

May 2019

Brookdale Westlake Village

28550 Westlake Village Dr
Westlake, OH 44145
(440) 892-4200 | brookdale.com

Independent Living
All activities are subject to change.

1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY
8:30 Holy Rosary Service (CH) 9:30 Giant Eagle Bus (BT) 10:00 B-fit & Meditation (D) 11:00 Mayor's 90th + Birthday (BT) <i>Westlake Rec Center</i> 1:00 Poker Club (P) 3:00 Derrick's Brain Trust (D) <i>Special Guest</i> 4:00 Happy Hour (P) 7:00 Movie Mystery Night (P)	9:30 -10:30 Blood Pressure (S) Checks w/Pers. Living 9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 11:30 Bfit Exercise (P) 12:30 Ambassador's Club Lunch (D) 1:00 Pinochle Card Club (B) 1:00 Veterans' Troop (S) 2:00 Mourning Doves (B) <i>with Elisha</i> 4:00 Happy Hour (P) 7:00 Bingo (D)	9:30 Chair Dancing Fitness (D) 10:45 B-fit Exercise (A) 1:00 - 3:00 pm Derby Day (BT) <i>Day at the Races</i> <i>Chinese Raffle, Juleps</i> <i>Hat Contests, Horse Race</i> 1:00 Bridge Club (B) 4:00 Happy Hour (P) 4:00 -6 Mike's Pasta Night (DR) 7:00 Entertainment: (D) <i>Mary Beth Ions</i>	10:00 Tai Chi with Ted Smith (D) 10:45 B-fit Exercise (A) 1:00 Chair Yoga w/ Christine (D) 1:00 Poker Club (P) 2:00 Bingo with Friends (S) 3:00 - 6:00 pm Private Party (PUB) <i>Kraker Family</i> 7:00 Saturday at the Cinema (P)
5 SUNDAY	6 MONDAY	7 TUESDAY	8 WEDNESDAY
9:45 Ch of Redeemer Bus (BT) 10:15 Catholic Mass Service (D) 10:30 Prince of Peace (BT) 1:00 Games with Friends (S) 1:30 B-fit Exercise (A) 3:00 Christian Worship (D) 7:00 Sunday Netflix Series (P)	9:30 Chair Dancing Fitness (D) 10:15 Menu Meeting (D) 10:30 Euchre Card Club (A) 11:30 Ladies Shopping Trip (BT) <i>Steinmart Discount Day</i> 12:30 Garry's Front Porch (D) 1:00 Pinochle Card Club (A) 2:30 B-fit Exercise (D) 4:00 Happy Hour (P) 7:00 Musical Movie Monday (P)	9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 10:30 Euchre Card Club (A) 11:00 Bible Study (S) 12:30 Drug Mart Bus (BT) 1:00 Veterans' Troop Movie (P) 2:00 Brookdale University (D) 3:00 Bfit Walker's Club (L) 4:00 Happy Hour (P) 7:00 Bridge Club (D)	8:30 Holy Rosary Service (CH) 9:30 Giant Eagle Bus (BT) 10:00 OPEN FORUM (D) 11:30 Resident Programs Chat (D) 12:30 B-fit & Meditation (D) 1:00 Poker Club (P) 2:00 Getting to Know Becca (D) 4:00 Happy Hour (P) 7:15 Presentation: (D) <i>Joel Keller</i>
9 THURSDAY	10 FRIDAY	11 SATURDAY	12 SUNDAY
9:30 -10:30 Blood Pressure (S) Checks w/Pers. Living 9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 11:30 Bfit Exercise (P) 12:00 Delay the Disease (D) 1:00 Pinochle Card Club (B) 1:00 Veterans' Troop (S) 2:00 Presentation: with PL (D) <i>A Pharmacist Talk</i> 4:00 Happy Hour (P) 7:00 Bingo (D)	9:30 Chair Dancing Fitness (D) 10:00 - 3 pm Earl Hearing Chx (Lib) 10:45 B-fit Exercise (A) 11:00 Bus: North Ridgeville (BT) <i>Fiesta Jalapenos Mexican</i> 1:00 Bridge Club (B) 2:00 Afternoon Entertainment: (AL) <i>John Kowalski Keyboards</i> 4:00 Happy Hour (P) General Tso's Chicken 7:00 Entertainment: (D) <i>Billy