

S M T W Th F S

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

LOCATION KEY

BL Bromwell Lounge	RL Rehab Lounge
HH Holmes Hall	HDR Heritage Dining Room
ML Melcher Lounge	
HCL Health Care Lounge	
FR Fellowship Room	
FSS Four Seasons Solarium	

License Number

04 **Passover Ends / Easter**
8:00 Sunday Morning CBS
9:00 Joel Osteen Ch. 12
10:30 Rosary Ch. 291
1:30 Movie on FSTV Ch. 990
2:00 Family Vists
3:30 **B-Fit Exercise** HCL
4:30 *Worship Service FSTV 990*

05
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
3:00 Word Search HCL

06
8:45 FSTV Replay Ch. 990
9:45 Men's Coffee Chat HDR
10:00 Daily Activity Packet
10:30 Jigsaw Puzzles HCL
1:00 Family Visits
1:30 **B-Fit Exercise** HCL
2:00 **Flex Your Brain** HCL

07
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch.990**
10:00 Daily Activity Packet
10:15 *Stretching with Martha* HDR
1:00 Family Visits
1:30 Bingo HDR
3:15 Movie on FSTV Ch. 990

08 **April Fools' Day**
8:45 FSTV Replay Ch. 990
9:45 *Spiritual with Tammy* HDR
10:00 Daily Activity Packet
1:00 Family Visits
1:30 **B-Fit Exercise** HCL
2:00 **Flex Your Brain** HCL

09 **Good Friday**
8:45 Bingo Live Ch. 990
9:00 **Social Outing**
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
6:30 Movie on FSTV Ch. 990

10
9:00 **B-Fit Exercise** HCL
11:00 Jigsaw Puzzles HCL
1:00 Family Visits
3:00 Color Me Calm HCL
5:30 Resident Visiting

11
8:00 Sunday Morning CBS
9:00 Joel Osteen Ch. 12
10:30 Rosary Ch. 291
1:30 Movie on FSTV Ch. 990
2:00 Family Visits
3:30 **B-Fit Exercise** HCL
4:30 *Worship Service FSTV 990*

12
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
3:00 Word Search HCL

13
8:45 FSTV Replay Ch. 990
10:00 Daily Activity Packet
10:30 Reminisce with iPad
1:00 Family Visits
1:30 **B-Fit Exercise** HCL
2:00 **Flex Your Brain** HCL
2:30 **Conversation in Ageing** HCL

14
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch.990**
10:00 Daily Activity Packet
10:15 *Stretching with Martha* HDR
1:00 Family Visits
1:30 Bingo HDR
3:15 Movie on FSTV Ch. 990

15 **Tax Day**
8:45 FSTV Replay Ch. 990
9:00 Courtyard Humor
9:45 *Spiritual with Tammy* HDR
10:00 Daily Activity Packet
1:00 Family Visits
2:00 **B-Fit Exercise** HCL
3:00 Trivia HCL

16
8:45 Bingo Live Ch. 990
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
2:00 **Flex Your Brain** HDR
6:30 Movie on FSTV Ch. 990

17
9:00 **B-Fit Exercise** HCL
11:00 Jigsaw Puzzles HCL
1:00 Family Visits
3:00 Color Me Calm HCL
5:30 After Dinner Discussions

18
8:00 Sunday Morning CBS
9:00 Joel Osteen Ch. 12
10:30 Rosary Ch. 291
1:30 Movie on FSTV Ch. 990
2:00 Family Visits
3:30 **B-Fit Exercise** HCL
4:30 *Worship Service FSTV 990*

19
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
2:00 Word Search HCL
3:00 **Resident Council** HCL

20
8:45 FSTV Replay Ch. 990
9:45 Men's Coffee Chat HDR
10:00 Daily Activity Packet
10:30 Jigsaw Puzzle HCL
1:00 Family Visits
1:30 **B-Fit Exercise** HCL
2:00 Flex Your Brain HCL

21
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch.990**
10:00 Daily Activity Packet
10:15 *Stretching with Martha* HDR
1:00 Family Visits
1:30 Bingo HDR
3:15 Movie on FSTV Ch. 990

22 **Nature Appreciation**
8:45 FSTV Replay Ch. 990
9:45 *Spiritual with Tammy* HDR
1:00 Family Visits
1:30 **B-Fit Exercise** HCL
2:00 **Flex Your Brain** HCL
3:00 **My Life Story** HCL

23
8:45 Bingo Live Ch. 990
9:00 **Social Outing**
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
6:30 Movie on FSTV Ch. 990

24
9:00 **B-Fit Exercise** HCL
11:00 Jigsaw Puzzles HCL
1:00 Family Visits
3:00 Color Me Calm HCL
5:30 Resident Visiting

25
8:00 Sunday Morning CBS
9:00 Joel Osteen Ch. 12
10:30 Rosary Ch. 291
1:30 Movie on FSTV Ch. 990
2:00 Family Visits
3:30 **B-Fit Exercise** HCL
4:30 *Worship Service FSTV 990*

26
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
3:00 Word Search HCL

27
8:45 FSTV Replay Ch. 990
10:00 Daily Activity Packet
10:30 Reminisce with iPad
1:00 Family Visits
1:30 **B-Fit Exercise** HCL
2:00 **Flex Your Brain** HCL

28
8:45 FSTV Live Ch. 990
9:30 **B-Fit Exercise Ch.990**
10:00 Daily Activity Packet
10:15 *Stretching with Martha* HDR
1:00 Family Visits
1:30 Bingo HDR
3:15 Movie on FSTV Ch. 990

29
8:45 FSTV Replay Ch. 990
9:45 *Spiritual with Tammy* HDR
10:00 Daily Activity Packet
1:00 Family Visits
2:00 **B-Fit Exercise** HCL
3:00 Trivia HCL

30
8:45 Bingo Live Ch. 990
9:30 **B-Fit Exercise Ch. 990**
10:00 Daily Activity Packet
1:00 Family Visits
1:30 Bingo HDR
2:00 **Flex Your Brain** HCL
6:30 Movie on FSTV Ch. 990



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.

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.