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April 2021

Brookdale Citrus

2341 West Norvell Bryant Highway
Lecanto, FL 34461
(352) 746-2273 | brookdale.com



01 April Fools' Day
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 IN2L: Travel The World DR
6:00 IN2L: Croners Radio DR

02 Good Friday
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Hangman DR
1:00 Back to Nature CY
2:00 Dance Party DR
IN2L: Live Concert
6:00 Friday Night Movie DR

03
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 Pretty Nails LR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 IN2L: Music Trivia DR
6:00 Saturday Night Movie DR

04 Passover Ends / Easter
9:30 Be Fit Exercise LR
10:30 IN2L: Church Service DR
11:00 IN2L: Music Trivia DR
12:00 Easter Dinner DR
1:30 IN2L: Hangman DR
2:00 Move to the Music DR
2:45 Ice Cream Social DR
6:00 IN2L: Croners Radio DR

05
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:00 IN2L: Trivia DR
1:45 Resident Council Meeting
3:00 Puzzle Time DR
6:00 Aromatherapy Hand Massage

06
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 Reminisce Hobbies DR
6:00 IN2L: Croners Radio DR

07
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 IN2L: Bible Study DR
10:30 Pretty Nails LR
1:30 IN2L: Pet Therapy DR
3:00 Wii Bowling LR
6:00 Aromatherapy Hand Massage

08
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Patio Stroll CY
3:00 Puzzle Time DR
4:00 IN2L: Travel The World DR
6:00 IN2L: Croners Radio DR

09
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Hangman DR
1:00 Back to Nature CY
2:00 Dance Party LR
IN2L: Live Concert
6:00 Friday Night Movie DR

10
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 Pretty Nails LR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 IN2L: Music Trivia DR
6:00 Saturday Night Movie DR

11
9:30 Be Fit Exercise LR
10:30 IN2L: Church Service DR
11:00 IN2L: Music Trivia DR
1:30 IN2L: Hangman DR
2:00 Move to the Music DR
2:45 Ice Cream Social DR
6:00 IN2L: Croners Radio DR

12
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 IN2L: Pet Therapy DR
1:30 Reminisce Hobbies DR
3:00 Wii Bowling LR
4:00 Sing-A-Long DR
6:00 Aromatherapy Hand Massage

13
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 Reminisce Hobbies DR
6:00 IN2L: Croners Radio DR

14
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 IN2L: Bible Study DR
10:30 Pretty Nails LR
1:30 IN2L: Pet Therapy DR
3:00 Wii Bowling LR
6:00 Aromatherapy Hand Massage

15 Tax Day
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 IN2L: Travel The World DR
6:00 IN2L: Croners Radio DR

16
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Hangman DR
1:00 Back to Nature CY
2:00 Dance Party DR
IN2L: Live Concert
6:00 Friday Night Movie DR

17
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 Pretty Nails LR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 IN2L: Music Trivia DR
6:00 Saturday Night Movie DR

18
9:30 Be Fit Exercise LR
10:30 IN2L: Church Service DR
11:00 IN2L: Music Trivia DR
1:30 IN2L: Hangman DR
2:00 Move to the Music DR
2:45 Ice Cream Social DR
6:00 IN2L: Croners Radio DR

19
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 IN2L: Trivia DR
11:00 Back to Nature CY
1:30 Reminisce Hobbies DR
3:00 Wii Bowling LR
6:00 Aromatherapy Hand Massage

20
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 Reminisce Hobbies DR
6:00 IN2L: Croners Radio DR

21
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 IN2L: Bible Study DR
10:30 Pretty Nails LR
1:30 IN2L: Pet Therapy DR
3:00 Wii Bowling LR
6:00 Aromatherapy Hand Massage

22
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
1:30 Birthday Celebrations DR
IN2L: Live Concert
4:00 IN2L: Travel The World DR
6:00 IN2L: Croners Radio DR

23
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Hangman DR
1:00 Back to Nature CY
2:00 Dance Party DR
IN2L: Live Concert
6:00 Friday Night Movie DR

24
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 Pretty Nails LR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 IN2L: Music Trivia DR
6:00 Saturday Night Movie DR

25
9:30 Be Fit Exercise LR
10:30 IN2L: Church Service DR
11:00 IN2L: Music Trivia DR
1:30 IN2L: Hangman DR
2:00 Move to the Music DR
2:45 Ice Cream Social DR
6:00 IN2L: Croners Radio DR

26
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:00 IN2L: Trivia DR
1:30 Reminisce Hobbies DR
3:00 Wii Bowling LR
4:00 IN2L: Music Trivia DR
6:00 Aromatherapy Hand Massage

27
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Move to the Music DR
3:00 Puzzle Time DR
4:00 Reminisce Hobbies DR
6:00 IN2L: Croners Radio DR

