

# April 2021

**Foxwood Springs**  
 1500 W. Foxwood Drive  
 Raymore, MO 64083  
 (816) 331-3111 | brookdale.com

Independent Living  
 All activities are subject to change.

**LOCATION KEY**

- BL - Bromwell Lounge
- BIS - Bistro
- CL - Computer Lab
- FD - Foxes Den
- FOX - Foxwood Room
- HH - Holmes Hall
- MDR - Merle Mott Dining Room
- ME - Main Entrance By Bistro
- MEL - Melcher Lounge
- SOL - Solarium
- SP - Swimming Pool
- FC - Fitness Center

**1 THURSDAY**

- April Fools' Day**
- 8:45 FSTV-Show
  - 9:00 B-Fit Exercise GYM
  - 9:30 Water Exercise SP
  - 9:30 Venues Open-9:30-5:00
  - 10-4 Foxwood Quilters HH
  - 11:00 Water Exercise SP
  - Royals Opening Day Treats
  - 1:00 Pool FD
  - 2:00 Ping Pong FD
  - 2:00 Popcorn Thursday CON
  - 2:30 Resident Engagement Chat FOX
  - 6:30 Bridge FOX

**2 FRIDAY**

- Good Friday**
- 8:45 FSTV-Live Bingo!
  - 9:30 Water Exercise SP
  - 9:30 B Fit Exercise-FSTV FC
  - 10:00 Yoga FC
  - 10:00 Treasured Memories 3FL
  - Writing Group
  - 10:30 Good Friday Service-FSTV
  - 11:00 Water Exercise SP
  - 1:00 Pool FD
  - 1:30 Water Exercise SP
  - 1:30 Quills Writing Group FOX
  - 6:30 Cinema Selections-FSTV

**3 SATURDAY**

- 10:00 Flex Your Brain & Other Puzzles
- 1:00 Pool FD
- 1:00 Dominoes FOX
- 1:00 B-Fit Walking APT
- 2:00 Scrabble FOX

**4 SUNDAY**

- Passover Ends / Easter**
- 9:30 Venues Open 9:30-5:00pm
  - 1:00 B-Fit Walking APT
  - 1:30 Cinema Selections-FSTV
  - 2:00 Uno FOX
  - 3:00 Dominoes FOX
  - 4:00 Skip-Bo FOX
  - 4:20 Pre-Worship Music-FSTV
  - 4:30 Easter Worship Service On FSTV

**5 MONDAY**

- 8:45 FSTV Show
- 9:30 Water Exercise SP
- 9:30 B Fit Exercise-FSTV FC
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Yoga FC
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 3:30 B-Fit Balance Class - 1 BL
- 6:30 Pitch BL

**6 TUESDAY**

- 8:45 FSTV Show FC
- 9:00 B-Fit Exercise Gym
- 9:30 Water Exercise SP
- 9:30 Venues Open-9:30-5:00pm
- 10:30 Blood Pressure Clinic Gym
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 1:30 Flex Your Brain FOX
- 2:00 Menu Chat MDR
- 3:00 Grief/Loss Group FOX

**7 WEDNESDAY**

- 8:45 FSTV Show
- 9:30 Water Exercise SP
- 9:30 B-Fit Exercise-FSTV
- 9:15 B-Fit Breathing & Relax FOX
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Yoga FC
- 11:00 Water Exercise SP
- 1:00 Fall Risk Assessment BL
- 1:00 Pool FD
- 2:00 Outing-Tour of Raymore
- 3:00 Bocce Ball BL
- 6:30 Cinema Selections-FSTV

**8 THURSDAY**

- 8:45 FSTV Show
- 9:00 B-Fit Exercise GYM
- 9:30 Water Exercise SP
- 9:30 Venues Open-9:30-5:00pm
- 10-4 Foxwood Quilters HH
- 1:00 Pool FD
- 2:00 Ping Pong FD
- 2:00 Popcorn Thursday CON
- 6:30 Bridge FOX

