

# December 2021

**Brookdale Santa Catalina**  
7500 N. Calle Sin Envidia  
Tucson, AZ 85718  
(520) 742-6242 | brookdale.com

Independent Living  
All activities are subject to change.

1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY
8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise C77 8:30 Safeway Shopping BT 9:00 B-Fit Exercise C77 9:00 Core Exercise with Vera AR 10:00 Men's Discussion Group AR 10:00 Tree Decoration CL Help decorate the CL 11:30 Tai Chi AR 1:00 *Errands BT 2:00 Afternoon Movie C77 7:30 Evening Movie C77	WESTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Legs for Strength w/Vera AR 10:00 Christian Service LAR 1:00 BINGO AR 2:00 Afternoon Movie C77 4:00 My Life Story AR 6:30 The Great Courses CL 7:30 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise C77 8:30 Safeway BT 9:00 B-Fit Exercise C77 9:00 Bocce Ball GA 9:15 B-Fit Exercise w/Janet AR 10:30 Fun with Words/Trivia AR 11:30 Tai Chi AR 1:00 *Walmart/Nanini Library BT 2:00 Afternoon Movie C77 4:00 Happy Hour CL 7:30 Evening Movie C77	8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 10:00 Opera / Art Sale BT Parking lot tent sale Red Lobster for Lunch 1:00 Mexican Train Dominoes CL 1:00 Mahjong AR 2:00 Afternoon Movie C77 2:00 Computer Explorations with Brooklyn AR 7:30 Evening Movie C77
5 SUNDAY	6 MONDAY	7 TUESDAY	8 WEDNESDAY
8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 10:00 In House Movie C77 1:00 Catholic Communion CL 1:00 BRIDGE AR 2:00 Flex Your Brain CL 2:00 Afternoon Movie C77 2:00 Visiting Church CL Rev. Lamarr Levitt 7:30 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise C77 8:30 *Fry's Shopping BT 9:00 Upper Body & Balance Ver AR 9:00 B-Fit Exercise C77 10:00 BUNCO AR 11:30 Tai Chi AR 1:00 Mahjong GR 1:00 *Errands BT 1:15 Resident Program Chat AR 3:00 Meditation with Leah AR 6:30 The Great Courses C77	EASTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Lower Body Exercise Vera AR 10:00 Art with Eliza AR 1:00 BRIDGE AR 1:30 Roadrunners Wii Bowling CL 2:00 Afternoon Movie C77 4:00 Art Show with Eliza AR Reception 7:30 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise C77 8:30 Safeway Shopping BT 9:00 Core Exercise with Vera AR 10:00 Men's Discussion Group AR 11:30 Tai Chi AR 11:30 Vivaces Restuarant Lunch BT 1:00 Errands BT 2:00 Afternoon Movie C77 7:30 Evening Movie C77
9 THURSDAY	10 FRIDAY	11 SATURDAY	12 SUNDAY
WESTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Legs for Strength w/Vera AR 10:00 In House Movie C77 10:00 Christian Service LAR 1:00 BINGO AR 2:00 Afternoon Movie C77 3:30 Sip/Holiday Ornaments Paint ornaments Sign up AR 6:30 The Great Courses CL 7:30 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise C77 8:30 Safeway BT 9:00 Bocce Ball GA 9:15 B-Fit Exercise w/Janet AR 10:00 Beltone Hearing w/Joe CL 10:30 Fun with Words/Trivia AR 10:30 AJ's Shopping BT 11:30 Tai Chi AR 1:00 *Walmart/Nanini Library BT 4:00 Happy Hour CL 7:30 Evening Movie C77	8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 1:00 Mexican Train Dominoes CL 1:00 Mahjong AR 2:00 Afternoon Movie C77 2:00 Computer Explorations with Brooklyn AR 7:30 Evening Movie C77	8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 10:00 In House Movie C77 1:00 Catholic Communion CL 1:00 BRIDGE AR 2:00 Visiting Church CL Rev. Ann Strong 2:00 Flex Your Brain CL 2:00 Afternoon Movie C77 7:30 Evening Movie C77
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY
8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise C77 8:30 Trader Joe's Shopping BT 9:00 Upper Body Balance Vera AR 10:00 BUNCO AR 11:30 Tai Chi AR 1:00 Mahjong GR 1:00 *Errands BT 1:00 A Walk Through Jerusalem AR Presentation Burt Carney 3:00 Meditation with Leah AR 6:30 The Great Courses CL	EASTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Lower Body Exercise Vera AR 10:00 Art with Eliza AR 1:00 BRIDGE AR 1:30 Roadrunners Wii Bowling CL 2:00 Afternoon Movie C77 7:30 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:30 Safeway BT 9:00 Core Exercise w/Vera AR 10:00 Food Service Committee CL 10:00 Men's Discussion Group AR 11:30 Tai Chi AR 1:00 *Errands BT 2:00 Birthday celebration AR 3:00 Mariachi Children's Band CL 7:30 Evening Movie C77	WESTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Legs for Strength w/Vera AR 10:00 In House Movie C77 10:00 Christian Service LAR 10:00 Brookdale Cooking Demo CL 10:30 Resident Council Meeting AR 1:00 BINGO AR 2:00 Afternoon Movie C77 6:30 The Great Courses CL 7:30 Evening Movie C77
17 FRIDAY	18 SATURDAY	19 SUNDAY	20 MONDAY