Kaye Trio</i>	10:00 Tai Chi with Ted Smith (D) 10:45 B-fit Exercise (A) 1:00 Chair Yoga w/ Christine (D) 1:00 Poker Club (P) 2:00 Bingo with Friends (S) 3:00 - 9:00 pm (P) <i>Private Family Party</i> <i>A surprise! Ssssshh</i>	9:45 Ch of Redeemer Bus (BT) 10:15 Catholic Mass Service (D) 10:30 Prince of Peace (BT) 11:30 - 2:00 pm Special Dining (DR) <i>Elegant Mother's Day</i> <i>Prime Rib Buffet</i> 1:00 Games with Friends (S) 1:30 B-fit Exercise (A) 3:00 Christian Worship (D) 7:00 Sunday Netflix Series (P)
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY
9:30 Chair Dancing Fitness (D) 10:15 Menu Meeting (D) 10:30 Euchre Card Club (A) 11:30 Men's Luncheon (DR) 11:30 Marcs Bus (BT) 12:15 Jewelry/Beading Class (S) 1:00 Pinochle Card Club (A) 2:30 B-fit Exercise (D) 4:00 Happy Hour (P) 6:30 Presentation: Alz Assoc (D) <i>Dipika Pandya</i> <i>How to Choose a POA</i>	9:30 Keiths Balance Training (D) 9:45 Porter Library (S) 10:15 Wii Bowling/Flex Brain (P) 10:30 Euchre Card Club (A) 11:00 Bible Study (S) 12:00 Delay the Disease Intro (D) 12:30 Marcs Bus (BT) 1:00 Veterans' Troop Movie (P) 2:30 Book Club (S) 3:00 Bfit Walker's Club (L) 4:00 Happy Hour (P) 7:00 Bridge Club (D)	8:30 Holy Rosary Service (CH) 9:30 Giant Eagle Bus (BT) 10:00 B-fit & Meditation (D) 10:15 Heritage School Visits (AL) <i>Reading to Residents</i> 1:00 Cooking Demo (D) <i>with Jason Ramsey</i> 1:00 Poker Club (P) 2:00 My Life Story (PP) 4:00 Happy Hour (P) 7:00 Movie with Friends (P)	11:00 -2:00 pm Floral Boutique (L) <i>Buy your Spring Flowers</i> 9:30 -10:30 Blood Pressure Cx (S) 9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 11:30 Bfit Exercise (P) 12:00 Delay the Disease (D) 1:00 Veterans' Troop (S) 2:00 May Celebration Social (D) 4:00 Happy Hour (P) 7:00 Bingo (D)
17 FRIDAY	18 SATURDAY	19 SUNDAY	20 MONDAY
9:30 Omelette Day 9:30 Chair Dancing Fitness (D) 10:45 B-fit Exercise (A) 11:00 Bus: Lakewood (BT) <i>Der Braumeister</i> <i>Schnitzel and Sauerkraut</i> 1:00 Bridge Club (B) 2:00 Afternoon Entertainment: (AL) <i>Jim Kelley the Fiddler</i> 4:00 Happy Hour (P) 7:00 Entertainment: (L) <i>Ilya on the Baby Grand</i>	10:00 Tai Chi with Ted Smith (D) 10:45 B-fit Exercise (A) 1:00 Chair Yoga w/ Christine (D) 1:00 Poker Club (P) 2:00 Bingo with Friends (S) 7:00 Saturday at the Cinema (P)	9:45 Ch of Redeemer Bus (BT) 10:15 Catholic Mass Service (D) 10:30 Prince of Peace (BT) 1:00 Games with Friends (S) 1:30 B-fit Exercise (A) 3:00 Christian Worship (D) 7:00 Sunday Netflix Series (P)	9:30 Chair Dancing Fitness (D) 10:15 Menu Meeting (D) 10:30 Euchre Card Club (A) 11:00 Beauty is Ageless Day! (L) 11:30 Marcs Bus (BT) 12:30 Garry's Current Events (D) 1:00 Pinochle Card Club (A) 2:00 Pet Social in the Lobby (L) 2:30 B-fit Exercise (D) 4:00 Happy Hour (P) 6:30 Bus RRiver Chamber Music (BT) <i>String Quartet Concert</i>
