced by Judy Garland in the 1944 movie, 'Meet Me in St. Louis'?
7. True or False: The musical film 'Babes in Toyland' was produced by Walt Disney?
8. Which 1946 fantasy film was directed by Frank Capra and based on a story called, 'The Greatest Gift'?

### Answers:

1. 3- Indiana, Georgia, Arizona
2. Dr. Seuss
3. Auld Lang Syne
4. White Christmas
5. October
6. Have Yourself a Merry Little Christmas
7. True
8. It's a Wonderful Life

### Be Well on Purpose!

## COMMUNITY CONNECTIONS

December 2021

## Brookdale News

### Happy Holidays!



We celebrate and cherish the holidays in many different ways. I want to share with you some of my most memorable holiday traditions. Let's start with food! Growing up my family ate pizza on Christmas Eve and then woke up to a cinnamon roll breakfast on Christmas morning. These foods were synonymous with Christmas for my grandparents, my mom, my sister, and I because we ate them together for so many years. A more unique way we celebrated involves my mom's favorite color, purple. She always proudly displayed a special purple Christmas tree, with purple lights, and even purple ornaments.

In more recent years we ate and celebrated with a special friend who has become like family. April Huber ran the senior living community where my mom's husband lived. She was so warm and hospitable during that time that my mom began to see her as another family member. Even though my mom has passed, April is still like family to us. Each year I make sure to let her know how grateful we are for her years of service improving the quality of our family's lives.

During this holiday season, I also want to thank you, our residents, for making Brookdale your home. This holiday season I hope you feel loved and inspired by your community.

Sincerely,

Cindy Baier

President & CEO

## An Engaged Life



Friendships have a powerful effect on us and bring happiness to our lives. When starting in a new place, we know how valuable friendships are in our everyday life. Bophareth "Bo" Grossmann, a resident at Brookdale Lake Shore Drive in Chicago, IL, is no stranger in needing to create friendships in a new location. She spent a good deal of time in France because she enjoys traveling and France is her second home. In France she was able to visit relatives, as well as experience French culture and cuisine, which she enjoys. She attended Lycee Rene Descartes and Graduated from La Faculte des Sciences Commerciales.

Three years ago, when Bo moved to the community, she wanted to tap into her interests and create an opportunity for connections. Her first thought was to create an inclusive club to explore French culture, politics, and lifestyle. Bo started the French Connection Club in June 2019, and after a hiatus due to the pandemic, it is one of the largest regularly attended clubs in the community.

Bo's focus on inclusiveness has created a safe place for members to open up with each other; friendships are being formed and cultivated. For example, a resident recently attended the French Club, and the group found out about her French background. As a result, she and Bo agreed to meet regularly to keep up their French. Other friendships are forming and doing things like going out to lunch at French restaurants and tapping into new interests by seeing architecture crafted after the Palace of Versailles.

We can't wait to see what's in store next for this group of friends.