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Brookdale Alamo Heights
855 E Basse Rd
San Antonio, TX 78209
(210) 930-1040 | brookdale.com

LOCATION KEY

HC	Healthcare dining room	ACT	Activities room
AL	AL Living room	ATV	AL Living room TV
ALB	AL Bistro	B40	Back40 Garden
Lib	AL Library		
DR	AL Dining room		
AL	Calendar subject to chg		

License Number

01

7:30	Cowboy Breakfast	
9:45	BFit w/ Sandy	AL
10:30	Flex Your Brain	AL
1:30	Chicken Foot	AL
1:30	Poker	HC
3:00	Happy Hour	AL
6:00	Movie Night	ATV

02

Groundhog Day

9:45	BFit w/ Nicole	AL
10:30	Bingo	
1:30	Movie Matinee	ATV
2:00	iPad: Crossword	Lib
3:30	Saturday Social	AL
4:00	Pet Visit w/ Tuppy	

03

9:45	BFit w/ Nicole	AL
10:30	First Baptist Church	AL
1:30	Bingo w/ YMSL boys	AL
3:00	Music Social w/	AL
6:00	Movie Night	ATV

04

9:45	BFit w/ Moe	AL
10:30	Bingo	
1:45	Chicken Foot	AL
2:00	Scenic Drive	
2:30	Flex Your Brain	AL
3:15	Popcorn Social	AL

05

9:30	Book Club	Lib
9:45	BFit w/ Sandy	AL
10:30	Catholic Service	HC
10:30	Mahjongg	AL
10:45	Menu Chat	ACT
1:45	Chain of Thought	ATV
2:00	HEB Trip	
3:00	Mardi Gras Party	AL

06

9:45	BFit w/ Sandy	AL
10:30	Lunch Bunch outing J Alexander's	
10:30	Pet Visit	
1:45	Chicken Foot	AL
3:00	Music w/ Rolando	AL
6:30	Bingo w/ YMSL boys	AL

07

9:45	BFit w/ Sandy	AL
10:30	Bible Study	Lib
1:45	Resident Council	AL
3:00	Walking thru History w/ Joe Scroggins	AL
6:30	Mexican Train Dominoes	AL

08

9:45	BFit w/ Sandy	AL
10:30	Flex Your Brain	AL
1:30	Chicken Foot	AL
1:30	Poker	HC
3:00	Happy Hour	AL
6:00	Movie Night	ATV

09

9:45	BFit w/ Nicole	AL
10:30	Bingo	
1:30	Movie Matinee	ATV
2:00	iPad: Crossword	Lib
3:30	Saturday Social	AL
4:00	Pet Visit w/ Tuppy	

10

9:45	BFit w/ Nicole	AL
10:30	St David's Episcopal Church	AL
1:30	Bingo w/ NCL girls	AL
3:00	Music Social with Paul Davis	AL
6:00	Movie Night	ATV

11

9:45	BFit w/ Moe	AL
10:30	Bingo	
1:45	Chicken Foot	AL
2:00	Scenic Drive	
2:30	Flex Your Brain	AL
3:15	Popcorn Social	AL

12

9:30	Book Club	Lib
9:45	BFit w/ Sandy	AL
10:30	Catholic Service	HC
10:30	Mahjongg	AL
10:45	Menu Chat	ACT
1:45	Chain of Thought	ATV
2:00	Target Trip	
3:00	My Life Story	AL

13

9:45	BFit w/ Sandy	AL
10:30	Lunch Bunch outing Formosa Gardens	
10:30	Pet Visit	
1:45	Chicken Foot	AL
3:00	Birthday Bash w/ Frank Valdez	AL
6:30	Bingo w/ NCL girls	AL

14

Valentine's Day

10:15	Coronation of the Kings & Queens of Hearts	AL
12:00	Royal Luncheon	
3:00	Valentine's Party with Rick Cavender	AL
6:30	Mexican Train Dominoes	AL

15

9:45	BFit w/ Sandy	AL
10:30	Flex Your Brain	AL
1:30	Chicken Foot	AL
1:30	Kindness is Ageless Trip	HC
3:00	Happy Hour	AL
6:00	Movie Night	ATV

16

9:45	BFit w/ Nicole	AL
10:30	Bingo	
1:30	Movie Matinee	ATV
2:00	iPad: Crossword	Lib
3:30	Saturday Social	AL
4:00	Pet Visit w/ Tuppy	

17

9:45	BFit w/ Nicole	AL
10:30	Alamo Heights United Methodist Church	AL
1:30	Bingo w/ YMSL boys	AL
3:00	Music Social w/ Carlos	AL
6:00	Movie Night	ATV

18

President's Day

9:45	BFit w/ Moe	AL
10:30	Bingo	
1:45	Chicken Foot	AL
2:00	Scenic Drive	
2:30	Flex Your Brain	AL
3:15	Popcorn Social	
3:45	OLWellness Event	

19

9:30	Book Club	Lib
9:45	BFit w/ Sandy	AL
10:30	Catholic Service	HC
10:30	Mahjongg	AL
10:45	Menu Chat	ACT
1:45	Chain of Thought	ATV
2:00	HEB Trip	
3:00	Welcome Wagon	

20

9:45	BFit w/ Sandy	AL
10:30	Pet Visit	
11:30	In-House Lunch Church's Chicken	AL
1:45	Chicken Foot	AL
3:15	Arland- Riverboat Piano Player	AL
6:30	Bingo w/ YMSL boys	AL