**9 FRIDAY**

- 8:45 FSTV-Live Bingo!
- 9:30 Water Exercise SP
- 9:30 B Fit Exercise-FSTV FC
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Treasured Memories 3FL
- Writing Group
- 10:00 Yoga FOX
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 6:30 Cinema Selections-FSTV BL

**10 SATURDAY**

- 10:00 Flex Your Brain & Other Puzzles
- 1:00 Pool FD
- 1:00 Dominoes FOX
- 1:00 B-Fit Walking FC
- 2:00 Scrabble FOX

**11 SUNDAY**

- 9:30 Venues Open-9:30-5pm
- 1:00 B-Fit Walking APT
- 1:30 Cinema Selections-FSTV
- 2:00 Uno FOX
- 3:00 Dominoes FOX
- 4:00 Skip-Bo FOX
- 4:20 Pre-Worship Music-FSTV
- 4:30 Worship Service-FSTV

**12 MONDAY**

- 8:45 FSTV Show
- 9:30 Water Exercise SP
- 9:30 B Fit Exercise-FSTV FC
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Yoga FC
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 3:30 B-Fit Balance Class - 1 BL
- 6:30 Pitch BL

**13 TUESDAY**

- 8:30 FSTV Show
- 9:00 B Fit Exercise FC
- 9:30 Water Exercise SP
- 9:30 Venues Open-9:30-5:00
- 10:30 Blood Pressure Clinic GYM
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 1:30 Flex Your Brain FOX
- 2:00 Menu Chat MDR
- 3:00 Grief/Loss Group FOX

**14 WEDNESDAY**

- 8:45 FSTV Show
- 9:30 Water Exercise SP
- 9:30 B-Fit Exercise-FSTV BL
- 9:30 Venues Open-9:30-5pm
- 9:30 B-Fit Breathing & Relax FOX
- 10:00 Yoga FC
- 11:00 Water Exercise SP
- 1:00 Fall Risk Assessment BL
- 1:00 Pool FD
- 2:00 Outing-Tour of Raymore
- 3:00 Bocce Ball BL
- 6:30 Cinema Selections-FSTV

**15 THURSDAY**

- Tax Day**
- 8:45 FSTV Show
  - 9:00 B-Fit Exercise GYM
  - 9:30 Water Exercise SP
  - 9:30 Venues Open-9:30-5:00
  - 10-4 Foxwood Quilters HH
  - 11:00 Water Exercise SP
  - 1:00 Pool FD
  - 1:30 Water Exercise SP
  - 2:00 Ping Pong FD
  - 2:00 Popcorn Thursday CON
  - 6:30 Bridge FOX

**16 FRIDAY**

- 8:45 FSTV-Live Bingo!
- 9:30 Water Exercise SP
- 9:30 B-Fit Exercise-FSTV FC
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Yoga FCC
- 10:00 Treasured Memories 3F
- Writing Group
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 6:30 Cinema Selections-FSTV

**17 SATURDAY**

- 10:00 Flex Your Brain & Other Puzzles
- 1:00 Pool FD
- 1:00 Dominoes FOX
- 1:00 B-Fit Walking FC
- 2:00 Scrabble FOX

**18 SUNDAY**

- 9:30 Venues Open-9:30-5pm
- 1:00 B-Fit Walking APT
- 1:30 Cinema Selections-FSTV
- 2:00 Uno FOX
- 3:00 Dominoes FOX
- 4:00 Skip-Bo FOX
- 4:20 Pre-Worship Music-FSTV
- 4:30 Worship Service-FSTV

**19 MONDAY**

- 8:45 FSTV Show SP
- 9:30 Water Exercise SP
- 9:30 B Fit Exercise-FSTV FC
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Yoga FC
- 11:00 Water Exercise SP
- 1:30 Water Exercise SP
- 3:30 B-Fit Balance Class - 1 BL
- 6:30 Pitch BL

**20 TUESDAY**

- 8:45 FSTV Show
- 9:00 B Fit Exercise GYM
- 9:30 Water Exercise SP
- 10:30 Blood Pressure Clinic GYM
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 1:30 Flex Your Brain FOX
- 2:00 Shuffleboard FD
- 2:00 Menu Chat MDR
- 3:00 Grief/Loss Group FOX