21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 10:30 Euchre Card Club (A) 11:00 Bible Study (S) 12:00 Delay the Disease (D) 12:30 Walmart Bus (BT) 1:00 Veterans' Troop Movie (P) 2:00 FFL Wine & Watercolors (S) 3:00 Bfit Walker's Club (L) 4:00 Happy Hour (P) 7:00 Bridge Club (D)	8:30 Holy Rosary Service (CH) 9:30 Giant Eagle Bus (BT) 10:00 B-fit & Meditation (D) 12:30 Art in the Afternoon (S) 1:00 Poker Club (P) 2:00 Open Resident Council (D) <i>Meeting for all Resident</i> 4:00 Happy Hour (P) 7:00 Presentation: Ted Smith (D)	9:30 -10:30 Blood Pressure (S) Checks w/Pers. Living 9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 11:30 Bfit Exercise (P) 12:00 Delay the Disease (D) 1:00 Veterans' Troop (S) <i>Meet your New Neighbors!</i> 1:30 Meet & Greet, Bldg A (D) 3:00 Meet & Greet, Bldg B & C (D) 4:00 Happy Hour (P) 7:00 Bingo (D)	9:30 Chair Dancing Fitness (D) 10:45 B-fit Exercise (A) 11:00 Bus: Tremont (BT) <i>Dante's Next Door</i> 1:00 Bridge Club (B) 4:00 Happy Hour (P) <i>Dress up for Dinner!</i> <i>Complimentary Wine Night</i> <i>Pizza Night</i> 7:00 Entertainment: (D) <i>Travelin' Man Duo</i>
25 SATURDAY	26 SUNDAY	27 MONDAY	28 TUESDAY
10:00 Tai Chi with Ted Smith (D) 10:45 B-fit Exercise (A) 1:00 Chair Yoga w/ Christine (D) 1:00 Poker Club (P) 2:00 Bingo with Friends (S) 7:00 Saturday at the Cinema (P)	9:45 Ch of Redeemer Bus (BT) 10:15 Catholic Mass Service (D) 10:30 Prince of Peace (BT) 1:00 Games with Friends (S) 1:30 B-fit Exercise (A) 3:00 Christian Worship (D) 7:00 Sunday Netflix Series (P)	9:30 Chair Dancing Fitness (D) 10:30 Euchre Card Club (A) 10:45 Bfit Exercise (AL) 11:30 -2:00 pm Holiday Dining (BT) <i>Memorial Day BBQ</i> <i>Picnic Feast</i> 1:00 Pinochle Card Club (A) 7:00 Netflix Movie (P) <i>Once Upon a Time in America</i>	9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 10:30 Euchre Card Club (A) 11:00 Bible Study (S) 12:00 Delay the Disease (D) 12:30 Target & Kohls Bus (BT) 1:00 Veterans' Troop Movie (P) 2:00 Brookdale University (D) 3:00 Bfit Walker's Club (L) 4:00 Happy Hour (P) 7:00 Bridge Club (D)
29 WEDNESDAY	30 THURSDAY	31 FRIDAY	LOCATION KEY
8:30 Holy Rosary Service (CH) 9:30 Giant Eagle Bus (BT) 10:00 B-fit & Meditation (D) 12:30 My Life Story (D) <i>Your Name, Your Heritage</i> 1:00 Poker Club (P) 2:00 OL Wellness Talk (D) <i>Myth of Aging - Ageism</i> 4:00 Happy Hour (P) 7:00 Presentation: Tom Strong (D) <i>Improving Memory</i>	9:30 -10:30 Blood Pressure (S) Checks w/Pers. Living 9:30 Keiths Balance Training (D) 10:15 Wii Bowling/Flex Brain (P) 11:30 Bfit Exercise (P) 12:00 Delay the Disease (D) 1:00 Veterans' Troop (S) 2:00 Hot Dog Patio Party (PP) <i>Sizzlin' in the Sunshine</i> 4:00 Happy Hour (P) 7:00 Bingo (D)	9:30 Chair Dancing Fitness (D) 10:45 B-fit Exercise (A) 11:00 Bus: Cuyahoga River (BT) <i>Merwin's Wharf</i> 1:00 Bridge Club (B) 4:00 Happy Hour (P) 7:00 Entertainment: (D) <i>Rocky River Comm Chorus</i> <i>Spring Concert</i> <i>In Memory of Beloved Foo</i>	(D) - Dover Room (S) - Arts & Crafts Studio (P) - Pub (B) - B Card Room DR - Main Dining Room Lib - Library CH - Chapel BT - Bus Trip (L) - Lobby (A) - Card room A PP - Pond Patio -

