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# March 2021



01

9:00 B-Fit NH  
 10:30 Daily Chronicle NH  
 1:30 Word puzzles NH  
 2:00 Painting NH  
 3:15 Corn hole NH  
 4:00 Ning-along NH  
 7:00 Wheel of Fortune NH

02

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 10:45 Poetry Circle SC  
 2:00 Walking Club GR  
 3:00 Happy Hour NH  
 3:30 Hallway Bingo NH  
 6:00 Reading/Picture Books SC

03

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Trivia NH  
 2:00 Walking Club GR  
 3:30 Bible Study NH  
 4:00 Hymn Sing NH  
 7:30 Jeopardy NH

04

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Thankful Thursday SC  
 2:00 Walking GR  
 3:30 Painting NH  
 4:00 InTouch Concert NH  
 6:00 Classic TV Night NH

05

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Animal Trivia NH  
 2:00 Walking Club GR  
 3:15 Bingo NH  
 4:00 Puzzles NH  
 6:00 Friday Night Movie NH

06

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 12:30 In-Touch Sensory NH  
 2:00 Walking Club GR  
 3:15 Crafts NH  
 3:45 Grand Ole Opry NH  
 6:00 Family Shows NH

## THE DAILY PATH

### UPCOMING EVENTS

- 8:00 Breakfast
- 10:15 B-Fit Exercise
- 10:00 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:15 Physical
- 3:00 Refreshments
- 3:45 Music/ Intergenerational
- 4:30 Dinner
- 6:00 Sensory/News and Reading Groups
- 7:00 Refreshments

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

### LOCATION KEY

- BT - Bus Trip
- GLR - Grand Living Room
- ICP - Ice Cream Parlor
- MR - Media Room
- NH - Neighborhood
- AR - Activity Room
- SC - Social Circle
- DK - Deck
- WR - Weaving Room
- CS - Coffee Shop

License Number

07

9:00 B-Fit NH  
 10:30 Morning Praise NH  
 11:00 In-Touch Church NH  
 1:30 Manicure w/RA NH  
 2:00 Mandala Coloring NH  
 3:00 Folding Laundry NH  
 4:00 Puzzles NH  
 5:45 Classic TV Night NH

08

9:00 B-Fit NH  
 10:30 Daily Chronicle NH  
 1:30 Word puzzles NH  
 2:00 Spring Wreaths AR  
 3:15 Cornhole NH  
 4:00 Sing-along NH  
 7:00 Wheel of Fortune NH

09

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 10:45 Poetry Circle SC  
 2:00 Walking Club GR  
 3:00 Happy Hour AR  
 3:30 Hallway Bingo NH  
 6:00 Reading/Picture Books SC

10

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Trivia NH  
 2:00 Walking Club GR  
 3:30 Bible Study NH  
 4:00 Hymn Sing NH  
 7:30 Jeopardy NH

11

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Thankful Thursday SC  
 2:00 Walking GR  
 3:30 Painting NH  
 4:00 InTouch Concert NH  
 6:00 Classic TV Night NH

12

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Animal Trivia NH  
 2:00 Walking Club GR  
 3:15 Bingo NH  
 4:00 Puzzles NH  
 6:00 Friday Night Movie NH

13

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 12:30 In-Touch Sensory NH  
 2:00 Walking Club GR  
 3:15 Crafts NH  
 3:45 Grand Ole Opry NH  
 6:00 Family Shows NH

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### Daylight Saving Time

9:00 B-Fit NH  
 10:30 Morning Praise NH  
 11:00 In-Touch Church NH  
 1:30 Manicure w/RA NH  
 2:00 Mandala Coloring NH  
 3:00 Folding Laundry NH  
 5:45 Classic TV Night NH

15

9:00 B-Fit NH  
 10:30 Daily Chronicle NH  
 1:30 Word puzzles NH  
 2:00 St. Patrick's crafts AR  
 3:15 Cornhole NH  
 3:45 Sing along NH  
 7:00 Wheel of Fortune NH

