

S M T W Th F S

**Brookdale Cypress Station**  
 303 Lantern Bend Dr  
 Houston, TX 77090  
 (281) 880-7702 | brookdale.com

### LOCATION KEY

- LR Living Room
- CY Courtyard
- 2C Craft Center
- 3M Multi-media Room
- 3B Breakers Room

License Number

**04** **Passover Ends / Easter**

|       |                             |    |
|-------|-----------------------------|----|
| 10:30 | B-Fit Core                  | 2C |
| 11:00 | In Room Praise & Worship    |    |
| 1:00  | Movie Matinee               | LR |
| 2:00  | Read Daily Chronicle        |    |
| 3:00  | Ice Cream Sundae w/ Reading |    |

**05**

|       |                      |    |
|-------|----------------------|----|
| 10:00 | Sightseeing Outing   |    |
| 10:30 | B-Fit Coordination   | 2C |
| 11:00 | Wii Bowling          | LR |
| 1:00  | Walk of America Club |    |
| 2:00  | Fashion Trivia       | 2C |
| 3:00  | Bingo                | 2C |
| 4:00  | Let's Talk About You | 2C |

**06**

|       |                                |    |
|-------|--------------------------------|----|
| 10:30 | B-Fit Balance                  | 2C |
| 11:00 | Poetry Reading                 | 3M |
| 1:00  | Technology Usage of Cell Phone | 2C |
| 2:00  | Hallway Bean Bag Toss          | 2C |
| 3:00  | Craft Project no-sew           | 2C |
| 4:00  | Stencil Painting               | 2C |

**07**

|       |                              |    |
|-------|------------------------------|----|
| 8:30  | Weights & Vitals             | LR |
| 10:30 | B-Fit Breathing & Relaxation | 2C |
| 11:00 | Wii Tennis                   | LR |
| 1:00  | Rhythm & Blues Music         | 2C |
| 2:00  | Words in a Word              | 2C |
| 3:00  | Bingo                        | 2C |

**08**

|       |  |    |
|-------|--|----|
| 9:30  | Bible Study with Jeanne                          | 2C |
| 10:30 | B-Fit Cardio                                     | 2C |
| 1:00  | Technology Usage of Ipad                         | 2C |
| 2:00  | Trivia   | 2C |
| 3:00  | Let's Talk about You                             | 2C |
| 4-6p  | <i>"Love Grow Here" Grab &amp; Go Drive-Thru</i> |    |

**09**

|       |                                      |    |
|-------|--------------------------------------|----|
| 10:30 | B-Fit Lower Body Str.                | 2C |
| 11:00 | Wii Bowling Residents vs. Associates | LR |
| 1:00  | Walk of America Club                 |    |
| 2:45  | <i>Happy Hour Bingo</i>              | 2C |
| 4:00  | Trivia                               |    |
| 5:00  | Book Circle Club                     |    |

**10**

|       |                   |    |
|-------|-------------------|----|
| 11:00 | B-Fit/Flexability | 2C |
| 1:00  | Word Search       | 2C |
| 2:00  | Board Games       | 2C |
| 3:00  | Poetry Reading    | 3M |
| 4:00  | Puzzle Mania      | 2C |

**11**

|       |                             |    |
|-------|-----------------------------|----|
| 10:30 | B-Fit Core                  | 2C |
| 11:00 | Spiritual Journey           |    |
| 1:00  | Wii Bowling                 | LR |
| 2:00  | Read Daily Chronicle        |    |
| 3:00  | Ice Cream Sundae w/ Reading |    |

**12**

|       |                      |    |
|-------|----------------------|----|
| 10:00 | Sightseeing Outing   |    |
| 10:30 | B-Fit Coordination   | 2C |
| 11:00 | Wii Bowling          | LR |
| 1:00  | Walk of America Club |    |
| 2:00  | Planting Vegetables  | CY |
| 3:00  | Bingo                | 2C |
| 4:00  | Casino Trivia        | 2C |

**13**

|       |                                |    |
|-------|--------------------------------|----|
| 10:30 | B-Fit Balance                  | 2C |
| 11:30 | Ambassador Lunch/Meeting       | 2C |
| 1:00  | Technology Usage of Cell Phone | 2C |
| 2:00  | Word Wheel                     | 2C |
| 3:00  | Audio Books                    | 2C |
| 4:00  | Craft Project no-sew           |    |

**14**

|       |                              |    |
|-------|------------------------------|----|
| 10:30 | B-Fit Breathing & Relaxation | 2C |
| 11:00 | Wii Tennis                   | LR |
| 1:00  | Trivia How much that Cost    | 2C |
| 1:30  | Pet Therapy                  | LR |
| 3:00  | Bingo                        | 2C |
| 4:00  | Google Earth                 | 2C |

**15** **Tax Day**

|       |                          |    |
|-------|--------------------------|----|
| 9:30  | Bible Study with Jeanne  | 2C |
| 10:30 | B-Fit Cardio             | 2C |
| 1:00  | Technology Usage of Ipad | 2C |
| 1:30  | Red Hat Meeting          | 3M |
| 2:00  | Resident Engagement Chat | 2C |
| 3:00  | B-Volleyball             | CY |
| 4:00  | Domino Game              | 2C |

**16**

|       |                                      |    |
|-------|--------------------------------------|----|
| 10:30 | B-Fit Lower Body Str.                | 2C |
| 11:00 | Wii Bowling Residents vs. Associates | LR |
| 1:00  | Walk of America Club                 |    |
| 2:45  | <i>Happy Hour Dance to the Music</i> |    |
| 4:00  | Trivia                               | 2C |
| 5:00  | Women's Social Grp.                  |    |

