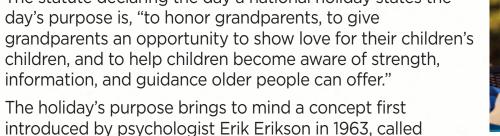
O 2FL 3 C 3FL 7 A 4FL 1 T GLL 0 AC 7 N P 1 SK 3 K B 1 E CY 0	First Floor Second Floor Thrid Floor Fourth Floor Garden Level Lounge Auditorium Arts & Crafts Room Pool Skyline Room Bistro Courtyard Dining Room	10:00 Cocoa, Chronicle & Chat 10:00 Strength & Balance M 10:30 B-Fit Exercise 3FL O 11:00 Flex Your Brain 3FL N 11:15 Labor Day BBQ CY D 11:30 John Phillip Sousa Band A 1:00 Torah Study SK Y 7:00 Joy of Music GLL	T 10:00 Cribbage B V U 10:30 B-Fit Exercise 3FL E 10:30 Parkplace Singers AUD S 11:00 Engagement Chat 3FL	8:45 Water Aerobics P 10:00 Cocoa, Chronicle& Chat 3FL 10:00 Strength & Balance AUD 10:30 B-Fit Exercise 3FL 11:00 Flex Your Brain 3FL 12:45 Duplicate Bridge GLL 1:00 Hospice Myths AUD 1:30 Open Art Studio AC 2:00 Jeopardy AUD 3:00 Bananagrams B 3:00 Poetry Discussion 4FL 7:00 Play Reading SK	4       10:00       Tai Chi       AUD         10:00       Cocoa, Chronicle& Chat       3FL         10:30       B-Fit Exercise       3FL         11:00       Parkinson's Support       3FL         1:30       Floral Arranging       3FL         1:30       Canasta       GLL         2:00       BINGO!       3FL         3:00       Menu Chat       3FL         A       6:30       Poker         Y       Immersive Titanic         Outing	8:45 Water Aerobics P 10:00 Cocoa, Chronicle& Chat 3FL 10:00 Strength & Balance AUD 10:30 B-Fit Exercise 3FL 11:00 Let's Travel 3FL 1:00 Party Bridge SK 1:30 Mah-Jongg GLL 2:00 Flex Your Brain 3FL 3:00 Happy Hour: Music by Gracie & Blue Jazz 4:15 Shabbat SK 7:00 Feature Film GLL	9:00 Virtual Shabbat 4FL 10:00 Cocoa, Chronicle&Chat 3FL 10:30 B-Fit Exercise 3FL 11:00 Ethan on Piano 1FL 2:00 Watercolors AC 2:30 Classic Movie & Popcorn 2FL 7:00 Period Piece Watch Party GLL  Shop @ Cherry Creek Mall
9:30 Vin 10:00 Co S 10:00 Vin U 10:30 B-I N 11:00 Pet D 1:00 BII A 2:00 Da Y 2:05 Bro 4:00 No		8:45 Water Aerobics 10:00 Cocoa, Chronicle& Chat 10:00 Strength & Balance 10:30 B-Fit Exercise 3FL 11:00 Flex Your Brain 1:00 Torah Study 2:00 Quarter Bingo 3:00 Rummikub 3:30 Classic Music Lecture  8 AUD 8 AUD 9 AUD	T 10:00 Cribbage B V U 10:30 B-Fit Exercise 3FL E E 10:30 Parkplace Singers AUD S 11:00 Assisted Living Meeting 3FL D 1:00 Art with Ashley AC Δ 2:00 Active Minds AUD	8:45 Water Aerobics P 10:00 Cocoa, Chronicle&Chat 3FL 10:00 Strength & Balance AUD 10:30 B-Fit Exercise 3FL 11:00 Flex Your Brain 3FL 12:45 Duplicate Bridge GLL 1:30 Open Art Studio AC 2:00 Jeopardy AUD 3:00 Bananagrams B 3:00 Poetry Discussion 4FL 7:00 Play Reading SK	10:00 Tai Chi 10:00 Cocoa, Chronicle& Chat 10:30 B-Fit Exercise 3FL 11:00 Agility Training 3FL 1:30 Floral Arranging 3FL 2:00 BINGO! 