16

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 10:45 Poetry Circle SC  
 2:00 Walking Club GR  
 3:00 Happy Hour NH  
 3:30 Hallway Bingo NH  
 6:00 Reading/Picture Books SC

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### St. Patrick's Day

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Trivia NH  
 2:00 Walking Club GR  
 3:00 St. Patrick's Party NH  
 4:00 Hymn Sing NH  
 7:30 Jeopardy NH

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9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Thankful Thursday SC  
 2:00 Walking GR  
 3:30 Painting NH  
 4:00 InTouch Concert NH  
 6:00 FAMILY SUPPORT MR

19

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Animal Trivia NH  
 2:00 Walking Club GR  
 3:15 Bingo NH  
 4:00 Puzzles NH  
 6:00 Friday Night Movie NH

20

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 12:30 In-Touch Sensory NH  
 2:00 Walking Club GR  
 3:15 Crafts NH  
 3:45 Grand Ole Opry NH  
 6:00 Family Shows NH

21

9:00 B-Fit NH  
 10:30 Morning Praise NH  
 11:00 In-Touch Church NH  
 1:30 Manicure w/RA NH  
 2:00 Mandala Coloring NH  
 3:00 Folding Laundry NH  
 5:45 Classic TV Night NH

22

9:00 B-Fit NH  
 10:30 Daily Chronicle NH  
 1:30 Word puzzles NH  
 2:00 Aquapainting AR  
 3:15 Cornhole NH  
 4:00 Sing along NH  
 7:00 Wheel of Fortune NH

23

9:00 B-Fit NH  
 10:00 Pet Visit NH  
 10:15 Daily Chronicle NH  
 10:45 Poetry Circle SC  
 2:00 Walking Club GR  
 3:00 Happy Hour NH  
 3:30 Hallway Bingo NH  
 6:00 Reading/Picture Books SC

24

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Trivia NH  
 2:00 Walking Club GR  
 3:30 Bible Study NH  
 4:00 Hymn Sing NH  
 7:30 Jeopardy NH

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9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Thankful Thursday SC  
 2:00 Walking GR  
 3:30 Painting NH  
 4:00 InTouch Concert NH  
 6:00 Classic TV Night NH

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9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Animal Trivia NH  
 2:00 Walking Club GR  
 3:15 Bingo NH  
 3:30 Resident Council SC  
 4:00 Puzzles NH  
 6:00 Friday Night Movie NH

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### Passover Begins

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 12:30 In-Touch Sensory NH  
 2:00 Walking Club GR  
 3:15 Crafts NH  
 3:45 Grand Ole Opry NH  
 6:00 Family Shows NH

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9:00 B-Fit NH  
 10:30 Morning Praise NH  
 11:00 In-Touch Church NH  
 1:30 Manicure w/RA NH  
 2:00 Mandala Coloring NH  
 3:00 Folding Laundry NH  
 5:45 Classic TV Night NH

29

9:00 B-Fit NH  
 10:30 Daily Chronicle NH  
 11:00 Easter Crafts AR  
 1:30 Word puzzles NH  
 2:00 Pet visit NH  
 3:00 walking in/outdoor NH  
 7:00 Wheel of Fortune NH

30

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 10:45 Poetry Circle SC  
 2:00 Walking Club GR  
 3:30 Hallway Bingo NH  
 6:00 Reading/Picture Books SC

31

9:00 B-Fit NH  
 10:15 Daily Chronicle NH  
 11:00 Trivia NH  
 2:00 Walking Club GR  
 3:30 Bible Study NH  
 4:00 Hymn Sing NH  
 7:30 Jeopardy NH

## Brookdale Montclair Poulsbo

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# Health and Wellness

## Love Your Heart!



As we get older our risk for heart disease increases. High blood pressure and plaque buildup are associated with aging, but because there are steps we can take to reduce, delay or avoid this risk, they are not considered an inevitable part of aging. Although the heart and blood vessels experience natural changes as we age that can reduce the heart's ability to pump as fast during exercise or stress, the resting heart rate does not change significantly. We can keep our heart healthy well into old

age by making healthy lifestyle choices for our heart.

