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April 2021

Brookdale Spring Shadows

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Houston, TX 77080

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01

April Fools' Day

10:00 B-Fit LV
11:00 True or False Trivia LV
2:00 Crafts Small Group AT
3:00 Tennis & Ball Toss LV
4:00 Sing-A-Long DR
6:00 News & Reading LV

02

Good Friday

10:00 B-Fit LV
11:00 Bible Talk LV
2:00 Crafts Small Group AT
3:00 Yoga LV
4:00 The Chosen. Movie LV
6:00 Meditation w/ soft musicLV

03

10:00 B-Fit LV
11:00 Joyous Saturday Meaning. AT
3:00 Magazine Reading LV
4:00 Movie. The Chosen. LV
6:00 Good News Stories LV

04

Passover Ends / Easter

10:00 B-Fit LV
11:00 Stations of The Cross. Reading. LV
3:00 Yoga LV
4:00 The Movie Chosen. LV
6:00 Church Service B2

05

Be Happy Day

10:00 B-Fit LV
11:00 Res. Council Mt. LV
2:00 Crafts Small Group AT
3:00 Posture Check LV
4:00 Happy Songs Kereoke. DR

06

10:00 B-Fit LV
10:30 Gardening CY
2:00 Crafts Small Group AT
3:00 Group Stretching LV
4:00 Funny Pet Videos LV
6:00 News & Reading LV

07

World Health Day

10:00 B-Fit LV
10:30 Health Food Brunch DR
2:00 Crafts Small Group AT
3:15 Hallway Moves HW
4:00 Dominos DR
6:00 Good News Stories LV

08

10:00 B-Fit LV
11:00 Computer Fun LV
2:00 Crafts Small Group LV
3:00 Tennis & Ball Toss LV
4:00 Sing-A-Long LV
6:00 News & Reading LV

09

Good Friday

10:00 B-Fit LV
11:00 Spiritual Journey LV
2:00 Crafts Small Group AT
3:00 Yoga LV
4:00 Bingo LV
6:00 Meditation w/ soft musicLV

10

10:00 B-Fit LV
11:00 Will this kite fly. CY
2:00 Crafts/Puzzles AT
3:00 Magazine Reading LV
4:00 Old Game Shows/TV LV
6:00 Good News Stories LV

11

10:00 B-Fit LV
11:00 This Little Church LV
2:00 Creative Corner LV
3:00 Yoga LV
4:00 30 Positive Quotes LV
6:00 Church Service B2

12

10:00 B-Fit LV
11:00 Table Games AT
2:00 Crafts Small Group AT
3:00 Mix & Mingle w/ CurtisB2 on Piano
3:00 Posture Check LV
4:00 Manicures LV
6:00 Best of Classical Jazz LV

13

10:00 B-Fit LV
10:30 Gardening CY
2:00 Crafts Small Group AT
3:00 Group Stretching LV
3:30 Cooking Demo Cobbler. DR
4:00 Funny Pet Videos LV
Nt. Peach Cobbler Day

14

10:00 B-Fit LV
11:00 Trivia LV
2:00 Crafts Small Group AT
3:15 Hallway Moves HW
4:00 Dominos DR
6:00 Good News Stories LV

15

Tax Day

10:00 B-Fit LV
11:00 Computer Fun LV
2:00 Crafts Small Group AT
3:00 Tennis & Ball Toss LV
3:30 Burgers & Fries DR
6:00 News & Reading LV

16

First Fast Food

10:00 B-Fit LV
11:00 Spiritual Journey LV
2:00 Crafts Small Group AT
3:00 Yoga LV
4:00 Bingo LV
6:00 Meditation w/ soft musicLV

17

10:00 B-Fit LV
11:00 Q & A Trivia LV
2:00 Crafts/Puzzles AT
3:00 Magazine Reading LV
4:00 Old Game Shows/TV LV
6:00 Good News Stories LV

18

10:00 B-Fit LV
11:00 This Little Church LV
2:00 Creative Corner LV
3:00 Yoga LV
4:00 30 Positive Quotes LV
6:00 Church Service B2

19

10:00 B-Fit LV
11:00 Table Games AT
2:00 Crafts Small Group AT
3:00 Posture Check LV
4:00 Manicures LV
6:00 Best of Classical Jazz LV

20

10:00 B-Fit LV
11:00 Travelogue Beijing. DR
2:00 Crafts Small Group AT
3:00 Group Stretching LV
3:30 Res. B-Day Social LV
6:00 News & Reading LV
Language Day

21

10:00 B-Fit LV
11:00 Trivia LV
2:00 Crafts Small Group AT
3:15 Hallway Moves HW
4:00 Dominos DR
6:00 Good News Stories LV

22

Earth Day

10:00 B-Fit LV
11:00 Community Walk CY
2:00 Crafts Small Group LV
3:00 Tennis & Ball Toss LV
4:00 Flowers 101 LV
6:00 News & Reading LV

23

Language Day

10:00 B-Fit LV
11:00 Travelogue Spain. LV
2:00 Crafts Small Group AT
3:00 Yoga LV
4:00 Bingo LV
6:00 Meditation w/ soft musicLV

24

10:00 B-Fit LV
11:00 Will this kite fly CY
2:00 Crafts/Puzzles AT
3:00 Magazine Reading LV
4:00 Old Game Shows/TV LV
6:00 Good News Stories LV