**17**

|       |                   |    |
|-------|-------------------|----|
| 11:00 | B-Fit/Flexability | 2C |
| 1:00  | Bingo Sheet       | 2C |
| 2:00  | Stencil Painting  | 2C |
| 3:00  | Reading Club      | 2C |
| 4:00  | Fun in the Sun    | CY |

**18**

|       |                             |    |
|-------|-----------------------------|----|
| 10:30 | B-Fit Core                  | 2C |
| 11:00 | Bible Reading               |    |
| 1:00  | Paint on Canvas             | 2C |
| 2:00  | Read Daily Chronicle        |    |
| 3:00  | Ice Cream Sundae w/ Reading |    |

**19**

|       |                          |    |
|-------|--------------------------|----|
| 10:00 | Sightseeing Outing       |    |
| 10:30 | B-Fit Coordination       | 2C |
| 11:00 | Wii Bowling              | LR |
| 1:00  | Walk of America Club     |    |
| 2:00  | Menu Chat/Jennifer       | 3M |
| 2:30  | Resident Council Meeting | 3M |
| 3:00  | Bingo                    | 2C |
| 4:00  | Crossword Puzzle         | 2C |

**20**

|       |                                 |    |
|-------|---------------------------------|----|
| 10:30 | B-Fit Balance                   | 2C |
| 11:00 | Card Game                       | 2C |
| 1:00  | Ipad Family Connection          | 2C |
| 2:00  | Cooking Demo Making Coke Floats | 2C |
| 3:00  | Word Grid                       | 2C |
| 4:00  | Water the Garden                | CY |

**21**

|       |                              |    |
|-------|------------------------------|----|
| 10:30 | B-Fit Breathing & Relaxation | 2C |
| 11:00 | Wii Tennis                   | LR |
| 1:00  | Finish the Lyrics            | 2C |
| 2:00  | Book Club                    | 2C |
| 3:00  | Bingo                        | 2C |
| 4:00  | In-Touch Jukebox             | 2C |

**22**

|       |                         |    |
|-------|-------------------------|----|
| 9:30  | Bible Study with Jeanne | 2C |
| 10:30 | B-Fit Cardio            | 2C |
| 1:00  | Ipad Family Connection  | 2C |
| 2:00  | Pool Hall (SD)          | 3B |
| 3:00  | Match the Cards         | 2C |
| 4:00  | Water the Garden        | CY |

**23**

|       |                                      |    |
|-------|--------------------------------------|----|
| 10:30 | B-Fit Lower Body Str.                | 2C |
| 11:00 | Wii Bowling Residents vs. Associates | LR |
| 1:00  | Walk of America Club                 |    |
| 2:45  | <i>Happy Hour Karaoke</i>            |    |
| 4:00  | Flex Your Brain                      | 2C |
| 5:00  | Men's Social Grp.                    | CY |

**24**

|       |                        |    |
|-------|------------------------|----|
| 11:00 | B-Fit/Flexability      | 2C |
| 1:00  | Board Games            | 2C |
| 2:00  | Poetry Reading         | 3M |
| 3:00  | Courtyard Clean-up Day | CY |
| 4:00  | Domino Game            | 2C |

**25**

|       |                      |    |
|-------|----------------------|----|
| 10:30 | B-Fit Core           | 2C |
| 11:00 | Wii Bowling          | LR |
| 12:00 | Spotlight Birthday   |    |
| 1:00  | Chair Dancing        | 2C |
| 2:00  | Read Daily Chronicle |    |
| 3:00  | Card Game            | 2C |

**26**

|       |                      |    |
|-------|----------------------|----|
| 10:00 | Sightseeing Outing   |    |
| 10:30 | B-Fit Coordination   | 2C |
| 11:00 | Wii Bowling          | LR |
| 1:00  | Walk of America Club |    |
| 2:00  | Words in a Word      | 2C |
| 3:00  | Bingo                | 2C |
| 4:00  | My Life Story        | 2C |

**27**

|       |                          |    |
|-------|--------------------------|----|
| 10:30 | B-Fit Balance            | 2C |
| 11:00 | Courtyard Check-up       | CY |
| 1:00  | Ipad Usage of Google Map | 2C |
| 2:00  | Massage Therapy          | 2C |
| 3:00  | Crosswords               | 2C |
| 4:00  | The Price Is Right       | 2C |

**28**

|       |                              |    |
|-------|------------------------------|----|
| 10:30 | B-Fit Breathing & Relaxation | 2C |
| 11:00 | Wii Tennis                   | LR |
| 1:00  | Grp. Puzzle Challenge        | 2C |
| 3:00  | Bingo                        | 2C |
| 4:00  | Craft Project no-sew         | 2C |
| 5:00  | Movie Matinee                | LR |

**29**

|       |                                 |    |
|-------|---------------------------------|----|
| 9:30  | Bible Study with Jeanne         | 2C |
| 10:30 | B-Fit Cardio                    | 2C |
| 1:00  | Ipad Usage of Google Map        | 2C |
| 2:00  | Virtual visit Red Hat Champions |    |
| 3:00  | Short Stories                   | 2C |
| 4:00  | Music Jazz                      | 2C |

**30**

|       |  |    |
|-------|--|----|
| 10:30 | B-Fit Lower Body Str.                        | 2C |
| 11:00 | Wii Bowling Residents vs. Associates         | LR |
| 1:00  | Walk of America Club                         |    |
| 2:45  | <i>Happy Hour Music with the Dream Girls</i> |    |
| 4:00  | Board Games                                  | 2C |
| 5:00  | My Life Adventure                            | 2C |



## 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.

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.

### 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!*

## 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.