**21 WEDNESDAY**

- 8:45 FSTV Show SP
- 9:30 Water Exercise SP
- 9:30 Venues Open-9:30-5pm
- 9:30 B-Fit Breathing & Relax FOX
- 10:00 Yoga FC
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 2:00 Conversations in Aging BL
- 2:00 Outing-Tour of Raymore
- 3:00 Bocce Ball BL
- 6:30 Cinema Selections-FSTV

**22 THURSDAY**

- 8:45 FSTV Show-Cooking Demo
- 9:00 B-Fit Exercise FC
- 9:30 Water Exercise SP
- 9:30 Venues Open-9:30-5:00
- 11-1 Royals Theme Lunch
- 1:00 Pool FD
- 2:00 Ping Pong FD
- 2:00 Popcorn Thursday CON
- 6:30 Bridge FOX
- Remember-Take Time To Appreciate Nature Today!**

**23 FRIDAY**

- 8:45 FSTV-Live Bingo!
- 9:30 Water Exercise SP
- 9:30 B Fit Exercise-FSTV FC
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Treasured Memories 3F
- Writing Group
- 10:00 Yoga FOX
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 6:30 Cinema Selections-FSTV

**24 SATURDAY**

- 10:00 Flex Your Brain & Other Puzzles
- 1:00 Pool FD
- 1:00 Dominoes FOX
- 1:00 B-Fit Walking FC
- 2:00 Scrabble FOX

**25 SUNDAY**

- 9:30 Venues Open-9:30-5pm
- 1:00 B-Fit Walking APT
- 1:30 Cinema Selections-FSTV
- 2:00 Uno FOX
- 3:00 Dominoes FOX
- 4:00 Skip-Bo FOX
- 4:20 Pre-Worship Music-FSTV
- 4:30 Worship Service - FSTV

**26 MONDAY**

- 8:45 FSTV Show SP
- 9:30 Water Exercise SP
- 9:30 B Fit Exercise-FSTV FC
- 10:00 Yoga FC
- 11:30 Water Exercise SP
- 1:00 Computer Chat CL
- 1:30 Water Exercise SP
- 2:00 Outing-Tour of Raymore
- 3:30 B-Fit Balance Class - 1 BL
- 6:30 Pitch BL

**27 TUESDAY**

- 8:45 FSTV Show
- 9:00 B Fit Exercise GYM
- 9:30 Water Exercise SP
- 9:30 Venues Open-9:30-5pm
- 10:30 Blood Pressure Clinic GYM
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 1:30 Flex Your Brain FOX
- 2:00 Menu Chat MDR
- 3:00 Grief/Loss Group

**28 WEDNESDAY**

- 8:45 FSTV Show
- 9:30 Water Exercise SP
- 9:30 B-Fit Exercise-FSTV
- 9:30 B-Fit Breathing & Relax FOX
- 9:30 B-Fit Exercise-FSTV
- 10:00 Yoga FC
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 3:00 Bocce Ball BL
- 2:00 Mix & Mingle: Homes Edition
- 6:30 Cinema Selections-FSTV

**29 THURSDAY**

- 8:45 FSTV Show
- 9:00 B-Fit Exercise FC
- 9:30 Venues Open-9:30-5
- 9:30 Water Exercise SP
- 10-4 Foxwood Quilters HH
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 2:00 Ping Pong FD
- 2:00 Popcorn Thursday CON
- 6:30 Bridge FOX

**30 FRIDAY**

- 8:45 FSTV-Live Bingo!
- 9:30 Water Exercise SP
- 9:30 B Fit Exercise-FSTV FC
- 9:30 Venues Open-9:30-5:00pm
- 10:00 Yoga FOX
- 10:00 Treasured Memories 3FL
- Writing Group
- 11:00 Water Exercise SP
- 1:00 Pool FD
- 1:30 Water Exercise SP
- 2:00 Mix&Mingle Apt. Edition APT
- 6:30 Cinema Selections-FSTV



## COMMUNITY CONNECTIONS



brookdale.com

## 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.