

S M T W Th F S

31 January

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Sunday Football
- 1:00 Life Story
- 2:00 Triva
- 3:00 Ipad Game

03

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Sunday Football
- 1:00 Positive Affirmations
- 2:00 Brain Game
- 3:00 Ipad Game

10

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 10:30 Ipad Game
- 11:00 Sunday Football
- 1:00 Life Story
- 2:00 Triva
- 3:00 Auto Biography

17

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Sunday Football
- 1:00 Postive Affirmations
- 2:00 Brain Game
- 3:00 Ipad Game

24

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Sunday Football
- 1:00 Life Story
- 2:00 Triva
- 3:00 Auto Biography

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04

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Lets talk about it
- 11:30 King Quotes
- 1:00 Card Game
- 2:00 Memory Game
- 3:00 At the Movies

11

- 9:15 Daily Chronicles
- 9:30 King Jr Birmingham Jail
- 10:00 B-Fit
- 11:00 Around the World
- 1:00 Card Game
- 2:00 Puzzles
- 3:00 At the Movies

18

- 9:15 Daily Chronicles
- 9:30 Auto Biography
- 10:00 B-Fit
- 11:00 King Jr. Scrabble
- 1:00 Card Game
- 2:00 Memory Game
- 3:00 King Jr. Movie

25

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Table Games
- 11:30 Basic Spanish
- 1:00 Card Game
- 2:00 Puzzles
- 3:00 At the Movies

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05

- 9:15 Daily Chronociles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Arts & Crafts
- 1:00 Ipad Game
- 2:00 Clay Making
- 3:00 Cookie Socails

12

- 9:15 Daily Chronicles
- 9:30 Dream Speech
- 10:00 B-Fit
- 11:00 Arts & Crafts
- 1:00 Clay Painting
- 2:00 Ipad Game
- 3:00 Cookie Socials

19

- 9:15 Daily Chronicles
- 9:30 Arthritis Exercise
- 10:00 B-Fit
- 11:00 Arts & Crafts
- 1:00 Ipad Game
- 2:00 Clay Painting
- 3:00 Cookie Socials

26

- 9:15 Daily Chronociles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Arts & Crafts
- 1:00 Ipad Game
- 2:00 Clay Making
- 3:00 Cookie Socials

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LOCATION KEY

06

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Name the Song
- 1:00 Brain Game
- 2:00 Building a Birdhouse
- 3:00 Postive Affirmations

13

- 9:15 Daily Chronicles
- 9:30 King Jr. Word Search
- 10:00 B-Fit
- 11:00 Name the Song
- 1:00 Brain Game
- 2:00 Painting a Birdhouse
- 3:00 Postive Affirmations

20

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Name the Song
- 1:00 Brain Game
- 2:00 Painting a Birdhouse
- 3:00 Positive Affirmations

27

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Music Socials
- 1:00 Brain Game
- 2:00 Building a Birdhouse
- 3:00 Postive Affirmations

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07

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Porch Time
- 1:00 Ipad Game
- 2:00 Music Socials
- 3:00 At The Movies

14

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Porch Time
- 1:00 Word Scramble
- 1:30 Ipad Game
- 2:00 Cavas Painting
- 3:00 At the Movies

21

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Porch Time
- 1:00 Ipad Game
- 2:00 Basic Spanish
- 3:00 At the Movies

28

- 9:15 Daily Chronicles
- 9:30 Current Events
- 10:00 B-Fit
- 10:30 Word Game
- 11:00 Porch Time
- 1:00 Canvas Painting
- 2:00 Ipad Game
- 3:00 At the Movies

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01

New Year's Day

- 9:15 Daily Chronicles
- 9:30 Monthly News Letter
- 10:00 B-Fit
- 11:00 New Year Goals
- 1:00 January Gazette
- 2:00 New Year Traditions
- 3:00 A New Years Movie

08

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Arts & Crafts
- 1:00 Card Game
- 2:00 Puzzles
- 3:00 Ice Cream Social

15

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Arts & Crafts
- 1:00 Card Games
- 2:00 Memory Game
- 3:00 Ice Cream Social

22

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Arts & Crafts
- 1:00 Music Film Clips
- 2:00 Puzzles
- 3:00 Ice Cream Social

29

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 10:30 Short Story Reader
- 11:00 Arts & Crafts
- 1:00 Apple TV
- 2:00 Memory Game
- 3:00 Ice cream Social

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02

- 9:15 Daily Chronicles
- 9:30 Today in History
- 10:00 B-Fit
- 11:00 Lets get fit
- 1:00 Readers Diagust
- 1:30 Porch Time
- 2:00 Life Story
- 3:00 Movie Hour

09

- A9:15 Daily Chronociles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Apple TV
- 11:30 Word Search
- 1:00 Porch Time
- 2:00 Popcorn Socials
- 3:00 Lets talk about it

16

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Brain Game
- 1:00 Arts and Crafts
- 1:30 Porch Time
- 2:00 Life Story
- 3:00 Movie Hour

23

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 11:00 Brain Game
- 11:30 Word Search
- 1:00 Porch Time
- 2:00 Popcorn Socials
- 3:00 Apple TV

30

- 9:15 Daily Chronicles
- 9:30 News & Views
- 10:00 B-Fit
- 10:30 Guess the words
- 11:00 Word Search
- 1:00 Porch Time
- 2:00 Life Story
- 3:00 Movie Hour

Health and Wellness

New Year, New You!



