

S M T W Th F S

Brookdale Vancouver Stonebridge

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Vancouver, WA 98662

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December 2021

THE DAILY Path

UPCOMING EVENTS

- 8:00 Breakfast
- 9:30 B-Fit Exercise
- 10:00 Refreshments
- 10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:30 Creative/Crafts/Art and Clustered Groups
- 2:30 Physical
- 3:00 Refreshments
- 3:30 Music/ Intergenerational
- 5:00 Dinner
- 6:00 Sensory/News and Reading Groups
- 8:00 Refreshments

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

LOCATION KEY

- WD - West Dining
- ED - East Dining
- E/W - East & West Activity Room
- EA - East Activity Room
- WA - West Activity Room
- C - Courtyard
- PD - Private Dining
- Z - Zoom Call
- O - Outing
-

License Number



05

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
11:00 Easy Does It Trivia E/W
1:30 Art E/W
2:30 Walking Club E/W
3:00 Chapel Music ED
4:00 IN2L Music Choice E/W
6:00 Uplifting Piano WD

06

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Trivia/IN2L Hangman WA
1:30 Holiday Cards E/W
2:30 Walking Club E/W
3:00 Trivia Time E/W
3:30 Karaoke WA
6:00 Reading Group WA

07

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:15 Chapel ED
1:30 Holiday Cards Cont. E/W
2:30 Walking Club E/W
3:00 Bingo WA
3:30 IN2L Music E/W
6:00 News E/W

08

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Trivia E/W
1:30 Eggnog & Art E/W
2:00 Outing O
2:30 Walking Club E/W
3:30 IN2L Music E/W
6:00 News Club E/W

09

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Game E/W
1:30 Paper Christmas Tree E/W
2:30 Walking Club E/W
3:00 Bingo WA
3:30 IN2L Music E/W
6:00 News Chat E/W

10

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Activity WA
1:30 Snowflake Art E/W
2:30 Walking Club E/W
3:00 IN2L Easy Listening E/W
3:30 Karaoke WA
6:00 Reading Group WA

11

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L WA
1:30 Arts and Crafts WD
2:30 Walking Club E/W
3:00 Bingo WD
3:30 IN2L Uplighting E/W
6:00 Audio Books ED

12

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Christmas Trivia ED
1:30 Art E/W
2:30 Walking Club E/W
3:00 Chapel Music ED
4:00 IN2L Music Choice E/W
6:00 Uplifting Piano WD

13

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Trivia/IN2L Hangman WA
1:30 Sip & Paint E/W
2:30 Walking Club E/W
3:00 Trivia Time E/W
3:30 Karaoke WA
6:00 Reading Group WA

14

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:15 Chapel ED
1:30 Cotton Snowman E/W
2:30 Walking Club E/W
3:00 Bingo WA
3:30 IN2L Music E/W
6:00 Audio Books E/W

15

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Group Game E/W
1:30 Ornament Making E/W
2:00 Outing O
2:30 Walking Club E/W
3:30 IN2L Music E/W
6:00 Audio Books E/W

16

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Trivia E/W
1:30 Ginger Bread Art E/W
2:30 Walking Club E/W
3:00 Bingo WA
3:30 IN2L Music E/W
6:00 News Chat E/W

17

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Activity WA
1:30 Nutcracker Art E/W
2:30 Walking Club E/W
3:00 IN2L Music E/W
3:30 Karaoke WA
6:00 Reading Group WA

18

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Trivia Questions E/W
10:30 IN2L WA
1:00 Arts and Crafts WD
2:30 Walking Club E/W
3:00 Bingo WD
6:00 Audio Books E/W

19

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Reminiscing E/W
1:30 Art E/W
2:30 Walking Club E/W
3:00 Chapel Music ED
4:00 IN2L Music Choice E/W
6:00 Uplifting Piano WD

20

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Trivia/IN2L Hangman WA
1:30 Sip & Paint E/W
2:30 Walking Club E/W
3:00 Trivia Time E/W
3:30 Karaoke WA
6:00 Reading Group WA

21

First Day of Winter

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:15 Chapel ED
1:30 Christmas Tree Art E/W
2:00 Resident Council WD
2:30 Walking Club E/W
3:00 Bingo WA
6:00 News Club E/W

22

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Reminiscing E/W
1:30 Scratch-Off Cards E/W
2:00 Outing O
2:30 Walking Club E/W
3:30 IN2L Music E/W
6:00 IN2L Uplighting E/W

23

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Christmas Reminisce E/W
1:30 Christmas Party E/W
2:30 Walking Club E/W
3:00 Bingo WA
3:30 Christmas Music E/W
6:00 News Chat E/W

24

Christmas Eve

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Activity WA
1:30 Eggnog & Art E/W
2:30 Walking Club E/W
3:00 IN2L Christmas E/W
3:30 Christmas Karaoke WA
6:00 Reading Group WA

25

Christmas Day

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Christmas Trivia WA
1:00 Arts and Crafts WD
2:30 Walking Club E/W
3:00 Chapel Music E/W
3:30 IN2L Christmas E/W
6:00 Reading Group E/W

26

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
11:00 Word Search E/W
1:30 Art E/W
2:30 Walking Club E/W
3:00 Chapel Music ED
4:00 IN2L Music Choice E/W
6:00 Uplifting Piano WD

27

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 Trivia/IN2L Hangman WA
1:30 Sip & Paint E/W
2:30 Walking Club E/W
3:00 Trivia Time E/W
3:30 Karaoke WA
6:00 Reading Group WA

28

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:15 Chapel ED
1:30 Snowflake Craft E/W
2:30 Walking Club E/W
3:00 Bingo WA
3:30 IN2L Music E/W
6:00 Audio Books ED

29

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 New Years Reminsce E/W
1:30 New Years Hat Craft E/W
2:00 Outing O
2:30 Walking Club E/W
3:30 IN2L Music E/W
6:00 Audio Books ED

30

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 New Years Trivia ED
1:30 New Years Hat Craft E/W
2:30 Walking Club E/W
3:00 Bingo WA
3:30 IN2L Music E/W
6:00 News Chat E/W

31

New Year's Eve

9:30 B-Fit Exercise E/W
10:00 Chronicles E/W
10:30 IN2L Activity WA
1:30 New Years Party WD
2:30 Walking Club E/W
3:00 Karaoke ED
3:30 Karaoke WA
6:00 Reading Group WA

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!

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 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.