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LOCATION KEY

- RV Room Visits
- SL Self Led
- SG Small Group
- AR Activity Room
- FL Front Lobby

01
 10:00 Daily Chronicles FL
 10:30 Bfit Flexibility FL
 2:00 Card Games RV
 4:00 Sports Channel RV

02
 10:00 Daily Chronicles RV
 10:30 Bfit Upper Body FL
 2:00 My Life Story FL
 3:30 **Flex Your Brain** FL
Trivia Challenge

03
 10:00 Daily Chronicles RV
 10:30 Bfit Strength FL
 2:00 **Ipad Exploration** RV
Google Earth
 4:00 Word Puzzles RV

04
 10:00 Daily Chronicles FL
 10:30 Bfit Meditations FL
 2:00 **Weekly Discussions** RV
 3:30 Flex your Brain

05
 10:00 Bfit Lower Body FL
 2:00 **Music Education**
 3:30 Karaoke
 4:30 Word Puzzle Packet SL

06
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Puzzle Connection SL

07
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Trivia Fitness SL

08
 10:00 **Bfit for Life Week 1** FL
 10:30 Bfit Flexibility FL
 2:00 Card Games RV
 2:30 **Resident Engagement Chat** FL
 4:00 Sports Channel RV

09
 10:00 Daily Chronicles RV
 10:30 Bfit Upper Body FL
 3:30 **Flex Your Brain** FL
Trivia Challenge

10
 10:00 Daily Chronicles RV
 10:30 Bfit Strength FL
 2:00 **Ipad Exploration** RV
Name Origins
 4:00 Word Puzzles RV

11
 10:00 Daily Chronicles FL
 10:30 Bfit Meditations FL
 2:00 **Weekly Discussions** RV
 3:30 Flex your Brain

12
 10:00 Bfit Lower Body FL
 2:00 Menu Meeting RV
 2:00 **Music Education**
 3:30 Karaoke
 4:30 Word Puzzle Packet SL

13
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Puzzle Connection SL

14 **Daylight Saving Time**
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Trivia Fitness SL

15
 10:00 **Bfit for Life Week 2** FL
 10:30 Bfit Flexibility FL
 2:00 Card Games RV
 4:00 Sports Channel RV

16
 10:00 Daily Chronicles RV
 10:30 Bfit Upper Body FL
 3:30 **Flex Your Brain** FL
Trivia Challenge

17 **St. Patrick's Day**
 10:00 Daily Chronicles RV
 10:30 Bfit Strength FL
 2:00 **Ipad Exploration** RV
History of St. Patrick
 4:00 Word Puzzles RV

18
 10:00 Daily Chronicles FL
 10:30 Bfit Meditations FL
 2:00 **Weekly Discussions** RV
 3:30 Flex your Brain

19
 10:00 Bfit Lower Body FL
 2:00 **Music Education**
Joyful Music Series
 3:30 Karaoke
 4:30 Word Puzzle Packet SL

20
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Puzzle Connection SL

21
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Trivia Fitness SL

22
 10:00 **Bfit for Life Week 3** FL
 10:30 Bfit Flexibility FL
 2:00 Card Games RV
 4:00 Sports Channel RV

23
 10:00 Daily Chronicles RV
 10:30 Bfit Upper Body FL
 3:30 **Flex Your Brain** FL
Trivia Challenge

24
 10:00 Daily Chronicles RV
 10:30 Bfit Strength FL
 2:00 **Ipad Exploration** RV
Favorite Colors
 4:00 Word Puzzles RV

25
 10:00 Daily Chronicles FL
 10:30 Bfit Meditations FL
 2:00 **Weekly Discussions** RV
 3:30 Flex your Brain

26
 10:00 Bfit Lower Body FL
 2:00 Menu Meeting RV
 2:00 **Music Education**
 3:30 Karaoke
 4:30 Word Puzzle Packet SL

27 **Passover Begins**
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Puzzle Connection SL

28
 Programs Available at the Nurse's Station
 10:00 Daily Prayer Reflections SL
 10:30 Bfit Exercise SL
 2:00 Trivia Fitness SL

29
 10:00 **Bfit for Life Week 4** FL
 10:30 Bfit Flexibility FL
 2:00 Card Games RV
 4:00 Sports Channel RV

30
 10:00 Daily Chronicles RV
 10:30 Bfit Upper Body FL
 3:30 **Flex Your Brain** FL
Trivia Challenge

31
 10:00 Daily Chronicles RV
 10:30 Bfit Strength FL
 2:00 **IPad Exploration** RV
Bird songs
 4:00 Word Puzzles RV

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COMMUNITY CONNECTIONS



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Health and Wellness

Love Your Heart!



