

# February 2019

## Brookdale Westlake Hills

1034 Liberty Park Dr

Austin , TX 78746

(512) 328-3775 | brookdale.com



Independent Living  
All activities are subject to change.

1  
F  
R  
I  
D  
A  
Y

9:30 B-Fit Exercise GR  
10:00 Barton Creek Mall Trip BT  
10:30 B-Fit Exercise GR  
1:00 Trip to Walmart BT  
1:00 Beaded Jewelry Making CR  
2:00 8 Ball Pool 1B  
3:00 Darts 1B  
4:00 “NighthenGail’s Caberet” 3LR  
*w/ Music by Gail Smith*

2  
S  
A  
T  
U  
R  
D  
A  
Y

### Groundhog Day

10:00 B-Fit Exercise GR  
11:00 Trip to Trader Joe’s BT  
1:00 Card Making with Amber CR  
1:30 Afternoon Games 2CR  
2:30 Popcorn & a Matinee - GR  
*“Crazy Rich Asians”*  
7:00 Card & Board Games 2CR

8  
F  
R  
I  
D  
A  
Y

9:00 Bank Runs BT  
9:30 B-Fit Exercise GR  
10:00 Barton Creek Mall Trip BT  
10:30 B-Fit Exercise GR  
1:00 Trip to Dollar Tree BT  
2:00 8 Ball Pool 1B  
3:00 Darts 1B  
3:30 February Birthday Party & All Resident Social GR

9  
S  
A  
T  
U  
R  
D  
A  
Y

10:00 B-Fit Exercise GR  
11:00 Shopping Trip - BT  
*Marshall’s*  
1:30 Afternoon Games 2CR  
2:30 Popcorn & a Classic - GR  
*“The African Queen”*  
7:00 Card & Board Games 2CR

15  
F  
R  
I  
D  
A  
Y

9:30 B-Fit Exercise GR  
10:00 Barton Creek Mall Trip BT  
10:30 B-Fit Exercise GR  
10:00 **Tour of Austin & Lunch** BT  
1:00 Trip to Target BT  
2:00 8 Ball Pool 1B  
2:30 Popcorn & a Musical - GR  
*“Mary Poppins”*  
3:00 Darts 1B

16  
S  
A  
T  
U  
R  
D  
A  
Y

10:00 B-Fit Exercise GR  
11:00 Trip to Trader Joe’s BT  
1:00 Craft Time with Amber CR  
1:30 Afternoon Games 2CR  
3:00 “Shop Talk” GR  
*with Greg Wall*  
7:00 Card & Board Games 2CR

22  
F  
R  
I  
D  
A  
Y

9:00 Bank Runs BT  
9:30 B-Fit Exercise GR  
10:00 Barton Creek Mall Trip BT  
10:30 B-Fit Exercise GR  
1:00 **My Life Story** 3LR  
2:00 8 Ball Pool 1B  
3:00 Darts 1B

23  
S  
A  
T  
U  
R  
D  
A  
Y

10:00 B-Fit Exercise GR  
11:00 Shopping Trip - BT  
*Marshall’s*  
1:30 Afternoon Games 2CR  
2:30 Popcorn & a Matinee - GR  
*“First Man”*  
4:00 Community Service GR  
7:00 Card & Board Games 2CR  
7:00 Austin Symphony BT  
*“Brahms’ Requiem”*

### LOCATION KEY

GR - Garden Room  
2CR - 2nd Floor Card Room  
BT - Bus Trip  
CR - Craft Room  
L - Lobby  
3LR - 3rd Floor Living Room  
DR - Dining Room  
PDR - Private Dining Room  
B/L - Bistro/Lounge  
P - Pool  
1B - 1st Floor B-Wing LR  
-

3  
S  
U  
N  
D  
A  
Y

8:00 - 10:40 BT  
Church Runs  
10:30 Summit Christian GR  
Fellowship  
11:30 Sunday Brunch DR  
3:00 Your Choice Game Time 2CR  
5:15 **Super Bowl Party** GR  
6:00 Scrabble 2CR