3:00 Menu Chat 6:30 Poker  SK  Lunch at Cracker Barrel	8:45 Water Aerobics P 10:00 Cocoa, Chronicle& Chat 3FL 10:00 Strength & Balance AUD 10:30 B-Fit Exercise 3FL 11:00 Let's Travel 3FL 1:00 Party Bridge SK 1:00 Doughnut Day w/ BAH B 1:30 Mah-Jongg GLL 2:00 Flex Your Brain 3FL 2:30 Book Mobile 1FL 3:00 Happy Hour B 7:00 Feature Film GLL	9:00 Virtual Shabbat 4FL 10:00 Cocoa, Chronicle& Chat 3FL 10:30 B-Fit Exercise 3FL 11:00 Liam on Piano 1FL 2:00 Watercolors AC 2:30 Classic Movie & Popcorn 2FL 7:00 Period Piece Watch Party GLL  Shop @ Trader Joe's
S 10-4 Ch 10:00 Co 10:00 Vin N 10:30 B-1 D 1:00 BII A 2:00 Da Y 2:05 Co 4:00 No	Virtual Catholic Mass Children's Choir Recital Children's Choir Recital Children's Choir Recital AUD	8:45 Water Aerobics 10:00 Cocoa, Chronicle& Chat 10:00 Strength & Balance 10:30 B-Fit Exercise 3FL 11:00 Flex Your Brain 1:00 Torah Study SK 2:00 Quarter Bingo 3:00 Rummikub 7:00 Art History Lecture  8 3FL 3FL 3FL	U 10:30 B-Fit Exercise 3FL 10:30 Parkplace Singers AUD S 11:00 Agility Training 3FL D 11:30 Birthday Lunch D A 1:00 Art with Ashley AC	8:45 Water Aerobics P 10:00 Cocoa, Chronicle& Chat 10:00 Strength & Balance AUD 10:30 B-Fit Exercise 3FL 11:00 Flex Your Brain 3FL 12:45 Duplicate Bridge GLL 1:00 Autumn w/ Bloom AUD 1:30 Open Art Studio AC 2:00 Jeopardy AUD 3:00 Bananagrams B 3:00 Poetry Discussion 4FL 7:00 Play Reading SK	10:00 Tai Chi 10:00 Cocoa, Chronicle& Chat 10:30 B-Fit Exercise 11:00 Agility Training 3FL 1:30 Floral Arranging R 1:30 Canasta S 2:00 BINGO! 3:00 Menu Chat A 6:30 Poker  SK	8:45 Water Aerobics P 10:00 Cocoa, Chronicle& Chat 3FL 10:00 Strength & Balance AUD 10:30 B-Fit Exercise 3FL 11:00 Let's Travel 3FL 1:00 Party Bridge SK 1:30 Mah-Jongg GLL 2:00 Flex Your Brain 3FL 3:00 Happy Hour with B Magic by Ari 4:15 Special Shabbat SK 7:00 Feature Film GLL	9:00 Virtual Shabbat 4FI 10:00 Cocoa, Chronicle& Chat 3FI 10:30 B-Fit Exercise 3FI 11:00 Liam on Piano 1FI 2:00 Watercolors AC 2:30 Classic Movie & Popcorn 2FI 7:00 Period Piece Watch Party GLI  Shop @ World Market
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## The Gerontologist's Corner

