

S M T W Th F S

01 10:45 Worship Service MPR w/Dr. & Dr.Watkins 12:30 Sunday Sonata L w/ Jean the Piano Player 1:30 Sunday Afternoon Games P 2:00 Mexican Train Dominoes MPR	02 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 10:30 Pam's Jewlery L 12:30 Duplicate Bridge P 3:30 Monday Matinee MPR 4:00 Catholic Service P	03 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:15 B-FIT MPR 10:30 Menu Discussion P 11:00 Blood Pressure Checks MPR 2:00 Line Dancing MPR 3:15 Games with Joe MPR 6:00 Out to the Movies* BUS	04 9:00 Exercise/10:15 B-FIT MPR 9:35 Tai Chi A.S. MPR 10:00 Men's Coffee Time P 10:00 Water Fitness PL 2:00 Bargain BINGO MPR 2:00 Albertsons* BUS 4:30 Happy Hour Bar 6:30 1stChristianChurch Choir L	05 9:00 Exercise MPR 9:30 Senior Synergy Expo* BUS 9:35 Yoga A.S. MPR 10:15 B-FIT MPR 11:00 Hearing Aide Cleaning MPR 1:30 Banking P 1:45 Manicures MPR 3:00 Brain Health MPR	06 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 11:15 Episcopal Communion P 2:00 BINGO MPR 4:00 Friday Afternoon Soire'e L 6:30 Friday Movie Nite MPR	07 9:00 Exercise (Video) MPR 10:00 Bible Study MPR w/ Dr. Watkins 10:00 Wal-Mart* BUS 1:00 Joy Ride* BUS 1:00 Albertsons* BUS
08 Mother's Day 10:45 Worship Service MPR w/Dr. & Dr.Watkins 12:00 Mother's Day Concert L Jim Sharples 1:30 Sunday Afternoon Games P 2:00 Mexican Train Dominoes MPR	09 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 12:30 Duplicate Bridge P 4:00 Catholic Service P 6:30 Texas Hold'Em MPR	10 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:15 B-FIT MPR 10:30 Menu Discussion P 11:00 Blood Pressure Checks MPR 1:00 Plaza Bridge* P 2:00 Line Dancing MPR 3:15 Games with Joe MPR	11 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Men's Coffee Time P 10:00 Water Fitness PL 10:15 B-FIT MPR 2:00 Albertsons* BUS 4:30 Happy Hour Bar	12 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:16 B-FIT MPR 1:30 Banking P 1:30 Needle Working P 1:45 Manicures MPR 2:15 Crafts... MPR Make a Summer Wreath	13 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 11:15 Episcopal Communion P 2:00 BINGO MPR 4:00 Friday Afternoon Soire'e L 6:30 Friday Movie Nite MPR	14 9:00 Exercise (Video) MPR 10:00 Bible Study MPR w/ Dr. Watkins 10:00 Walk in the Fort Worth* BUS Botanic Gardens 10:00 Wal-Mart* BUS 1:00 Joy Ride* BUS 1:00 Albertsons* BUS
15 10:45 Worship Service MPR w/Dr. & Dr.Watkins 12:00 Sunday Sonata L w/ Mike Garvey 1:30 Sunday Afternoon Games P 2:00 Mexican Train Dominoes MPR	16 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 12:30 Duplicate Bridge P 3:30 Monday Matinee MPR 4:00 Catholic Service P	17 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:00 Trip to the Kimbell* BUS 10:15 B-FIT MPR 10:30 Menu Discussion P 11:00 Blood Pressure Checks MPR 2:00 Line Dancing MPR 3:15 Manicures MPR	18 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Men's Coffee Time P 10:00 Water Fitness PL 10:15 B-FIT MPR 2:00 Albertsons* BUS 3:30 All Resident Meeting MPR 4:30 New Resident Reception P	19 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:15 B-FIT MPR 1:30 Banking P 2:00 Tea with Joy Davis* MPR The Impossible Dream Man of LaMancha	20 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 11:15 Episcopal Communion P 2:00 BINGO MPR 4:00 Friday Afternoon Soire'e L 6:30 Friday Movie Nite MPR	21 Armed Forces Day 9:00 Exercise (Video) MPR 10:00 Bible Study MPR w/ Dr. Watkins 10:00 Wal-Mart* BUS 1:00 Joy Ride* BUS 1:00 Albertsons* BUS 3:00 Birthday Party MPR
22 10:45 Worship Service MPR w/Dr. & Dr.Watkins 12:30 Sunday Sonata L w/ Jeantte Keim 1:30 Sunday Afternoon Games P 2:00 Mexican Train Dominoes MPR	23 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 12:30 Duplicate Bridge P 3:30 Monday Matinee MPR 4:00 Catholic Service P 6:30 Texas Hold'Em MPR	24 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:15 B-FIT MPR 10:30 Menu Discussion P 11:00 Blood Pressure Checks MPR 2:00 Line Dancing MPR 3:15 Games with Joe MPR 5:00 Out to Dinner* BUS	25 9:00 Exercise/10:15 B-FIT MPR 9:35 TaiChi MPR/10:00 H2O Fit PL 10:00 Men's Coffee Time P 2:00 My Fair Lady... L Vintage Style Show 2:00 Albertsons* BUS 4:30 Happy Hour P 6:00 Trip to Trader Joe's* BUS	26 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:15 B-FIT MPR 10:30 Open Book Club P 11:00 Mens Out 2 Lunch* BUS 1:30 Banking P 1:30 Needle Working P 1:45 Manicures MPR	27 9:00 Exercise MPR 9:35 Tai Chi A.S. MPR 10:00 Water Fitness PL 10:15 B-FIT MPR 11:15 Episcopal Communion P 2:00 BINGO MPR 4:00 Friday Afternoon Soire'e L 6:30 Friday Movie Nite MPR	28 9:00 Exercise (Video) MPR 10:00 Bible Study MPR w/ Dr. Watkins 10:00 Wal-Mart* BUS 1:00 Albertsons* BUS
29 10:45 Worship Service MPR w/Dr. & Dr.Watkins 12:00 Sunday Sonata L Special Musical Guest 1:30 Sunday Afternoon Games P 2:00 Mexican Train Dominoes MPR	30 Memorial Day 11:15 Memorial Day Tribute L 12:30 Duplicate Bridge P 4:00 Catholic Service P No Transportation No Trash Pick-Up	31 9:00 Exercise MPR 9:35 Yoga A.S. MPR 10:15 B-FIT MPR 10:30 Menu Discussion P 11:00 Blood Pressure Checks MPR 2:00 Line Dancing MPR 3:15 Games with Joe MPR 5:15 Single's Nite Out "IN" MPR	LOCATION KEY P Parlor DR Dining Room Bar Bar L Lobby PL Pool HW Hallway * Sign Up @ Front Desk MPR Multi Purpose Room CG Courtyard Garden MPR BUS BUS AS Ageless Spirit Activity License Number			Brookdale Broadway Cityview 5301 Bryant Irvin Road Ft. Worth , TX 76132 (817) 294-2280 brookdale.com