8:00 Exercise with Janet AR 8:00 B-Fit Exercise C77 8:30 Safeway Shopping BT 9:00 B-Fit Exercise C77 9:00 Bocce Ball GA 9:00 B-Fit Exercise w/Janet AR 10:30 Fun With Words/Trivia AR 11:30 Tai Chi AR 1:00 Walmat/Library BT 2:00 Afternoon Movie C77 7:30 Evening Movie C77	8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:30 Casino Del Sol Desert BT Diamond 1:00 Mexican Train Dominoes CL 1:00 Mahjong AR 2:00 Afternoon Movie C77 4:00 Charades with Irma AR 7:30 Evening Movie C77	8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 10:00 In House Movie C77 1:00 Catholic Communion CL 1:00 BRIDGE AR 2:00 Flex Your Brain CL 2:00 Afternoon Movie C77 7:00 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise C77 8:30 Fry's Shopping BT 9:00 Upper Body Balance Vera AR 10:00 BUNCO AR 11:30 Tai Chi AR 1:00 Mahjong GR 1:00 *Errands BT 2:00 Afternoon Movie C77 3:00 Meditation with Leah AR 6:30 The Great Courses CL 7:30 Evening Movie C77
21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
First Day of Winter 8:00 EASTSIDE MEDICALS BT 8:00 B-Fit Exercise AR 8:00 Birdwatching Meet by dumpstrbldg#10 9:00 B-Fit Exercise C77 9:00 Lower Body Exercise Vera AR 10:15 Art with Eliza AR 1:00 BRIDGE AR 1:30 Roadrunners Wii Bowling CL 2:00 Afternoon Movie C77 7:30 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:30 Safeway Shopping BT 9:00 Core Exercise with Vera AR 10:00 Men's Discussion Group AR 11:30 Tai Chi AR 1:00 *Errands BT 2:00 In House Movie C77 7:30 Evening Movie C77	8:00 WESTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Legs for Strength w/Vera AR 10:00 Christian Service LAR 1:00 BINGO AR 2:00 Afternoon Movie C77 4:00 Happy Hour Nehemiah CL Change day & time Only 6:30 The Great Decisions C77 7:30 Evening Movie C77	Christmas Eve 8:00 B-Fit Exercise C77 9:00 Bocce Ball GA 9:00 B-Fit Exercise C77 11:30 Tai Chi AR 2:00 Afternoon Movie C77 7:30 Evening Movie C77
25 SATURDAY	26 SUNDAY	27 MONDAY	28 TUESDAY
Christmas Day 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 10:00 In House Movie C77 1:00 Mexican Train Dominoes CL 1:00 Mahjong AR 2:00 Afternoon Movie C77 7:30 Evening Movie C77	8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 10:00 In House Movie C77 1:00 Catholic Communion CL 1:00 BRIDGE AR 2:00 Visiting Church CL 2:00 Flex Your Brain CL 2:00 Afternoon Movie C77 7:00 Evening Movie C77	8:00 B-Fit Exercise w/Janet AR 8:00 B-Fit Exercise AR 8:30 Trader Joe's Shopping BT 9:00 Upper Body Balance Vera AR 10:00 BUNCO AR 11:30 Tai Chi AR 1:00 Mahjong GR 1:00 *Errands BT 2:00 Afternoon Movie C77 3:00 Meditation with Leah AR 6:30 The Great Courses CL 7:30 Evening Movie C77	8:00 EASTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Lower Body Exercise Vera AR 10:15 Art With Eliza AR 11:00 National Scooter Rehab CL 1:00 BRIDGE AR 1:00 Computer Exp. Brooklyn CR 1:30 Roadrunners Wii Bowling CL 2:00 Afternoon Movie C77 3:30 Brookdale Book Club AR 7:30 Evening Movie C77
29 WEDNESDAY	30 THURSDAY	31 FRIDAY	LOCATION KEY
8:00 B-Fit Exercise w/Janet AR 8:30 Safeway Shopping BT 9:00 Core Exercise w/Vera AR 10:00 Men's Discussion Group AR 11:30 Tai Chi AR 1:00 *Errands BT 2:00 In House Movie C77 7:30 Evening Movie C77	8:00 WESTSIDE MEDICALS BT 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Legs for Strength w/Vera AR 10:00 Christian Service LAR 10:00 BINGO AR 1:00 TOWN HALL MEETING CL 2:00 Afternoon Movie C77 6:30 The Great Decisions C77 7:30 Evening Movie C77	New Year's Eve 8:00 B-Fit Exercise C77 9:00 B-Fit Exercise C77 9:00 Bocce Ball GA 11:30 Tai Chi AR 2:00 Afternoon Movie C77 5:00 Happy New Year's Dinner DR 7:30 Evening Movie C77 8:00 Blow out New Years Eve Party in the Catalina Lounge To Watch the Ball Drop Munchies CL	CR - Card Room LAR - La Rosa Healthcare SP - Swimming Pool CL - Catalina Lounge PDR - Private Dining Room AR - Activities Room C77 - Channel 77 BT - Bus Trip GR - Game Room #3101 WR - Weight Room * - Regular Transportation

# 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

- How many American states have towns named Santa Claus?
- What is the name of the author of the popular children's story, 'How the Grinch Stole Christmas'?
- What traditional New Year's Eve song begins with lyrics, 'Should auld acquaintance be forgot'?
- Which famous Christmas movie featured Bing Crosby as Bob Wallace?
- What month of the year is Thanksgiving celebrated in Canada?
- Which famous Christmas song was introduced by Judy Garland in the 1944 movie, 'Meet Me in St. Louis'?
- True or False: The musical film 'Babes in Toyland' was produced by Walt Disney?
- Which 1946 fantasy film was directed by Frank Capra and based on a story called, 'The Greatest Gift'?

### Answers:

- 3- Indiana, Georgia, Arizona
- Dr. Seuss
- Auld Lang Syne
- White Christmas
- October
- Have Yourself a Merry Little Christmas
- True
- 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 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.