4  
M  
O  
N  
D  
A  
Y

9:30 B-Fit Exercise GR  
10:30 B-Fit Exercise GR  
1:00 Bridge (Open) GR  
2:00 Resident Council Mtg. CR  
2:30 **Issues of Interest** 3LR  
*w/ Prof. Barbara Lane*  
4:00 Flex Your Brain GR  
7:00 Poker Night with Kevin CR

10  
S  
U  
N  
D  
A  
Y

8:00 - 10:40 BT  
Church Runs  
10:30 Summit Christian GR  
Fellowship  
11:30 Sunday Brunch DR  
2:30 **Poetry w/ John Todd -** 3LR  
*The Romantic Poets*  
3:00 Your Choice Game Time 2CR  
6:00 Scrabble 2CR

11  
M  
O  
N  
D  
A  
Y

9:30 B-Fit Exercise GR  
10:30 B-Fit Exercise GR  
11:30 **Book Chat & Lunch -** CR  
*Where the Crawdads Sing”*  
1:00 Bridge (Open) GR  
2:30 Issues in the News - 3LR  
Resident Discussions  
4:00 Flex Your Brain GR  
7:00 Poker Night with Kevin CR

17  
S  
U  
N  
D  
A  
Y

8:00-10:40 BT  
Church Runs  
10:30 Summit Christian GR  
Fellowship  
11:30 Sunday Brunch DR  
3:00 Your Choice Game Time 2CR  
4:00 **Sunday Concert -** GR  
*Peggy Stern & Friends*  
5:30 **Dine Out -** BT  
*Cheesecake Factory*  
6:00 Scrabble 2CR

18  
M  
O  
N  
D  
A  
Y

### President’s Day

9:30 B-Fit Exercise GR  
10:30 B-Fit Exercise GR  
1:00 Bridge (Open) CR  
2:30 **Issues of Interest** 3LR  
*w/ Prof. Barbara Lane*  
4:00 Flex Your Brain GR  
7:00 Poker Night with Kevin CR

24  
S  
U  
N  
D  
A  
Y

8:00 - 10:40 BT  
Church Runs  
10:30 Summit Christian GR  
Fellowship  
11:30 Sunday Brunch DR  
3:00 Your Choice Game Time 2CR  
3:15 **Balcones Orchestra** BT  
**Concert**  
3:30 Cookies, Coffee & Chat 3LR  
6:00 Scrabble 2CR

25  
M  
O  
N  
D  
A  
Y

9:30 B-Fit Exercise GR  
10:30 B-Fit Exercise GR  
1:00 Bridge (Open) CR  
2:30 Issues in the News - 3LR  
Resident Discussions  
4:00 Flex Your Brain GR  
7:00 Poker Night with Kevin CR

5  
T  
U  
E  
S  
D  
A  
Y

8:30 Trip to Randall’s BT  
10:00 Trip to HEB BT  
10:30 Catholic Services GR  
12:30 Trip to HEB BT  
2:00 Chair Yoga Class GR  
3:00 Painting Class CR  
3:30 Lifelong Learning Series GR  
*Ancient Civilizations of North America*  
4:30 **Friends of the LBJ -** BT  
*An Evening with.....*  
7:00 \$\$\$ BINGO GR

12  
T  
U  
E  
S  
D  
A  
Y

8:30 Trip to Randall’s BT  
10:00 Trip to HEB BT  
10:30 Catholic Services GR  
12:30 Trip to HEB BT  
2:00 Chair Yoga - GR  
Stretch & Breathe Class  
3:00 Painting Class CR  
3:30 Lifelong Learning Series GR  
*Ancient Civilizations of North America*  
7:00 \$\$\$ BINGO GR

19  
T  
U  
E  
S  
D  
A  
Y

8:30 Trip to Randall’s BT  
10:00 Trip to HEB BT  
10:30 Catholic Services GR  
12:30 Trip to HEB BT  
2:00 Stretch & Breathe Class GR  
(Chair Yoga)  
3:00 Painting Class CR  
4:05 **Armchair Astronomy** GR  
*w/ Ken VanLew - “The Big Dipper”*  
7:00 \$\$\$ BINGO GR

26  
T  
U  
E  
S  
D  
A  
Y

8:30 Trip to Randall’s BT  
10:00 Trip to HEB BT  
10:30 Catholic Services GR  
12:30 Trip to HEB BT  
2:00 Stretch & Breathe Class GR  
(Chair Yoga)  
3:00 Painting Class CR  
3:30 Lifelong Learning Series GR  
*Ancient Civilizations of North America*  
7:00 \$\$\$ BINGO GR