### What is Heart Disease?

Heart disease is an umbrella term for conditions that restrict the flow of blood to the heart.

The most common cause of heart disease is the buildup of plaque in the arteries, known as atherosclerosis or coronary artery disease (CAD). The plaque buildup constricts blood flow and eventually can form a blockage resulting in a heart attack or stroke.

### Tips for Leading a Heart-Healthy Lifestyle

*Maintain a Healthy Diet*  
Diet is a major contributing factor to heart health. By making proper adjustments to your diet, you can lower or reverse heart disease risk factors including high cholesterol, blood pressure,

blood sugar and triglycerides along with overall body weight.

### Exercise Regularly and Move throughout the day

Reduce the amount of time you sit throughout the day. Make sure you are standing, walking or moving for at least 5 minutes each hour of the day. A wearable activity tracker such as a Fitbit can help you track the amount of activity you are getting and send you reminders to when you sit for too long.

### Reduce Stress

Try some of the following relaxation techniques on a regular basis to promote relaxation and lower chronic stress:

- Deep Breathing
- Meditation
- Yoga
- Tai Chi
- Positive Visualization

# Wellness Challenge

## An Optimal Heart Starts With an Optimum Life

The human heart is truly a marvel and it requires a well-being balance that comprises the whole person. Optimum Life® is how we at Brookdale frame well-being. We meet you where you are in life's journey with six dimensions so you'll never stop growing. Each of the six dimensions - Purposeful, Emotional, Physical, Social, Spiritual and Intellectual are all essential in optimal heart health. Remember, your heart is your first love!

*Be Well on Purpose!*



# COMMUNITY CONNECTIONS



brookdale.com

## Brookdale News

### Brookdale Is Here For You! Cindy R. Kent, EVP and President of Senior Living



Brookdale has been a frontrunner during the COVID-19 pandemic, innovating to meet your needs. We do this because our top priority is the health and safety—both physical as well as emotional—of our residents, patients, and associates. There's been a tremendous amount of cross-functional collaboration and partnership across the company to leverage our clinical and operational expertise on your behalf. We have continued to provide quality care and services, while also focusing on limiting the spread of the virus within our communities.

Nothing could be more critical than successfully completing our vaccination clinics to "crush Covid" and move beyond the acute phase of virus transmission.

I'm sure you share the hope that the vaccines' arrival brings within our communities and to the world! At the same time, the need for active engagement and mitigating social isolation has also never been greater. Brookdale's associates are working hard to help you stay engaged and connected, with new programs, even as we practice social distancing. I applaud the "above-and-beyond" efforts of our associates during these unprecedented times. I'm honored to be part of this extraordinary company, and a team who is so deeply and passionately committed to our mission to enrich the lives of those we serve.

Thank you for your continued trust in Brookdale!

## An Engaged Life

### Engagement during a Pandemic!



Bill "Billy" Burleson leads an active life at Brookdale Club Hill in Dallas, Texas. While the pandemic changed some things that Billy was able to do, it did not stop him from living an active life. One day he noticed a Saturn V Lego set begging for someone to build it and decided to take on the challenge. The rest is history. Billy became an expert Lego builder.

Building Legos keeps Billy active and engages his mind. He has built five Lego sets for a total of 12,036 pieces. His favorite is the Saturn V, with 1,969 pieces, which is also the year that Neil Armstrong became the first to step on the moon. When asked what he most enjoys about his new skill, Billy said, "I like the challenge it presents, and when I come across a part I don't understand, I leave it alone while I think it over."

Billy's newfound hobby is a perfect example of using a change in situation such as the pandemic, to look for silver linings. Remaining positive and open to trying new things allowed Billy to enjoy and continue living an engaging life.