



THE DAILY PATH

UPCOMING EVENTS

- 8:30 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:30 Physical
- 3:00 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- AR - Activity Room
- OT - Outing/Outside
- TR - Terrace
- DR - Dining Room
- CH - Copper Harbor
- CK - Country Kitchen
- WR - West Living Area
- ER - East Living Area

01 April Fools' Day

10:00 B-Fit WR
11:00 Armchair Travels ER
2:00 PB&J Cookies CK
3:30 Chair Dance ER
4:00 Elvis ER
6:00 Sort It Out WR

02

10:00 B-Fit WR
11:00 Easy Trivia ER
2:00 Potato Stamps AR
3:30 Ping Pong Basketball ER
4:00 Patsy Cline ER
6:30 Travelogue ER

03

10:00 B-Fit WR
11:00 Challenges ER
2:00 Tweet Treats WR
3:30 Kickball ER
4:00 Etta James ER
6:30 Penny Candy Social WR

04

10:00 B-Fit WR
11:00 Last to First ER
2:00 Bingo WR
3:30 Walking Club ER
4:00 Devotions ER
6:30 Relaxing Rhythms WR

05

10:00 B-Fit WR
11:00 Current Events ER
2:00 Seed Tape AR
3:30 Paddle Ball ER
4:00 Doris Day ER
6:30 Hand Massages WR

06

10:00 B-Fit WR
11:00 Sing-a-long ER
1:30 Sorting WR
2:30 Catch ER
4:00 George Jones ER
7:00 Lawrence Welk ER

07

10:00 B-Fit WR
11:00 Bible Trivia ER
1:00 Manicures AR
2:30 Bowling ER
3:00 Church Service ER
4:00 Classic Television ER
6:30 Humming Hymns WR

08

10:00 B-Fit WR
11:00 Name All Fifty ER
2:00 Empanadas CK
3:30 Tai Chi ER
4:00 Lennon Sisters ER
6:30 Household Helpers WR

09

10:00 B-Fit WR
11:00 A to Z ER
2:00 Critter Barn OT
3:30 Yoga ER
4:00 Beach Boys ER
6:30 Travelogue ER

10

10:00 B-Fit WR
11:00 Reminisce ER
2:00 Birthday Party DR
3:30 Pick-a-Stick Exercise ER
4:00 Mozart ER
6:30 Chats with Friends WR

11

10:00 B-Fit WR
11:00 Name 10 ER
1:30 Care Quest
2:00 Book Nook ER
3:30 Basketball ER
4:00 Hymn Sing WR
6:30 Relaxing Rhythms ER

12

10:00 B-Fit WR
11:00 Current Events ER
2:00 Dog Treats CK
3:30 Noodle Ball ER
4:00 Waylon Jennings ER
6:30 1 Minute Massage WR

13

10:00 B-Fit WR
11:00 Crosswords ER
1:30 Accordion Eggs AR
2:30 Bean Bag Toss ER
4:00 Pete Fountain ER
7:00 Lawrence Welk ER

14

10:00 B-Fit WR
11:00 Bible Trivia ER
1:00 Manicures AR
2:30 Bowling ER
3:00 Church Service ER
4:00 Old Time TV ER
6:30 Humming Hymns WR

15 Tax Day

10:00 B-Fit WR
11:00 Cranium Crunches ER
2:00 Bread Boat Dip CK
3:30 Chair Dance ER
4:00 Osmond Brothers ER
6:30 Crafts of Sorts WR

16

10:00 B-Fit WR
11:00 Anna's House OT
2:00 Egg Decorating CK
3:30 Egg Toss ER
4:00 Dean Martin ER
6:30 Charlie Chaplin ER

17

10:00 B-Fit WR
11:00 Resident Council DR
2:00 Go Fly Something WR
3:30 Horseshoes ER
4:00 Haydn ER
6:30 Chats with Friends WR

18

10:00 B-Fit WR
11:00 Mathematical Minds ER
2:00 Book Nook ER
3:30 Ping Pong Basketball ER
4:00 Devotions ER
6:30 Easter Egg Hunt

19 Good Friday/Passover begins at sundown

10:00 B-Fit WR
11:00 Current Events ER
2:00 Photo Finish AR
3:30 Soccer ER
4:00 Country Classics ER
6:30 Hand Massages WR
Happy Birthday Joan and Dot!!!

20

10:00 B-Fit WR
11:00 Bunny Funnies ER
1:30 Easter Egg Matching WR
2:30 Walking Club ER
4:00 Billy Holiday ER
7:00 Lawrence Welk ER

21 Easter

10:00 B-Fit WR
11:00 Easter Trivia ER
1:00 Manicures AR
2:30 Basketball ER
3:00 Church Service ER
4:00 Classic Television ER
6:30 Humming Hymns WR

22

10:00 B-Fit WR
11:00 Elizabethan England ER
2:00 Pierogi CK
3:30 Tai Chi ER
4:00 Perry Como ER
6:30 Sort It Out WR

23

10:00 B-Fit WR
11:00 Roll & Rhyme ER
2:00 Nature Appreciation ER
3:30 Paddle Ball ER
4:00 Soothing Scenery ER
6:30 Travelogue ER

24

10:00 B-Fit WR
11:00 Junk Drawer Detectives ER
2:00 Veldheer Tulips OT
3:30 Knitball Toss ER
4:00 Andy Griffith ER
6:30 Soft Pretzel Social WR

25

10:00 B-Fit WR
11:00 What Tree Is It ER
2:00 Garden Club TR
3:30 Twister ER
4:00 Hymn Sing WR
6:30 History of Holland ER

Happy Birthday Gerri!!!

