

S M T W Th F S

Brookdale Cushing Park

300 West Farm Pond Road
Framingham, MA 01702

(508) 628-7700 | brookdale.com



December 2021

THE DAILY Path

UPCOMING EVENTS

- 09:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 01:00 Creative/Crafts/Art and Clustered Groups
- 02:00 Physical
- 02300 Refreshments
- 03:00 Music/ Intergenerational
- 05:00 Dinner
- 06:00 Sensory/News and Reading Groups
- 06:30 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- AR - Activity Room
- LR - Living Room
- PAT - Patio
- DR - Dining Room
- BUS - Bus
- AL - Assisted Living
- ALR - Activity and living room
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License Number



05 10:00 B-Fit Cardio LR 11:00 Worship Service LR 11:00 Sport Trivia LR 1:00 Color. by Numbers LR 2:00 Indoor Tennis LR 3:00 Country Singalong LR 4:00 Would You Rather LR 6:00 Inspiration Stories LR	06 10:00 B-Fit Upper Body ALR 11:00 Alphabetical Order ALR 1:00 Water Color ALR 2:00 Parachute Game ALR 3:00 Karaoke-Oldies ALR 3:30 Travel to Bulgaria LR 4:00 What am I? LR 6:00 Evening Chat- Family LR	07 10:00 BFit-Balance/C ALR 11:00 Hangman ALR 1:00 Craft- Star Ornament AR 2:00 Bean Bag Toss ALR 3:00 Hymns ALR 3:30 Daily Chronicle LR 4:00 Always or Never LR 6:00 Reminisce-Traditions LR	08 10:00 B-Fit-Lower B. ALR 11:00 Brownie Day ALR 1:30 The Price is Right LR 2:00 Badbington LR 2:30 Art Class w/Tracy AR 3:00 Singalong w/Sue LR 4:00 The Price is Right LR 6:00 Current Events LR	09 10:00 B-Fit Cardio ALR 11:00 Season Trivia ALR 1:30 Baking Cookies DR 2:00 Horseshoe Game ALR 3:00 Big Bands Music ALR 3:30 Daily Chronicle LR 4:00 Animals- Dogs LR 6:00 What It Cost? LR	10 10:00 B-Fit-Flexibility ALR 11:00 Emily Dickinson Day ALR 1:00 Friday Rosary LR 1:30 Resident Council LR 2:00 Balloon Volleyball ALR 3:00 Country Singalong ALR 4:00 Forest Hike LR 6:00 Daily Chronicle LR	11 10:00 B-Fit - Coordination LR 11:00 Hangman LR 1:00 Paint By Numbers LR 2:00 Corn Hole Game LR 3:00 Hymns LR 3:30 Tell Me a Joke LR 4:00 Finish The Lyric LR 6:00 Short Stories LR
12 10:00 B-Fit Cardio LR 11:00 Math Trivia LR 11:00 Sunday Sermon LR 1:00 Color. by Numbers LR 2:00 Indoor Bowling LR 3:00 Country Singalong LR 4:00 Daily Chronicle LR 6:00 Inspiration Stories LR	13 10:00 B-Fit Upper Body ALR 11:00 Common Sayings ALR 1:00 Water Color ALR 2:00 Horseshoe Game ALR 3:00 Karaoke-1950' ALR 3:30 Travel to Paris LR 4:00 Time for Jokes LR 6:00 Evening Chat - Friends LR	14 10:00 BFit-Balance/C ALR 11:00 Words Building ALR 1:00 Craft- Bead Tree Orn. ALR 2:00 Balloon Volleybal ALR 3:00 Hymns ALR 3:30 Daily Chronicle LR 4:00 Always or Never LR 6:00 Reminisce- Skiing LR	15 10:00 B-Fit-Lower B. ALR 11:00 A Grinch Day ALR 1:00 Virtual Art M. ALR 2:00 Bean Bag Toss LR 2:30 Art Class w/Tracy AR 3:00 Name That Tune LR 4:00 Family Feud LR 6:00 Current Events LR	16 10:00 B-Fit Cardio ALR 11:00 Sport Trivia ALR 1:00 Jewelry Class AR 2:00 Corn Hole Game ALR 3:00 Singalong w/Mary ALR 3:30 Daily Chronicle LR 4:00 Plants- Amazing Ideas LR 6:00 Do you Hear what I do?LR	17 10:00 B-Fit-Flexibility ALR 11:00 Ugly Sweater Day ALR 1:00 Friday Rosary LR 1:30 Word Grid ALR 2:00 Indoor Bowling ALR 3:00 Karaoke 1960' ALR 4:00 Classic Cars LR 6:00 Daily Chronicle LR	18 10:00 B-Fit - Coordination LR 11:00 Hangman LR 1:00 Adult Coloring LR 2:00 Bean Bag Toss LR 3:00 Hymns LR 3:30 Tell me a joke LR 4:00 Would You Rather LR 6:00 Short Stories LR
