

COMMUNITY CONNECTIONS

August 2025

S	M	T	W	T	F	S
August 31 10:00 Sunday News Hour 4LG 11:00 B-Fit: Strength Workout OP 1:00 Matinee Movie OP 7:00 Music and Conversation 13	Brookdale Oak Park 1111 Ontario St. Oak Park , IL 60302 (708) 383-1111 brookdale.com <div>Assisted Living All activities are subject to change.</div>		LOCATION KEY 4LG 1L 4CR Fourth Craft Room OP Oak Park Room GR Great Room WC Wellness Center WS Wright Studio 13 Top Floor DR Dining Room 3DR 3rd Floor Dining Room 4LR 4h Floor Living Room 4DR 4th Floor Dining Room 2L 2nd Floor Library		01 10:00 B-Fit Exercise 4LG 11:15 Trivia with Lucy 4LG 1:30 Matinee Movie OP 2:00 Bingo GR 3:15 Snack Cart 13 7:00 Scrabble	02 10:00 Yoga 4LR 10:00 Current Events 13 1:00 Matinee Documentary 4LR 3:00 Catholic Communion OP Service 7:00 Movie Night OP
03 10:00 Sunday News Hour 4LG 11:00 B-Fit: Strength Workout OP 1:00 Matinee Movie OP 7:00 Music and Conversation 13	04 10:00 B-Fit Exercise 4LG 11:00 OT/PT Workout OP 11:30 Flex Your Brain GR 1:30 Art Class with Shirley WS 2:00 Matinee Movie OP 7:00 Chronology- Resident led game GR	05 10:00 B-Fit Exercise 4LG 11:15 Walking Club in Austin Gardens 1:00 Tuesday Sweet Treat GR 2:00 Bingo GR 7:00 Pinochle GR	06 10:00 Simply Seated Exercise 4LR 11:15 Creative Corner - Air Dry Clay Pots 4LR 1:15 Janet & Grant Performance 4LR 7:00 Resident Led Rosary 13	07 10:00 B-Fit Exercise 4LG 11:00 Tai Chi w/ Zuzana 4LG 11:30 Cranium Crunches Brain Games 4LG 1:00 Bingo GR 2:30 Wii Bowling OP 4:00 Thirsty Thursday - Open Mic Night 13	08 10:00 B-Fit Exercise 4LG 11:15 Trivia with Lucy 4LG 1:30 Matinee Movie OP 2:00 Bingo GR 3:15 Snack Cart 13 7:00 Scrabble	09 10:00 Yoga 4LR 10:00 Current Events 13 1:00 Matinee Documentary 4LR 3:00 Catholic Communion OP Service 7:00 Movie Night OP
10 10:00 Sunday News Hour 4LG 11:00 B-Fit: Strength Workout OP 1:00 Matinee Movie OP 7:00 Music and Conversation 13	11 10:00 B-Fit Exercise 4LG 11:00 OT/PT Workout OP 11:30 Flex Your Brain GR 1:30 Art Class with Shirley WS 2:00 Matinee Movie OP 7:00 Chronology- Resident led game GR	12 10:00 B-Fit Exercise 4LG 10:00 Resident Advisory Meeting OP 1:00 Tuesday Sweet Treat GR 2:00 Bingo GR 6:45 Vespers OP 7:00 Pinochle GR	13 10:00 Simply Seated Exercise 4LR 11:15 Creative Corner - Flower Arrangements 4LR 1:30 Brookdale University OP 7:00 Resident Led Rosary 13	14 10:00 B-Fit