Each month in 2016 we will focus on how to live a holistic Brain Healthy Lifestyle. Throughout the year we will highlight one dimension of Optimum Life®-Brookdale's wellness philosophy that encompasses six dimensions: Physical, Emotional, Purposeful, Social, Spiritual and Intellectual.

In the month of May our focus will be the spiritual dimension. Did you know that meditation, mindfulness and other calming practices have been shown to be good for older adults' health?

Research has shown that meditation is good for physical health; including reducing

inflammation, respiratory infections, insomnia and stress. One practice that has become increasingly popular is tai chi. Tai chi is appealing for older adults because it is low-impact and thus easy on the joints. According to the Mayo Clinic, there is some evidence that tai chi can:

1. Lower cholesterol and blood pressure
2. Improve muscle strength
3. Enhance sleep quality
4. Decrease anxiety and stress
5. Reduce the risk of falls

Mindfulness is a popular type of meditation. It is a way to increase your awareness of the present moment, using techniques like breathing and yoga. It can help us be more aware of our thoughts so that we are better able to manage them and not become overwhelmed.

*Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological and social benefits. Here are some of these benefits:

1. Mindfulness changes our brains: Research has found that it increases density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy.
2. Mindfulness helps veterans: Studies suggest it can reduce the symptoms of Post-Traumatic Stress Disorder (PTSD) in the aftermath of war.
3. Mindfulness helps us focus: Studies suggest that mindfulness helps us tune out distractions and improves our memory and attention skills.

*Reference:
<http://greatergood.berkeley.edu/topic/mindfulness/definition>

Mindfulness Quiz

Are you curious to find out how mindful you are? Take the Greater Good Mindfulness Quiz:

http://greatergood.berkeley.edu/quizzes/take_quiz/4/

When you're done, you'll learn more about what mindfulness is, how much you currently practice it, and how you can promote more of it in your life.

Let's empower each other in our pursuit of living well!



Wellness Challenge

Walking Meditation

Focus on the movement of your body as you take step after step, your feet touching and leaving the ground – an everyday activity we usually take for

granted. This exercise is often practiced walking back and forth along a path 10 paces long, though it can be practiced along most any path.

COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Our Sustainability Mission



Welcome to Spring! At this time of year, I think about continuity from year to year, the sustainability of these lives we lead.

Sustainability has become an important part of the Brookdale approach to bringing new life to senior living. There are, of course, economic reasons to formalize a focus on sustainability-driven improvements. But sustainability is also, simply, the right thing to do because Brookdale cares about the health and well-being of our residents and patients, their families, and our associates and we care about the impact we have on the environment.

Our Sustainability Mission is to enrich lives every day by creating enduring value with our people, in our places, and through our performance. I am pleased to let you know that as part of Brookdale's leadership in senior living and related services, we have developed a robust sustainability plan to engage our residents, families, patients, associates, and other stakeholders, to reduce our environmental impact, and to create excellence through continuous improvement.

At many of our Brookdale communities, our sustainability-related activities directly include our residents. I am sure your Executive Director would be welcome to any ideas you have for **your** community!

Wishes of a Lifetime

Brookdale is proud to honor our residents' wishes and dreams through our partnership with Wish of a Lifetime.



Earl, 91, has wanted to know what it feels like to see the world from a bird's eye view since he was a child.

A resident at Brookdale Fountaingrove in Santa Rosa, CA, Earl is confined to a wheelchair and unable to enjoy most of the activities he once did. He spends most of his time looking out the window at the helicopters that fly by. He explained that there are four different kinds that fly by his community every week.

Earl has served as a wonderful role model in his community, serving on the Residents Welcome Committee and the Resident Council for the past five years. Residents and associates alike wanted to see his dream come true.

Wish of a Lifetime™ and Brookdale made Earl's wish a reality by sending him and his daughter, Carol, on a helicopter ride through Sonoma County in May 2015. When Earl found out about his opportunity, residents and associates cheered and cried that his wish would finally be a reality. Earl took an hour-long helicopter ride down the Sonoma County coastline. He was very thankful for this experience and was truly happy that he was able to share it with his daughter.