19 10:00 B-Fit Cardio LR 11:00 Worship Service LR 11:00 Dance Trivia LR 1:00 Color. by Numbers LR 2:00 Indoor Tennis LR 3:00 Country Singalong LR 4:00 Would You Rather LR 6:00 Inspiration Stories LR	20 10:00 B-Fit Upper Body ALR 11:00 Brain Fitness ALR 1:00 Water Color ALR 2:00 Parachute Game ALR 3:00 Karaoke-Oldies ALR 3:30 Europe Christmas LR 4:00 What am I? LR 6:00 Evening Chat-GrandkidsLR	21 First Day of Winter 10:00 BFit-Balance/C ALR 11:00 Hangman ALR 1:00 Craft-Snowman FrameALR 2:00 Bean Bag Toss ALR 3:00 Hymns ALR 3:30 Daily Chronicle LR 4:00 Always or Never LR 6:00 Reminisce- Winter Fun LR	22 10:00 B-Fit-Lower B. ALR 11:00 Lighten Up Day ALR 1:30 Men's Program DR 2:00 Badbington LR 2:30 Art Class w/Adi AR 3:00 Singalong w/Sue LR 4:00 The Price is Right LR 6:00 Current Events LR	23 10:00 B-Fit Cardio ALR 11:00 Holiday Movie Trivia ALR 1:30 Bake Cinnamon S. DR 2:00 Horseshoe Game ALR 3:00 Big Bands Music ALR 3:30 Daily Chronicle LR 4:00 Animals-Cats LR 6:00 What It Cost? LR	24 Christmas Eve 10:00 B-Fit-Flexibility ALR 11:00 Christmas Eve ALR 1:00 Friday Rosary LR 1:30 Word Grid LR 2:00 Balloon Volleyball ALR 3:00 Country Singalong ALR 4:00 Name That Tune LR 6:00 Daily Chronicle LR	25 Christmas Day 10:00 B-Fit - Coordination LR 11:00 Merry Christmas LR 1:00 Pain By Numbers LR 2:00 Parachute Game LR 3:00 Hymns LR 3:30 Tell me a joke LR 4:00 Finish The Lyric LR 6:00 Holiday Stories LR
26 10:00 B-Fit Cardio LR 11:00 Animal Trivia LR 11:00 Sunday Sermon LR 1:00 Color. by Numbers LR 2:00 Indoor Bowling LR 3:00 Country Singalong LR 4:00 Daily Chronicle LR 6:00 Inspiration Stories LR	27 10:00 B-Fit Upper Body ALR 11:00 Common Sayings ALR 1:00 Water Color ALR 2:00 Horseshoe Game ALR 3:00 Karaoke-1950' ALR 3:30 Travel to Italy LR 4:00 Time for Jokes LR 6:00 Evening Chat - CookingLR	28 10:00 BFit-Balance/C ALR 11:00 Words Building ALR 1:00 Craft-Fabric Candle AR 3:00 Hymns ALR 3:30 Daily Chronicle LR 4:00 Old Time Radio LR 4:00 Always or Never LR 6:00 Reminisce- New Year R.LR	29 10:00 B-Fit-Lower B. ALR 11:00 Bowling Ball Day ALR 1:00 Virtual Concert LR 2:00 Indoor Bowling LR 2:30 Art Class w/Adi AR 3:00 Singalong w/Sue LR 4:00 Family Feud LR 6:00 Current Events LR	30 10:00 B-Fit Cardio ALR 11:00 Flowers Trivia ALR 1:30 Jewelry Making AR 2:00 Corn Hole Game LR 3:00 Singalong w/Mary LR 3:30 Daily Chronicle LR 4:00 Plants - Indoor garden LR 6:00 What It Cost? LR	31 New Year's Eve 10:00 B-Fit-Flexibility ALR 11:00 Year In Review Day ALR 1:00 Friday Rosary LR 1:30 B-Day Celebration LR 2:00 Balloon Volleyball ARL 3:00 Country Singalong LR 4:00 Finish The Lyric LR 6:00 Daily Chronicle LR	

Health and Wellness

Overcoming Holiday Blues



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!

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 send her a gift and to let her know how grateful we are for her years of service improving the quality of our family's lives.

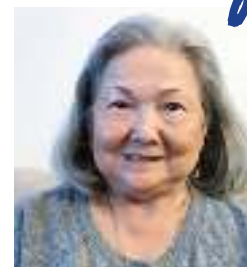
During this holiday season, I also want to thank you, our residents, for making Brookdale your home. This holiday season I hope you feel loved and inspired by your community.

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.