Exercise 4LG 11:00 Tai Chi w/ Zuzana 4LG 11:30 Cranium Crunches Brain Games 4LG 1:00 Bingo GR 2:30 Wii Bowling OP 4:00 Thirsty Thursday Happy Hour 13	15 10:00 B-Fit Exercise 4LG 11:15 Trivia with Lucy 4LG 1:30 Matinee Movie OP 2:00 Bingo GR 3:15 Snack Cart 13 7:00 Scrabble	16 10:00 Yoga 4LR 10:00 Current Events 13 1:00 Matinee Documentary 4LR 3:00 Catholic Communion OP Service 7:00 Movie Night OP
17 10:00 Sunday News Hour 4LG 11:30 Sunday Family Brunch 13 1:00 Matinee Movie OP 3:00 Sunday Brunch GR Performance 7:00 Music and Conversation 13	18 10:00 B-Fit Exercise 4LG 11:00 OT/PT Workout OP 11:30 Flex Your Brain GR 1:30 Art Class with Shirley WS 2:00 Matinee Movie OP 7:00 Chronology- Resident led game GR	19 10:00 B-Fit Exercise 4LG 11:15 Walking Club in Austin Gardens 1:00 Tuesday Sweet Treat GR 2:00 Bingo GR 7:00 Pinochle GR	20 10:00 Simply Seated Exercise 4LR 11:15 Creative Corner - Watercolor Paintings 4LR 1:15 Janet & Grant Performance 4LR 7:00 Resident Led Rosary 13 4LR	21 10:00 B-Fit Exercise 4LG 11:00 Tai Chi w/ Zuzana 4LG 11:30 Cranium Crunches Brain Games 4LG 1:00 Bingo GR 2:30 Wii Bowling OP 4:00 Thirsty Thursday Happy Hour 13	22 10:00 B-Fit Exercise 4LG 11:15 Trivia with Lucy 4LG 1:30 Matinee Movie OP 2:00 Bingo GR 3:15 Snack Cart 13 7:00 Scrabble	23 10:00 Yoga 4LR 10:00 Current Events 13 1:00 Matinee Documentary 4LR 3:00 Catholic Communion OP Service 7:00 Movie Night OP
24 10:00 Sunday News Hour 4LG 11:00 B-Fit: Strength Workout OP 1:00 Matinee Movie OP 7:00 Music and Conversation 13	25 10:00 B-Fit Exercise 4LG 11:00 OT/PT Workout OP 11:30 Flex Your Brain GR 1:30 Art Class with Shirley WS 2:00 Matinee Movie OP 7:00 Chronology- Resident led game GR	26 10:00 B-Fit Exercise 4LG 11:15 Walking Club in Austin Gardens 1:00 Tuesday Sweet Treat GR 2:00 Bingo GR 7:00 Pinochle GR	27 10:00 Simply Seated Exercise 4LR 11:15 Creative Corner - Ceramics 4LR 1:30 Brookdale University OP 7:00 Resident Led Rosary 13	28 10:00 B-Fit Exercise 4LG 11:00 Tai Chi w/ Zuzana 4LG 11:30 Cranium Crunches Brain Games 4LG 1:00 Bingo GR 2:30 Wii Bowling OP 4:00 Thirsty Thursday Happy Hour 13	29 10:00 B-Fit Exercise 4LG 11:15 Trivia with Lucy 4LG 1:30 Matinee Movie OP 2:00 Bingo GR 3:15 Snack Cart 13 7:00 Scrabble	30 10:00 Yoga 4LR 10:00 Current Events 13 1:00 Matinee Documentary 4LR 3:00 Catholic Communion OP Service 7:00 Movie Night OP