As we get older our risk for heart disease increases. High blood pressure and plaque buildup are associated with aging, but because there are steps we can take to reduce, delay or avoid this risk, they are not considered an inevitable part of aging. Although the heart and blood vessels experience natural changes as we age that can reduce the heart's ability to pump as fast during exercise or stress, the resting heart rate does not change significantly. We can keep our heart healthy well into old

age by making healthy lifestyle choices for our heart.

What is Heart Disease?

Heart disease is an umbrella term for conditions that restrict the flow of blood to the heart.

The most common cause of heart disease is the buildup of plaque in the arteries, known as atherosclerosis or coronary artery disease (CAD). The plaque buildup constricts blood flow and eventually can form a blockage resulting in a heart attack or stroke.

Tips for Leading a Heart-Healthy Lifestyle

Maintain a Healthy Diet
Diet is a major contributing factor to heart health. By making proper adjustments to your diet, you can lower or reverse heart disease risk factors including high cholesterol, blood pressure,

blood sugar and triglycerides along with overall body weight.

Exercise Regularly and Move throughout the day

Reduce the amount of time you sit throughout the day. Make sure you are standing, walking or moving for at least 5 minutes each hour of the day. A wearable activity tracker such as a Fitbit can help you track the amount of activity you are getting and send you reminders to when you sit for too long.

Reduce Stress

Try some of the following relaxation techniques on a regular basis to promote relaxation and lower chronic stress:

- Deep Breathing
- Meditation
- Yoga
- Tai Chi
- Positive Visualization

Wellness Challenge

An Optimal Heart Starts With an Optimum Life

The human heart is truly a marvel and it requires a well-being balance that comprises the whole person. Optimum Life® is how we at Brookdale frame well-being. We meet you where you are in life's journey with six dimensions so you'll never stop growing. Each of the six dimensions - Purposeful, Emotional, Physical, Social, Spiritual and Intellectual are all essential in optimal heart health. Remember, your heart is your first love!

Be Well on Purpose!



Brookdale News

Brookdale Is Here For You! Cindy R. Kent, EVP and President of Senior Living



Brookdale has been a frontrunner during the COVID-19 pandemic, innovating to meet your needs. We do this because our top priority is the health and safety—both physical as well as emotional—of our residents, patients, and associates. There's been a tremendous amount of cross-functional collaboration and partnership across the company to leverage our clinical and operational expertise on your behalf. We have continued to provide quality care and services, while also focusing on limiting the spread of the virus within our communities.

Nothing could be more critical than successfully completing our vaccination clinics to “crush Covid” and move beyond the acute phase of virus transmission.

I'm sure you share the hope that the vaccines' arrival brings within our communities and to the world! At the same time, the need for active engagement and mitigating social isolation has also never been greater. Brookdale's associates are working hard to help you stay engaged and connected, with new programs, even as we practice social distancing. I applaud the “above-and-beyond” efforts of our associates during these unprecedented times. I'm honored to be part of this extraordinary company, and a team who is so deeply and passionately committed to our mission to enrich the lives of those we serve.

Thank you for your continued trust in Brookdale!

An Engaged Life

Engagement during a Pandemic!



Bill “Billy” Burleson leads an active life at Brookdale Club Hill in Dallas, Texas. While the pandemic changed some things that Billy was able to do, it did not stop him from living an active life. One day he noticed a Saturn V Lego set begging for someone to build it and decided to take on the challenge. The rest is history. Billy became an expert Lego builder.

Building Legos keeps Billy active and engages his mind. He has built five Lego sets for a total of 12,036 pieces. His favorite is the Saturn V, with 1,969 pieces, which is also the year that Neil Armstrong became the first to step on the moon. When asked what he most enjoys about his new skill, Billy said, “I like the challenge it presents, and when I come across a part I don't understand, I leave it alone while I think it over.”

Billy's newfound hobby is a perfect example of using a change in situation such as the pandemic, to look for silver linings. Remaining positive and open to trying new things allowed Billy to enjoy and continue living an engaging life.