

S

31<sup>March</sup>

11:00	Worship Service	aud
1:00	Game Time!!	l
2:00	Sunday Matinee'	cdr
4:00	Fire-side Chat	l
6:00	Tripoley!	cdr

03

11:00	Worship Service	aud
1:00	Game Time!!	l
1:00	Stitch & Chat	Gam
2:00	Sunday Matinee'	cdr
4:00	Fire-side Chat	l
6:00	Tripoley!	cdr

10

Daylight Saving Begins

11:00	Worship Service	aud
1:00	Game Time!!	l
1:30	Sunday Matinee!	aud
2:00	Sunday Matinee'	cdr
4:00	Fire-side Chat	l
6:00	Tripoley!	cdr

17

Saint Patrick's Day

11:00	Worship Service	aud
1:00	Game Time!!	l
2:00	Sunday Matinee'	cdr
4:00	Fire-side Chat	l
6:00	Tripoley!	cdr

24

11:00	Worship Service	aud
1:00	Game Time!!	l
2:00	Out to Movie	
2:00	Sunday Matinee'	cdr
4:00	Fire-side Chat	l
6:00	Tripoley!	cdr

M

Brookdale Carriage Club Providence  
5800 Old Providence Road  
Charlotte, NC 28226  
(704) 365-8551 | brookdale.com

04

9:45	Shopping	l
11:00	B-Fit	aud
11:30	Week in History	aud
1:00	Open Bridge	cdr
1:45	Flex Your Brain	chp
2:30	Going Places!	aud
3:30	CrossWords	chp
7:00	Bingo	aud

11

9:45	Shopping	l
11:00	B-Fit	aud
11:30	Week in History	aud
1:00	Open Bridge	cdr
1:45	Flex Your Brain	chp
2:30	Going Places!	aud
3:30	CrossWords	chp
7:00	Bingo	aud

18

9:45	Shopping	l
11:00	B-Fit	aud
11:30	Week in History	aud
1:00	Open Bridge	cdr
1:45	Flex Your Brain	chp
2:30	Going Places!	aud
3:30	CrossWords	chp
7:00	Bingo	aud

25

9:45	Shopping	l
11:00	B-Fit	aud
11:30	Week in History	aud
1:00	Open Bridge	cdr
1:45	Flex Your Brain	chp
2:30	Going Places!	aud
3:30	CrossWords	chp
7:00	Bingo	aud

T

05

10:30	Weight Class	aud
11:00	Blood Pressure Checks	cdr
11:00	Balance & Fitness w/ Curtis	aud
1:00	Stitch & Chat	Gam
1:30	Rhythm Band	aud
2:00	Relaxation Coloring	lou
2:30	Wii Bowling	chp

12

10:30	Weight Class	aud
11:00	Blood Pressure Checks	cdr
11:00	Balance & Fitness w/ Curtis	aud
1:30	Rhythm Band	aud
2:00	Relaxation Coloring	lou
2:30	Wii Bowling	chp

19

10:30	Weight Class	aud
11:00	Blood Pressure Checks	cdr
11:00	Balance & Fitness w/ Curtis	aud
1:00	Stitch & Chat	Gam
1:30	Rhythm Band	aud
2:00	Relaxation Coloring	lou
2:30	Wii Bowling	chp

26

10:30	Weight Class	aud
11:00	Blood Pressure Checks	cdr
11:00	Balance & Fitness w/ Curtis	aud
1:30	Rhythm Band	aud
2:00	Relaxation Coloring	lou
2:30	Wii Bowling	chp
7:00	Frankie G. Sings	l

W

l	Lobby
rl	Rear Lobby
aud	Auditorium
chp	Chapel
cdr	Card Room
lb	Library

06

11:00	B-Fit	aud
12:45	Chorus Rehearsal	aud
1:00	Game Time!	cdr
1:00	Duplicate Bridge	cdr
1:30	Musical Connections!	chp
2:15	Name 5	chp

13

11:00	B-Fit	aud
12:45	Chorus Rehearsal	aud
1:00	Game Time!	cdr
1:00	Duplicate Bridge	cdr
2:15	Name 5	chp
3:00	Guest Speaker Luther Wade	aud