25

10:00 B-Fit LV
11:00 This Little Church LV
2:00 Creative Corner LV
3:00 Yoga LV
4:00 50-59 Best Picture Review. LV
6:00 Church Service B2

26

Audubon Day

10:00 B-Fit LV
11:00 Name That Bird AT
2:00 Crafts Small Group AT
3:00 Posture Check LV
4:00 Manicures LV
6:00 Best of Classical Jazz LV

27

10:00 B-Fit LV
10:30 Gardening CY
2:00 Crafts Small Group AT
3:00 Group Stretching LV
4:00 Funny Pet Videos LV
6:00 News & Reading LV

28

Humanitarian Day

10:00 B-Fit LV
11:00 Mission Workers LV
2:00 Crafts Small Group AT
3:15 Hallway Moves HW
4:00 Dominos DR
6:00 Good News Stories LV

29

International Dance

10:00 B-Fit LV
11:00 Swing Dance (TV) DR
2:00 Crafts Small Group AT
3:00 Tennis & Ball Toss LV
4:00 Hallway Moves DR
6:00 News & Reading LV

30

Arbor Day

10:00 B-Fit LV
11:00 Trees 101 LV
2:00 Crafts Small Group AT
3:00 Yoga LV
4:00 Bingo LV
6:00 Meditation w/ soft musicLV



THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
10:00 B-Fit Exercise
10:30 Refreshments
11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
2:00 Creative/Crafts/Art and Clustered Groups
3:00 Physical
3:30 Refreshments
4:00 Music/ Intergenerational
5:00 Dinner
6:30 Sensory/News and Reading Groups
7:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- AT - Activity Table
DR - B3
B1 - Building One
B2 - Building Two
B3 - Building Three
O - Outing
LV - Living Room
CY - Courtyard
P - Patio
HW - Hallway

License Number

## Health and Wellness

### Prioritizing Your Well-Being



During this time of social distancing, it is important to stay active for both your emotional and physical health.

Each day, it is important to prioritize your well-being despite all that is going on around you. Here are a few tips and inspiration for overall well-being.

**Stay connected to family and friends** using technology or your phone. Make a list of family and friends to interact with daily. Try things like a virtual breakfast, lunch, or dinner with family or friends.

#### Optimum Life Inspiration

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.” ~ Mandy Hale

*Be Well on Purpose!*

To schedule a virtual visit with your family, please reach out to a Resident Programs associate.

**Try writing your thoughts and memories down** in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

**Stay connected spiritually** - Attend virtual religious services via the television or online. Consider checking in with a fellow parishioner over the phone and see how they are doing.

**Call a friend or family member** that you have been wishing to connect with that lives far away. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

**Stay connected through music.** Music nourishes the brain. Play some music that

you enjoy listening to on the radio, television or on an electronic device.

**Note of Thanks** - Try to take note of when people do a good job and find ways to give recognition. For example: a hand written note or card, a call, or perhaps an email to them.

**Take time out for activities you enjoy.** Read a good book, watch a comedy, play a fun board or video game, make something—whether it’s a new recipe, a craft, or a piece of art. It doesn’t matter what you do, as long as it takes you out of your worries.

**Breathing Exercise** - Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling more relaxed.

## Brookdale News

### Brookdale Surpasses Raising \$18 Million for Alzheimer’s Care, Support and Research



In a year like no other, Brookdale Senior Living continued to be a leader in fundraising to fight Alzheimer’s disease. During 2020, in the midst of serving and supporting tens of thousands of residents, patients, and associates during the global COVID-19 pandemic, the Brookdale team maintained its commitment to supporting those seeking a cure for Alzheimer’s and raised almost \$1.2 million as a National Team for the Alzheimer’s Association Walk to End Alzheimer’s. With this contribution, Brookdale has raised more than \$18 million since 2008 to support the care, support and research efforts of the Alzheimer’s Association.

“I am incredibly grateful for the compassion and commitment of all the members of our Brookdale team,” said Lucinda (“Cindy”) Baier, Brookdale’s President and Chief Executive Officer. “It is incredible and admirable that, despite all the hardships and challenges that 2020 brought, our team still kept in their hearts the need to fight Alzheimer’s. They still found ways to continue our tradition of supporting this important cause.” Baier added, “Within Brookdale’s Clare Bridge communities where we offer specialized dementia care with a person-centered approach, we see the impact of Alzheimer’s every day. We look forward to the day when there is a cure and support this cause fully.”

## An Engaged Life



Mary Bullock, a resident at Brookdale Monrovia, CA since 2019, regards everyone with respect, kindness and compassion. It is why she has spent her life serving others, while also being a trailblazer as the first African American to work at Arcadia Methodist Hospital. Having begun as a Certified Nursing Assistant, Mary finished her 35 years of service as a Registered Nurse in the Emergency Room.

Since moving to Brookdale Monrovia, Mary has discovered new interests and new passions through engagement with other residents. She recently took up painting and says her work is turning out pretty good. Mary has continued to live an engaged life by trying new things, cultivating friendships and increasing a sense of belonging and well-being for those around her.

Although she has officially retired from nursing, Mary continues to serve others and use her gift of empathy. She notices those who are lonely, draws them into friendship and helps them get connected. And she encourages fellow residents to stay healthy by inviting them to join her for the B-Fit exercise classes. Once a nurse always a nurse. Mary truly sees her community as an extension of the life she lived before moving to Brookdale.