28
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
10:30 IN2L: Bible Study DR
10:30 Pretty Nails LR
1:30 IN2L: Pet Therapy DR
3:00 Wii Bowling LR
6:00 Aromatherapy Hand Massage

29
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Trivia DR
2:00 Patio Stroll CY
3:00 Puzzle Time DR
4:00 IN2L: Travel The World DR
6:00 IN2L: Croners Radio DR

30
9:30 Be Fit Exercise LR
9:45 The Daily Chronicle LR
11:00 IN2L: Hangman DR
1:00 Back to Nature CY
2:00 Dance Party DR
IN2L: Live Concert
6:00 Friday Night Movie DR



THE DAILY PATH

UPCOMING EVENTS

- 7:30 Breakfast
9:30 B-Fit Exercise
10:00 Refreshments
11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
1:30 Creative/Crafts/Art and Clustered Groups
2:00 Physical
3:00 Refreshments
4:00 Music/ Intergenerational
5:00 Dinner
6:00 Sensory/News and Reading Groups
7:00 Refreshments

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

LOCATION KEY

- LR - Living room
CY - Court Yard
AL - Assisted Living
AA - All Around
BT - Bus Trip
DRR - Deer Run Room
BP - Barrington Place
DR - Dining Room

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Prioritizing Your Well-Being



During this time of social distancing, it is important to stay active for both your emotional and physical health.

Each day, it is important to prioritize your well-being despite all that is going on around you. Here are a few tips and inspiration for overall well-being.

Stay connected to family and friends using technology or your phone. Make a list of family and friends to interact with daily. Try things like a virtual breakfast, lunch, or dinner with family or friends.

Optimum Life Inspiration

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.” ~ Mandy Hale

Be Well on Purpose!

To schedule a virtual visit with your family, please reach out to a Resident Programs associate.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Stay connected spiritually - Attend virtual religious services via the television or online. Consider checking in with a fellow parishioner over the phone and see how they are doing.

Call a friend or family member that you have been wishing to connect with that lives far away. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

Stay connected through music. Music nourishes the brain. Play some music that

you enjoy listening to on the radio, television or on an electronic device.

Note of Thanks - Try to take note of when people do a good job and find ways to give recognition. For example: a hand written note or card, a call, or perhaps an email to them.

Take time out for activities you enjoy. Read a good book, watch a comedy, play a fun board or video game, make something—whether it’s a new recipe, a craft, or a piece of art. It doesn’t matter what you do, as long as it takes you out of your worries.

Breathing Exercise - Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling more relaxed.

Brookdale News

Brookdale Surpasses Raising \$18 Million for Alzheimer’s Care, Support and Research



In a year like no other, Brookdale Senior Living continued to be a leader in fundraising to fight Alzheimer’s disease. During 2020, in the midst of serving and supporting tens of thousands of residents, patients, and associates during the global COVID-19 pandemic, the Brookdale team maintained its commitment to supporting those seeking a cure for Alzheimer’s and raised almost \$1.2 million as a National Team for the Alzheimer’s Association Walk to End Alzheimer’s. With this contribution, Brookdale has raised more than \$18 million since 2008 to support the care, support and research efforts of the Alzheimer’s Association.

“I am incredibly grateful for the compassion and commitment of all the members of our Brookdale team,” said Lucinda (“Cindy”) Baier, Brookdale’s President and Chief Executive Officer. “It is incredible and admirable that, despite all the hardships and challenges that 2020 brought, our team still kept in their hearts the need to fight Alzheimer’s. They still found ways to continue our tradition of supporting this important cause.” Baier added, “Within Brookdale’s Clare Bridge communities where we offer specialized dementia care with a person-centered approach, we see the impact of Alzheimer’s every day. We look forward to the day when there is a cure and support this cause fully.”

An Engaged Life



Mary Bullock, a resident at Brookdale Monrovia, CA since 2019, regards everyone with respect, kindness and compassion. It is why she has spent her life serving others, while also being a trailblazer as the first African American to work at Arcadia Methodist Hospital. Having begun as a Certified Nursing Assistant, Mary finished her 35 years of service as a Registered Nurse in the Emergency Room.

Since moving to Brookdale Monrovia, Mary has discovered new interests and new passions through engagement with other residents. She recently took up painting and says her work is turning out pretty good. Mary has continued to live an engaged life by trying new things, cultivating friendships and increasing a sense of belonging and well-being for those around her.

Although she has officially retired from nursing, Mary continues to serve others and use her gift of empathy. She notices those who are lonely, draws them into friendship and helps them get connected. And she encourages fellow residents to stay healthy by inviting them to join her for the B-Fit exercise classes. Once a nurse always a nurse. Mary truly sees her community as an extension of the life she lived before moving to Brookdale.