20

Start of Spring

11:00	B-Fit	aud
12:45	Chorus Rehearsal	aud
1:00	Book Club Meeting	l
1:00	Game Time!	cdr
1:00	Duplicate Bridge	cdr
2:15	Name 5	chp

27

11:00	B-Fit	aud
12:45	Chorus Rehearsal	aud
1:00	Game Time!	cdr
1:00	Duplicate Bridge	cdr
2:15	Name 5	chp
3:00	Townhall	aud
3:00	Town Hall Meeting	aud

Th

LOCATION KEY

DnR Dining Room

07

10:00	Communion	chp
11:00	ChairAerobics	aud
1:00	Co-Ed Poker	cdr
1:00	Menu Chat w/ Paul	lou
1:30	Encore!	chp
2:00	Shopping: Colony	l
2:30	Wii Bowling	rl
7:00	Bingo	aud

14

10:00	Communion	chp
11:00	ChairAerobics	aud
1:00	Co-Ed Poker	cdr
1:00	Menu Chat w/ Paul	lou
1:30	Encore!	chp
2:00	Shopping: Colony	l
2:30	Wii Bowling	rl
7:00	Irish Dancers!	L

21

10:00	Communion	chp
11:00	ChairAerobics	aud
1:00	Co-Ed Poker	cdr
1:00	Menu Chat w/ Paul	lou
1:30	Encore!	chp
2:00	Shopping: Colony	l
2:30	Wii Bowling	rl
7:00	Bingo	aud

28

10:00	Communion	chp
10:30	Calvary Luncheon	l
11:00	ChairAerobics	aud
1:00	Menu Chat w/ Paul	lou
1:30	Encore!	chp
2:00	Shopping: Colony	l
2:30	Wii Bowling	rl
7:00	Jeff Whittington	l

F

01

9:30	Shopping	l
9:30	Men's Bridge Grp	cdr
11:00	B-Fit	aud
11:30	Who, Want When	aud
1:45	The Good Book	chp
2:00	Shopping	l
3:00	Flex Your Brain	chp
4:00	Shabbat Service	chp

08

9:30	Shopping	l
9:30	Men's Bridge Grp	cdr
11:00	B-Fit	aud
11:30	Who, Want When	aud
1:45	The Good Book	chp
2:00	Shopping	l
3:00	Flex Your Brain	chp
4:00	Shabbat Service	chp

15

9:30	Shopping	l
9:30	Men's Bridge Grp	cdr
11:00	B-Fit	aud
1:45	The Good Book	chp
2:00	Shopping	l
3:00	Flex Your Brain	chp
4:00	Shabbat Service	chp
7:00	Pianist Ethan Usan!	L

22

9:30	Shopping	l
9:30	Men's Bridge Grp	cdr
11:00	B-Fit	aud
1:45	The Good Book	chp
2:00	Shopping	l
3:00	Flex Your Brain	chp
4:00	Shabbat Service	chp
7:00	Singer Derek Pino!	L

29

9:30	Shopping	l
9:30	Men's Bridge Grp	cdr
11:00	B-Fit	aud
11:30	Who, Want When	aud
1:45	The Good Book	chp
2:00	Shopping	l
3:00	Flex Your Brain	chp
4:00	Shabbat Service	chp

S

02

9:15	Temple Israel/Beth El	
10:30	Shopping-See Weekly	
1:00	Game Time!	l
2:00	Saturday Matinee	
7:00	John Lewis-Singer	l

09

9:15	Temple Israel/Beth El	
10:30	Shopping-See Weekly	
1:00	Game Time!	l
2:00	Saturday Matinee	

16

9:15	Temple Israel/Beth El	
10:30	Shopping-See Weekly	
1:00	Game Time!	l
2:00	Saturday Matinee	
2:00	arts and crafts	
7:00	John Lewis-Singer!	l

23

9:15	Temple Israel/Beth El	
10:30	Shopping-See Weekly	
1:00	Game Time!	l
2:00	Saturday Matinee	
2:30	Card Making!	
7:00	John Lewis-Singer!	l

30

9:15	Temple Israel/Beth El	
10:30	Card Making!	
1:00	Shopping-See Weekly	l
2:00	Game Time!	
	Saturday Matinee	
7:00	Bill Calisante!	L

