

S M T W Th F S

Brookdale Jones Farm
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Huntsville, AL 35802
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		01 9:00 B-Fit "Strength" CR 10:00 Bingo CR 11:00 Balladeers CR 11:00 Kings in the Corner ALL 1:30 Electronics Workshop CR 2:00 Menu Meeting ILD	02 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Uno Cards ALL 10:00 Scattagories CR 1:30 Flex Your Brain 3CR 2:00 Wii Bowling CR 6:00 Puzzle Pals ALL	03 9:00 B-Fit "Strength" CR 9:30 Pres Bible Study 3CR 10:00 Bingo ALD 11:00 Balladeers CR 1:00 Balance Flex & Stretch CR 3:00 Social ALL	04 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Kings in the Corner ALL 1:30 Name That Tune ALD 2:00 Popcorn & a Movie CR 7:00 New Release Movie 801	05 9:30 Bingo ALD 10:30 Coffee & Crosswords CR 1:00 Puzzles 2L
06 10:30 Puzzles Pals 2L 3:00 Poetry Potpourri BR 7:00 Sunday Classic Movie 801	07 9:00 B-Fit "Stretch" CR 10:00 Coffee & Crosswords CR 1:30 Balance Flex & Stretch CR 2:00 Flex Your Brain ALD 3:00 Sylvia Dean CR 7:00 Monday Night Movie 801	08 9:00 B-Fit "Strength" CR 10:00 Bingo CR 11:00 Balladeers CR 11:00 Kings in the Corner ALL 1:30 Electronics Workshop CR 2:00 Menu Meeting ILD	09 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Scattagories CR 10:00 Uno Cards ALL 1:30 Flex Your Brain 3CR 2:00 Wii Bowling CR 6:00 Puzzle Pals ALL	10 9:00 B-Fit "Strength" CR 9:30 Pres. Bible Study 3CR 10:00 Bingo ALD 11:00 Balladeers CR 1:00 Balance Flex & Stretch CR 3:00 Social ALL	11 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Kings in the Corner ALL 1:30 Name That Tune ALD 2:00 Popcorn & a Movie CR 7:00 New Release Movie 801	12 9:30 Bingo ALD 10:30 Coffee & Crosswords CR 1:00 Puzzles 2L
13 10:30 Puzzles Pals 2L 3:00 Poetry Potpourri BR 7:00 Sunday Classic Movie 801	14 Flag Day 9:00 B-Fit "Stretch" CR 10:00 Coffee & Crosswords CR 1:30 Balance Flex & Stretch CR 2:00 Flag Day Program 3:00 Bowling CR 7:00 Monday Night Movie 801	15 9:00 B-Fit "Strength" CR 10:00 Bingo CR 11:00 Balladeers CR 11:00 Kings in the Corner ALL 1:30 Electronics Workshop CR 2:00 Menu Meeting ILD	16 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Scattagories CR 10:00 Uno Cards ALL 1:30 Flex Your Brain 3CR 2:00 Wii Bowling CR 6:00 Puzzle Pals ALL	17 9:00 B-Fit "Strength" CR 9:30 Pres Bible Study 3CR 10:00 Bingo ALD 11:00 Balladeers CR 1:00 Balance Flex & Stretch CR 3:00 Social ALL	18 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Bingo CR 1:30 Name That Tune ALD 2:00 Popcorn & a Movie CR 7:00 New Release Movie 801	19 9:30 Bingo ALD 10:30 Coffee & Crosswords CR 1:00 Puzzles 2L
20 Father's Day 10:30 Puzzles Pals 2L 3:00 Poetry Potpourri BR 7:00 Sunday Classic Movie 801	21 9:00 B-Fit "Stretch" CR 10:00 Coffee & Crosswords CR 1:30 Balance Flex & Stretch CR 2:00 Flex Your Brain ALD 3:00 The Alexanders CR 7:00 Monday Night Movie 801	22 9:00 B-Fit "Strength" CR 10:00 Bingo CR 11:00 Balladeers CR 11:00 Kings in the Corner ALL 1:30 Electronics Workshop CR 2:00 Menu Meeting ILD	23 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Scattagories CR 10:00 Uno Cards ALL 1:30 Flex Your Brain 3CR 2:00 Wii Bowling CR 6:00 Puzzle Pals ALL	24 9:00 B-Fit "Strength" CR 9:30 Pres Bible Study 3CR 10:00 Bingo ALD 11:00 Balladeers CR 1:00 Balance Flex & Stretch CR 3:00 Social ALL	25 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Bingo CR 1:30 Name That Tune ALD 2:00 Memory Lane BT 7:00 New Release Movie 801	26 9:30 Bingo ALD 10:30 Coffee & Crosswords CR 1:00 Puzzles 2L
27 10:30 Puzzles Pals 2L 3:00 Poetry Potpourri BR 7:00 Sunday Classic Movie 801	28 9:00 B-Fit "Stretch" CR 10:00 Coffee & Crosswords CR 1:30 Balance Flex & Stretch CR 2:00 Flex Your Brain ALD 3:00 Bowling CR 7:00 Monday Night Movie 801	29 9:00 B-Fit "Strength" CR 10:00 Bingo CR 11:00 Balladeers CR 11:00 Kings in the Corner ALL 1:30 Electronics Workshop CR 2:00 Menu Meeting ILD	30 9:00 B-Fit "Stretch" CR 9:00 Walking Club 10:00 Scattagories CR 10:00 Uno Cards ALL 1:30 Flex Your Brain 3CR 2:00 Wii Bowling CR 6:00 Puzzle Pals ALL	LOCATION KEY CR Community Room BR Bamboo Room CH Chapel IBR IL Billiards Room BT Bus Trip ILD Indp. Living Den ALD Assisted Living Den 801 In House Channel 3CR 3rd Fl. Card Room ALL Asst. Living Library PDR Plaza Dining Room 2L Second Floor Loft <i>License Number</i>		