## Featuring Christy Phillips, PhD, Gerontologist at Brookdale

### Grandparents Day: Celebrating Legacy and the Science of Generativity

On September 7, we celebrate Grandparents Day, observed the first Sunday of September after Labor Day, since 1978. The statute declaring the day a national holiday states the day's purpose is, "to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of strength, information, and guidance older people can offer."





generativity — the desire to contribute to the well-being of future generations. Whether sharing a life lesson, mentoring a younger person, or just offering kindness and presence, these simple acts represent powerful, and I believe sometimes undervalued, expressions of generativity.

### Why it Matters - for Grandchildren and for Grandparents

When young adults receive support and guidance from older mentors, research suggests they experience increased resilience, emotional intelligence, and a stronger sense of identity and meaning. Intergenerational programs have also been shown to enhance empathy and social skills in children and adolescents, while decreasing ageist attitudes. And it appears the benefits of intergenerational relationships aren't just one-way. Studies suggest that generativity promotes well-being among older adults by reinforcing purpose in life, reducing depression, and even supporting cognitive health. This may be particularly true when older adults have strong social support and opportunities to contribute.

This Grandparents Day, take a moment to reflect not just on the grandchildren you may have, but on all the ways you've invested in others — as a parent, teacher, friend, or community member. Your experience, your stories, and your care matter deeply.

Sources: Nationaltoday.com, Environmental Research and Public Health. 2022

## Did You Know?

### **Brookdale's Friends for Life Incentive**



Friends for Life (FFL) is an incentive program to encourage residents and families to tell their family and friends about living at Brookdale. Relationships and friendships support a culture of community and social connectedness within both Brookdale and the greater community. For each referral that moves into a community, the current (referring) resident receives fabulous rewards. See your ED or sales team for more details.

#### How to refer friends:

- 1. Tell us the name of a friend who would love to live at your community
- 2. If your friend moves in, you'll qualify for a rent credit\*
- 3. Refer more friends for even more rent credits, and have more friends in your community!





**Brookdale Parkplace** 

111 Emerson St.

Denver, CO 80218

brookdale.com



Brookdale

# **COMMUNITY CONNECTIONS**

## September 2025

## Brookdale **News**

### September Starts the Season of Protection: Time to Get Vaccinated

We are committed to your overall well-being and September marks the start of the fall vaccination season, making it the perfect time to ensure you're up to date on important vaccines. Living in a senior community means sharing meals, activities, and friendships—which also means it's especially important to protect yourself and those around you from illness.

The Centers for Disease Control and Prevention (CDC) recommends that adults aged 65 and older stay current with key vaccinations to help prevent serious illness, hospitalization, and



complications. Beginning this month, on-site clinics will offer a variety of vaccines (as available), including those for COVID-19, flu, RSV, pneumonia, measles and shingles.

Most costs are covered by Medicare Parts A, B, and D, as well as Medicaid and many private insurance plans. Camille Jordan, Senior Vice President of Clinical Services at Brookdale, highlights the value of community-based vaccination: "Getting vaccinated is one of the simplest ways to stay well and enjoy everything your community has to offer. Community clinics help ensure residents receive timely immunizations, which helps protect everyone."

If you're not sure whether you're up to date, speak with your Brookdale Health & Wellness Director or your healthcare provider. They can help you decide what's right for your health.

Taking this simple step now can help keep you protected as we head into colder months—when flu and respiratory illnesses tend to spread. Let's stay proactive and help keep our community safe and healthy for all.

## An **Engaged** Life



Virginia, a resident of Brookdale Kenmore is a beloved sister, mother, grandmother, and great-grandmother. She enjoyed a fulfilling 20-year career at TMP Technologies in Buffalo, NY and now embraces life with a zest for learning and connection. Virginia has a range of hobbies and interests including reading and watching movies, listening to music, playing games, and the occasional casino trip.

Since moving into Brookdale Kenmore in October 2023, Virginia has fully immersed herself in community life. She's become more independent, social, and open to new experiences—adopting a positive outlook and greater understanding of others. As she puts it, "We are all here for different reasons," a sentiment that helps guide her

open-heart approach to those around her.

Virginia is a proud member of the Helping Hands committee at the community which supports those in need through meaningful projects like creating Easter baskets for domestic violence survivors and writing cards to Meals on Wheels recipients. She also contributes creatively such as donating seasonal décor, bringing in flowers for the garden, and assisting fellow residents. "I've found myself coming out of my shell," she says, and it's clear she's making the most of every moment. Virginia's life is a testament to the joy of serving others and staying engaged.

<sup>\*</sup>Terms and conditions apply.