# Health and Wellness

Live Your Optimum Life® Love Your Heart with Superfoods and Kindness



The heart is a marvel. The most vital of the vital organs, we will live no more than a few seconds without its ceaseless, rhythmic activity. So silent is its faithful work, taking it for granted is inevitable. Until something goes wrong, we may not give our hearts a thought. The human heart is a muscle, unique in its type. It begins its work long before birth and continues for all of life. Acting as a pump, its sole purpose is to circulate the blood through the lungs to be oxygenated and then throughout the body to nurture every cell with oxygen.

Throughout your life your heart contracts about 70 times a minute and pumps about 5 liters of blood each minute. During an average lifetime, your heart will beat over 2.5 billion times. That is one hard working muscle!

### Smart Heart Care with Superfoods

We all know that a balanced eating plan is vital for healthy benefits. In addition, there are certain ‘superfoods’ that according to nutrition expert Penny Kris-Etherton, Ph.D., RD, are good for your heart and your overall health when incorporated into a heart healthy diet that’s balanced in lean protein, whole grains, fruits, vegetables and low-fat milk and dairy products. This diet also should include nuts, seeds and legumes, fish and liquid vegetable oils.

### Being Kind to Others Can be Good for Your Heart

Doing good deeds, or kind acts, can make socially-anxious

people feel better and there’s research to support this. For four weeks, the University of British Columbia researchers assigned people with high levels of anxiety to do kind acts for other people at least six times a week. The acts of kindness included things like holding the door open for someone, doing chores for other people, donating to charity, and buying lunch for a friend. The researchers found that doing nice things for people led to a significant increase in people’s positive moods.

According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a “cardio-protective” hormone. It protects the heart by lowering blood pressure.

## Wellness Challenge

### Optimum Life Inspiration - Smart Heart Tips

- Incorporate more fruits and vegetables in your eating plan.
- Make connections - get out, find a group, take a class or call an old friend.
- Practice random acts of kindness.

Be Well on Purpose!



# COMMUNITY CONNECTIONS



brookdale.com

## Brookdale News

### Introducing Brookdale’s Chief Financial Officer (CFO)



For Brookdale’s Chief Financial Officer (CFO) Steve Swain, senior living is a unique departure from his previous telecommunications industry career, which he left to join Brookdale last fall. When asked about the switch, he said, “It was time to give back. Previously, I didn’t wake up mornings asking myself how to get more people to watch more pay TV. The mission of enriching lives is important to me.”

During college, Steve cared for his grandmother as her health began to fail. Running errands, attending doctor appointments, and spending time with her taught him valuable lessons. A graduate of the University of Wisconsin, Steve earned a B.S. in chemical engineering, then continued his studies at the University of Chicago, completing an MBA in finance. After serving in multiple leadership roles in finance and in-network engineering, he served as Senior Vice President and CFO of DISH Network Corporation until coming to Brookdale in 2018.

Brookdale President and CEO Cindy Baier says, “Steve has been an important leader who has achieved strategic and operational goals in multi-billion dollar organizations. His experience in finance within complex, asset-intensive businesses is a great addition to our leadership team.”

## Wishes of a Lifetime

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



### MaryAnn Meets a Dolphin

Despite living in Florida for a number of years, MaryAnn McGinnis, 94, had never seen a dolphin in person. After dealing with loss within her family and enduring her own numerous health complications, she was determined to project positive energy on everyone around her. It was this abundance of positivity she shared with others that led her back to her desire to see up close a dolphin or “dancers of the ocean” as she calls them. When MaryAnn saw dolphins from afar, she loved the way they freely glided through the water and leap into the air and how they embodied a joyful spirit that was heartfelt for her.

MaryAnn’s wish was to attend an in-person dolphin interaction, and she made memories that will last a lifetime. Thanks to Wish of a Lifetime and Brookdale, MaryAnn visited the Clearwater Marine Aquarium November 14, 2018. There she was able to tour the aquarium, as well as meet and personally feed Nicholas, a lovely and energetic dolphin.

“This was one of the best days of my life,” MaryAnn said of the experience.