6  
W  
E  
D  
N  
E  
S  
D  
A  
Y

9:30 **B-Fit for Life Intro #1** GR  
10:30 **B-Fit for Life Intro #1** GR  
1:30 Bible Study 3LR  
2:00 Poker with Kevin 2CR  
3:00 Flex Your Brain GR  
4:00 Episcopal Service 3LR  
4:00 Hook Nook CR  
6:30 **Engaging England w/** GR  
*Maggie Gallant*

13  
W  
E  
D  
N  
E  
S  
D  
A  
Y

9:30 **B-Fit for Life Intro #2** GR  
9:45 RK Audiology 2CR  
10:30 **B-Fit for Life Intro #2** GR  
10:30 The Challenges of Change CR  
12:00 **Health Talk & Lunch** GR  
1:30 Bible Study 3LR  
2:00 Poker with Kevin 2CR  
3:00 Flex Your Brain 3LR  
4:00 **Champions Gymnastics** GR  
4:00 Hook Nook 2A  
7:00 **Music History** GR  
*w/ Martha Buchanan*

20  
W  
E  
D  
N  
E  
S  
D  
A  
Y

9:30 **B-Fit for Life Intro #3** GR  
10:30 **B-Fit for Life Intro #3** GR  
1:30 Bible Study 3LR  
2:00 Poker with Kevin 2CR  
3:00 Flex Your Brain GR  
4:00 Hook Nook CR  
6:30 **American History** GR  
*w/ Professor Lane*

27  
W  
E  
D  
N  
E  
S  
D  
A  
Y

9:30 **B-Fit for Life Intro #4** GR  
10:30 **B-Fit for Life Intro #4** GR  
10:30 The Challenges of Change CR  
1:30 Bible Study 3LR  
2:00 Poker with Kevin 2CR  
3:00 Flex Your Brain GR  
4:00 Hook Nook CR

7  
T  
H  
U  
R  
S  
D  
A  
Y

9:00 Wellness Clinic 2CR  
9:45 Mindful Meditation 3LR  
10:00 **Elsass Academy Visit** GR  
10:00 Westbank Library BT  
10:00 Balance Class 3LR  
10:30 Devotions w/ Rev. Helen 2CR  
12:00 Food Committee Mtg. PDR  
1:00 Parkinson’s Support CR  
2:00 Sing Along 3LR  
3:00 **Teal House Bakery** L  
4:00 Community Service CR  
4:30 **Resident Programs Chat** GR

14  
T  
H  
U  
R  
S  
D  
A  
Y

### Valentine’s Day

*Happy Valentine’s Day!*  
9:00 Wellness Clinic 2CR  
9:45 Mindful Meditation GR  
10:00 Balance Class GR  
10:30 Devotions w/ Rev. Helen 2CR  
2:00 Menu Chat B/L  
2:00 Sing Along 3LR  
3:30 **Sweets & Treats Social -** GR  
*Champagne & Chocolates*  
4:30 Community Service CR

21  
T  
H  
U  
R  
S  
D  
A  
Y

9:00 Wellness Clinic 2CR  
9:45 Mindful Meditation GR  
10:00 Westbank Library BT  
10:00 Balance Class GR  
10:30 Devotions w/ Rev. Helen 2CR  
2:00 Menu Chat B/L  
2:00 Sing Along 3LR  
4:00 **“Party for a Cause” -** GR  
*benefitting the Central TX Food Bank w/ The Ken Ragsdale Orchestra*

28  
T  
H  
U  
R  
S  
D  
A  
Y

9:00 Wellness Clinic 2CR  
9:45 Mindful Meditation 3LR  
10:00 Balance Class 3LR  
10:00 **Elsass Academy Visit** GR  
10:30 Devotions w/ Rev. Helen 2CR  
12:00 **Veteran’s Luncheon** GR  
2:00 Menu Chat B/L  
2:00 Sing Along 3LR  
4:00 Community Service CR  
6:30 **Evening Concert -** GR  
*Steve & Kristi Baltunis*



# 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.