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

What Does It Really Mean to Be Happy? Celebrating Happiness Happens Month

August is Happiness Happens Month, the national observance, started in 2000 by a group known as the Secret Society of Happy People, is dedicated to the pursuit of happiness. So what exactly does it mean to be happy? Although there are many different definitions, researchers who study the science of happiness often define happiness in two key ways—both of which we can nurture throughout our lives.

The first is hedonic well-being—the classic idea of happiness as feeling good. This includes positive emotions like joy and gratitude, fewer negative emotions, and overall satisfaction with life. The second is eudaimonic well-being, which focuses on meaning, purpose, and personal growth. Together, they form what scientists call subjective well-being.

Older adults often score higher on life satisfaction than younger people, especially when they focus on relationships, routines, and values that matter most. Perhaps with age we accumulate life experiences that enable a better understanding of how maintaining close relationships and participating in personally meaningful activities contribute to happiness. Or maybe we learn that small actions—like expressing gratitude, helping others, or spending time in nature—lead to greater well-being.

Research suggests that positive emotions have a number of health benefits, such as lower stress and inflammation, better immune response and lower risk of certain diseases. Happiness can also indirectly improve health by promoting better sleep, healthier eating patterns, and more active lifestyles.

The key takeaway is that joy doesn't have to be loud or constant. It can be quiet, meaningful, and built through everyday choices. **What's one thing that gave you a sense of meaning—or a moment of joy—today?** Sources: NIH, Geriatrics and Gerontology



Did You Know?

Feedback is a Gift

At Brookdale, it is our mission to enrich lives every day, and we strive to create the best possible experience for our residents and their families. Your feedback is a gift. Below is how you can share with us.

Fill Out a Survey

You may be randomly selected to receive a survey via mail, email from Brookdale, or a third party organization such as U.S. News or J.D. Power. All you have to do is fill it out and send it back. Your feedback is important to us and we appreciate you taking the time to complete a survey. All responses will remain anonymous unless you choose to self-identify.

Give Us a Call or Email

Feel free to provide feedback to your local community managers at any time, or call the Resident & Family Connection Line at **(877) 400-5296** or email familyconnection@brookdale.com. An associate will be happy to connect with you.



COMMUNITY CONNECTIONS

August 2025

Brookdale News

Brookdale Senior Living Celebrates Resident Wellness with National B-Fit Day

As part of our commitment to health and well-being, Brookdale Senior Living communities across the country participated in a nationwide group exercise experience.

On May 28, residents, families, and team members across the country joined together for Brookdale's signature B-Fit workout, Brookdale's unique well-being program, offering residents enjoyable, accessible physical activities tailored to support overall health and connection. The program is grounded in gerontological research and designed to enhance quality of life through movement, fun, and togetherness.

The inaugural National B-Fit Day exemplifies Brookdale's commitment to innovative, resident-centered care and engagement. With 647 communities across the U.S., Brookdale continues to lead the way in holistic senior living experiences. The goal of the program is to provide opportunities for residents to participate in regular physical activity that supports their well-being and functional abilities.

"At Brookdale, we know that staying active supports not only physical health, but emotional and cognitive well-being too," said Brookdale Senior Vice-President of Resident and Family Engagement Sara Terry. "National B-Fit Day brings our mission to life—with our residents across the country engaging in B-Fit to highlight our commitment to overall well-being!"



An Engaged Life



Elaine, a resident at Brookdale Green Hills Cumberland has called Nashville home since 1967. The daughter of a law professor and dean at Southern University in Baton Rouge, LA, she spent her early years attending the university's lab school during a time of segregation. It was during those formative years, as she watched children from the neighboring Louisiana School for the Blind, that Elaine found her calling—to work with children who are visually impaired.

By the time school systems were integrated, Elaine was among the first Black young women to attend Saint Joseph Academy which led her to George Peabody College for Teachers. Elaine dedicated 44 years to the Tennessee School for the Blind, where she served as both a teacher and administrator, leaving a lasting legacy of compassion and excellence.

After her beloved husband Toyo of 53 years passed away in 2023, Elaine's children encouraged her to explore senior living communities for both safety and social connection. While initially hesitant, Elaine quickly found her place at Brookdale Green Hills Cumberland, where her vibrant personality shines. Known for her quick wit, warmth, and remarkable storytelling, Elaine has become a beloved Resident Ambassador at the community. Whether she's leading bingo night, welcoming and helping to orient new residents, or chatting with friends in the dining room, Elaine continues to inspire those around her with her humor, resilience, and her generous spirit.

Assisted Living

Brookdale Oak Park

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brookdale.com