Assisted Living - All activities are subject to change.

Health and Wellness

Connecting Through Technology



Social Connection is a feeling of belonging and closeness to other people. Connection is a core psychological need, essential to our sense of well-being. Social connections are different for everyone and change throughout your life. Scientists have identified neural networks in the brain that drive us to connect, in other words, our brains are wired for social connection.

3 Components of Social Connectedness

Socialization:

Interacting with others

Social Support:

Emotional support through difficult times

Social Belonging:

Being a part of something bigger than yourself

Healthy social connections have many benefits including

lower rates of anxiety and depression. Social connection creates a positive feedback loop of social, emotional, and physical well-being.

(Source: Stanford Medicine Center for Compassion and Altruism Research)

Technology can help us overcome barriers to connection. If you can't travel across the country, or even drive across town, you can connect virtually. The three main technologies that can help you to socially connect are video chat, social media, texting and email.

Video Chat allows people to connect virtually face to face over the internet when they cannot see each other in person. You can use the following devices to video chat: computer, smartphone, table or smart display. There are multiple video chat applications, although the most common are: FaceTime, Zoom, and Google Duo.

Social Media websites are designed for social networking. You can share pictures, videos or text and interact with others. Social media can help you connect with old friends and family members as well as find new connections with shared

interests. The most popular social media applications are: Facebook, Instagram and Twitter.

Be cautious on social media. To ensure you feel confident and safe while keeping in touch online, follow these social media tips:

1. Set your privacy settings
2. Selectively choose your friends
3. Share carefully
4. Use private messaging
5. Watch out for scams

Technology is changing how we communicate and connect in our world. Leverage technology as a tool to support real life connection, not as a substitute for real life interaction.

Resources

- Techboomers.com is a free educational website that teaches older adults and other inexperienced internet users with basic computer skills about websites that can help improve their quality of life.
- AARP.com offers great resources including articles relating to seniors and technology.

Be Well on Purpose!

Brookdale News

Helping Seniors Live Their Best Lives. Cindy Baier, Brookdale President & CEO



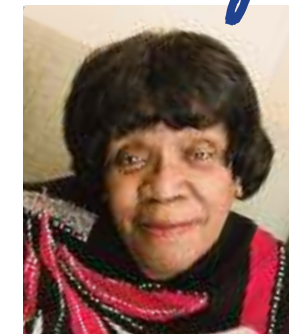
As a Brookdale resident, you've experienced first-hand that Brookdale is all about helping older adults live their best lives. Supporting your wellbeing requires a balance between both your physical and emotional health. So, even during the height of the COVID-19 pandemic, we worked hard to provide new experiences for you and your family. We also developed welcome plans to ensure move-in processes were made easier while still following federal, state – and our own – safety guidelines. Even with a pandemic, we have been pleased to welcome thousands of new residents

across the country and appreciate the opportunity to enrich so many lives!

We are a company filled with servant leaders who unite around our mission to enrich the lives of those we serve in a culture built on our cornerstones of passion, courage, partnership and trust. During the most difficult times the country has faced, our everyday heroes have, together, overcome incredibly difficult challenges to help ensure your safety and wellbeing.

Our focus on what matters most will always be a core part of life here and I appreciate your continued confidence in Brookdale!

An Engaged Life



Vivian McMillian of Wilson, North Carolina, has always led an engaged life! Married for 43 years, she and her husband Archie ran a “mom and pop” store selling candy, sodas, ice cream and other groceries. Vivian loved meeting and engaging with so many of their customers. She also led the church choir, became the lead pianist, and served as the first woman reverend of that church. Since moving to Brookdale Robinwood in Gastonia, North Carolina, in 2018, Vivian says she is “more active than I have ever been....I feel alive....I feel renewed.” Vivian has found purpose through leading church services and bible study whenever possible. She spends days dining with friends, trying new things, and takes her commitment to B-Fit exercise class seriously. She continues to play the piano, sing, and pray with her friends.

Vivian has also been an inspiration to others who are feeling uncomfortable with transitioning into a community setting. She can often be found having a meaningful conversation with several residents or a one-on-one chat after happy hour or while passing them in the hall. Vivian says it best, “I am engaged because I choose to be and the opportunities are endless for me.”