It's the New Year! A fresh start and a time when many of us vow to make changes for the better. For some of us, those promises are forgotten a few weeks after they're made. That's often because they are a bit too lofty and perhaps too hard to maintain. The secret to making resolutions that stick is to keep them simple.

Making Healthy Changes

- **Set Realistic Goals** - Write down the steps that will help you achieve them.

- **Plan For Obstacles** - Figure out how to overcome them. Don't give up just because you've slipped.
- **Track Your Progress** - A journal or diary is one of the best tools for helping you stay focused and recover from slip-ups.
- **Get Help** - Ask friends and family for support. Consider enrolling in an online class or support program.
- **Reward Yourself** - Give yourself a healthy treat when you've achieved a small goal or milestone.
- **Add Variety** - Keep things interesting by adding new activities or expanding your goals to make them more challenging.

Make a plan to achieve your goal. It's possible that your healthy New Year's resolutions will just click into your normal everyday life,

but many people need to plan things out to make this happen. Establish a routine that will help turn your resolutions into healthy habits. Of course, you don't need a new year to make healthy changes; you can make them any time of the year. But New Year's is an opportunity to think about the improvements you'd like to make and then take concrete steps to achieve them. Set realistic goals, develop an action plan and set it in motion. Don't give up if you miss a step. When it comes to healthy decision making, it's better to do a little bit than nothing at all. Incorporate the Optimum Life six dimensions to help you reach your health and well-being goals to start the New Year and a new you!

Source: NIH News in Health

Wellness Challenge

Optimum Life Inspiration

A resolution to make major health changes all at once may seem overwhelming. Instead, try setting smaller achievable goals. Think baby steps rather than giant leaps. Make your new year a healthy one.

Be Well on Purpose!

Brookdale News

Brookdale Wins in 2020 J.D. Power Customer Satisfaction Study



Brookdale Senior Living has received a J.D. Power Award for ranking highest in the J.D. Power 2020 U.S. Senior Living Satisfaction Study. This was a survey of resident/family member/friend's satisfaction with senior living communities. J.D. Power announced earlier in November that Brookdale ranked #1/Highest in Customer Satisfaction (in a tie) with Assisted Living/Memory Care communities. Brookdale was ranked #1 in these four factors: Community Staff, Resident Activities, Resident Apartment/Living Unit, and Community Buildings and Grounds.

"I am so proud of our over 46,000 associates, who have earned this recognition. They have worked tirelessly during these extraordinary times on behalf of our residents and patients, focusing on what matters most," said Brookdale President and Chief Executive Officer Lucinda (Cindy) Baier. She added, "While maintaining high-quality standards during the pandemic, our teams made huge extra efforts to help protect our residents from hurricanes and wildfires, including evacuating residents and their pets when necessary. This is an incredible testament to the resilience and dedication of our teams. They have made countless sacrifices to successfully lead through the largest global health crisis in our lifetimes and an economic crisis while serving those most vulnerable to coronavirus. My gratitude continues for the Brookdale Everyday Heroes and the personal sacrifices they make to help support the health and wellbeing of our residents twenty-four hours a day, every single day."

Survey collection for the J.D. Power 2020 U.S. Senior Living Satisfaction Study was conducted June through August 2020.

An Engaged Life



The talented residents at Brookdale Fairhaven Assisted Living, in Bellingham, WA recently decided they wanted to do something to help their neighbors by donating more than 115 handmade beanie hats to the nearby Lighthouse Mission. The Knit & Crochet Group had gathered in their living room, working on an assortment of projects, when the idea was born to create handmade beanie hats to donate to the local un-housed population.

The group is no stranger to creating hats for causes in their area. They have produced many baby hats for the charity, "Newborns in Need." They had a need for infant kits for new babies born into crisis, and these creative and resourceful residents supplied the hats. Together the group knitted and crocheted 119 beanies for this year's cause. The ladies wanted to create functional, attractive, contemporary hats in dignified and beautiful colors to suit a variety of personalities.

The hope of the beanie creators is that the individuals at the Mission know that the hats were created by their neighbors with loving care, and a hope for a brighter future for those that will wear them. What a wonderful example of living an engaged life.