COMMUNITY CONNECTIONS



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Health and Wellness

Live Your Optimum Life®: Reducing Your Risk of Falling



According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the

problems associated with falling and a proactive plan.

Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

Interventions that Can Increase Safety and Reduce the Risk of Falls

Medication Plan of Care: Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

Therapy:

Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

Wellness Challenge

10 Tips to Prevent Falls

Avoiding falls requires a proactive approach. Below are 10 tips to help prevent falls.

1. Stay physically active
2. Talk with your doctor regarding your Vitamin D level
3. Review your medications with your health care provider

4. Have annual eye and hearing exams
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls

8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you

Be Well on Purpose!



Brookdale News

Brookdale's Online Newsroom



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insights, and tips for living an Optimum Life. BrookdaleNews.com has local community stories, reports on corporate initiatives, informative videos, and even short films produced and starring residents and associates. Brookdale news comes from all over the country and features stories that you wouldn't hear other places. Residents and associates are recognized for both the large and small things that they do to daily enrich lives.

At BrookdaleNews.com, go behind the scenes to see what life is really like at Brookdale by reading candid, genuine stories from the field and corporate office. Have a story idea? Click on “Submit a Story” to share your idea with the Public Relations team. Click “Subscribe for News Alerts” at the top of the screen to receive a notification when a new story posts. Share BrookdaleNews.com with your friends and family so they can see how we are enriching lives every day.

Wishes of a Lifetime

Brookdale is proud to honor our residents' wishes and dreams through our partnership with Wish of a Lifetime®



Car Enthusiast Takes Dream 'Victory Lap' in Race Car

Harold Smith has loved cars all of his life. From the moment he bought his first car, he has been able to dismantle an engine and put it back together without a manual or guide. He has owned a 1937 pick-up truck, a 1948 Plymouth, and he currently owns a 1957 red and white Chevy he restored himself.

The 84-year-old Brookdale Spring Arbor resident loves everything about owning, driving and even watching cars — after all he witnessed the very first race of the Daytona 500 when it opened in 1959.

Wish of a Lifetime and Brookdale Senior Living were excited to get Harold back to the racetrack to ride in a race car on November 10, 2018. Charlotte Motor Speedway provided Harold with an hour-long tour of the speedway, then an exhilarating race car ride. Harold practically leapt over the pit-road wall as if he had done it 100 times before. The smile on his face as he made the final round of his “victory lap” said it all.