21

9:45	BFit w/ Sandy	AL
10:30	Bible Study	Lib
1:45	Rummikub	AL
3:00	Walking thru History w/ Joe Scroggins	Lib
6:30	Mexican Train Dominoes	AL

22

9:45	BFit w/ Sandy	AL
10:30	Flex Your Brain	AL
1:30	Chicken Foot	AL
1:30	Poker	HC
3:00	Happy Hour	AL
6:00	Movie Night	ATV

23

9:45	BFit w/ Nicole	AL
10:30	Bingo	
1:30	Movie Matinee	ATV
2:00	iPad: Crossword	Lib
3:30	Saturday Social	AL
4:00	Pet Visit w/ Tuppy	

24

9:45	BFit w/ Nicole	AL
10:30	The Church of Jesus Christ of Latter-day Saints	AL
1:30	Bingo w/ NCL girls	AL
3:00	Music Social w/ Jorge	AL
6:00	Movie Night	ATV

25

9:45	BFit w/ Moe	AL
10:30	Bingo	
1:45	Chicken Foot	AL
2:00	Scenic Drive	
2:30	Flex Your Brain	AL
3:15	Popcorn Social	AL
3:45	Grow Your Brain Planning Meeting	

26

9:30	Book Club	Lib
9:45	BFit w/ Sandy	AL
10:30	Catholic Service	HC
10:30	Mahjongg	AL
10:45	Menu Chat	ACT
1:45	Chain of Thought	ATV
2:00	WalMart Trip	

27

9:45	BFit w/ Sandy	AL
10:30	Lunch Bunch outing Paula Deen's	
10:30	Pet Visit	
1:45	Chicken Foot	AL
3:00	Friends For Life Good Deeds for Life	AL
6:30	Bingo w/ NCL girls	AL

28

9:45	BFit w/ Sandy	AL
10:30	Bible Study	Lib
1:45	Rummikub	AL
2:30	Resident Tech Committee	AL
3:00	Res. Engagement Chat	AL
6:30	Mexican Train Dominoes	AL



Health and Wellness

Live Your Optimum Life®: Food Choices to Promote Good Health



We all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category. According to the Dietary Guidelines for Americans, an essential resource for health professionals, there are many

paths to a healthy eating pattern and emphasizes the importance of overall healthy eating patterns throughout our lifetime.

Eating patterns have a significant impact on health. Diet is one of the most powerful tools we have to reduce the onset of disease. Healthy eating patterns can help prevent obesity, heart disease, high blood pressure, and Type 2 diabetes. Currently, about half of all American adults have one or more of these diet-related chronic diseases.

Healthy eating patterns are adaptable. When people follow a healthy eating pattern, they can incorporate many of the foods they enjoy. Healthy eating patterns can work for anyone, accommodating their

traditions, culture, and budget. Eating food that is healthier and as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain. In addition:

- Consume an eating pattern low in added sugars, saturated fats, and sodium.
- Cut back on foods and beverages higher in added sugars and saturated fats to amounts that fit within healthy eating patterns.
- When selecting beverages, flavored water, tea and low-fat milk are great healthy options over sweetened beverages.

Wellness Challenge

Food Choices to Promote Good Health

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease and is also associated with a reduced incidence of cancer, and both Parkinson's and Alzheimer's disease. Here are some Mediterranean diet guidelines for making healthy food choices:

1. Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts.
2. Replacing butter with healthy fats such as olive oil and canola oil.
3. Using herbs and spices instead of salt to flavor foods.
4. Limiting red meat to no more than a few times a month.
5. Eating fish and poultry at least twice a week.
6. Enjoying meals with family and friends.
7. Drinking red wine in moderation (optional).
8. Getting plenty of exercise.

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Join us for Kindness is Ageless



Mark Twain said, "Kindness is the language which the deaf can hear and the blind can see." Participate in this year's Kindness is Ageless campaign and speak the language that everyone understands.

Through Brookdale's Ageless Spirit program we engage in various spiritual practices through "campaigns" that demonstrate the wisdom of our residents. February's campaign is called Kindness is Ageless.

Designed around the spiritual practice of kindness, residents at all Brookdale communities are invited to engage in acts of kindness on February 14th, in celebration of Random Acts of Kindness Day. Each community makes the acts of kindness meaningful and their own.

Last year one community in New York went to a local diner and surprised guests by handing out homemade chocolates and paying for a portion of their bills.

One of the residents who participated said, "Sometimes you run into people that are sad and that's our job, to show them that everything will be ok in time."

Another resident said, "It isn't just the recipient who feels better. I think the giver is rewarded even more. To think you've made someone, even if for a very brief time, enjoy the day more and feel better about themselves is a great thing."

Wishes of a Lifetime

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



Sisters Reunited After Eight Years

Elsie Grogan, 71, of Brookdale Tyler East in Tyler, Texas, had a fulfilling life as a Christian clown, a puppeteer and a ventriloquist. In her spare time, Elsie crocheted for others and volunteered for organizations against elder abuse and domestic violence. And she was finding plenty to do in her senior living community.

But she greatly missed her sister, whom she had not seen in eight years.

Elsie's sister, Evelyn Todd, who is 14 years older, had been like a mother to her. Elsie and her sister talked on the phone weekly, though they had been struggling to figure out how to see each other.

Wish of a Lifetime, in collaboration with Brookdale, was thrilled to bring the sisters together again. Elsie and her sister spent three wonderful days together during September 2018. The sisters smiled, laughed, hugged and cried during their long overdue visit. Wish of a Lifetime is so glad to have brought these wonderful sister's together and that they got the reunion that they deserve.