26

10:00 B-Fit WR
11:00 Current Events ER
2:00 Spa Day ER
3:30 Target Practice ER
4:00 Ella Fitzgerald ER
6:30 1 Minute Massage WR

27

10:00 B-Fit WR
11:00 Words That Start w/ L ER
1:30 Creative Colors WR
2:30 Ball Toss ER
4:00 Nat King Cole ER
7:00 Lawrence Welk ER

28

10:00 B-Fit WR
11:00 Opposites ER
1:00 Manicures AR
2:30 Horseshoes ER
3:00 Church Service ER
4:00 Old Time TV ER
6:30 Humming Hymns WR

29

10:00 B-Fit WR
11:00 Rhyming Riddles ER
2:00 Blueberry Pie CK
3:30 Chair Dance ER
4:00 Duke Ellington ER
6:30 Household Helpers WR

30

10:00 B-Fit WR
11:00 Happy Neurons ER
2:00 Service Project WR
3:30 Ring Toss ER
4:00 Piano Guys ER
6:30 Travelogue ER

Freedom Village Holland

145 Columbia Avenue

Holland , MI 49423

(616) 820-7400 | brookdale.com

Health and Wellness

Live Your Optimum Life® Chasing the Blues Away



Everyone gets the blues now and then, especially if there has been a recent loss or significant life change. The following suggestions are things that you can do for yourself when you are “in a rut” or just not feeling like yourself.

Get Moving

Physical activity has been shown in numerous research trials to have a beneficial effect on mild depression or anxiety.

Laugh

Laughter has been shown to produce a number of bio-chemical responses in the body. Those changes result in feeling better and having an improved immune response.

Social Contact

Get around people, even if you don’t feel like it. Finding one or two people with whom you can connect and share concerns will help you to live a more Optimum Life.

Help Someone Else

Studies show that older adults who are involved in volunteer activities have less depression. Find a way to help others that matches your time and abilities.

Practice Gratitude

Learning to be thankful helps to move the focus from what you don’t have to what you do have. Keep a gratitude journal where you write down five things you are grateful for every day.

Learn a New Skill

Much has been written in recent months and years about the importance of learning new things to keep the brain active. In addition to “building the brain”, mastering a new skill helps to increase your sense that you can handle life’s challenges. It helps you to feel good about yourself and gives you a renewed sense of purpose.

Wellness Challenge

Know When to Get Help

If you are having symptoms of depression that won’t go away and are interfering with your normal activities, seek the help of a medical professional. According to the National Institute on Aging, symptoms of depression may include the following:

- An “empty” feeling, ongoing sadness, and anxiety
- Tiredness, lack of energy
- Sleep problems
- Eating more or less than usual

Some people will have difficulty recognizing that they are depressed. If you have a friend or family member that you are

concerned about, assist them in taking the proper steps to get help. Depression is not normal at any age and it can be successfully treated. Together we can chase those blues away!

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

New Resident National Advisory Council Formed



Brookdale CEO, Cindy Baier, and other senior corporate leaders will hold the first meeting of the newly formed National Advisory Council (NAC) in April of 2019. The NAC will discuss and provide feedback about topics important to Brookdale residents from their perspective as a Brookdale resident. All of the eight residents serving on NAC have a long history of community involvement on various resident councils or boards. Instead of focusing on specific, individual community issues, the NAC will discuss topics

designed to positively impact the resident experience at all Brookdale communities as well as Brookdale’s overall business. “Our goal is to enrich the lives of those we serve and the National Advisory Council will be a valuable tool in accomplishing that mission. This unique opportunity allows Brookdale’s leadership to hear the voices of the people that Brookdale serves on a daily basis. The feedback given by the group of experienced leader representatives will be used to improve the current and future customer experience. This will allow Brookdale to become aware and take action on the most important issues facing Brookdale residents,” said Jonathan Ruchman, Senior Director of Customer Experience at Brookdale.

Wishes of a Lifetime

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



Brookdale Resident Honored for Historic Mission

Nearly 60 years ago, Charles Parshall found himself barely 17 and fresh out of Navy Nuclear Power School and on the crew of the world’s first operational nuclear-powered submarine, the USS Nautilus. In August 1958, he and his fellow crewmen embarked on a top-secret mission that would eventually make the history books. The mission, “Operation Sunshine”, marked the first successful submarine voyage beneath the North Pole. Prior to the mission departure, Charles recalled the captain forbidding them from writing letters and gave them the option to leave, though no one knew what the mission was until a day into the voyage. More than a week under the ice, the USS Nautilus emerged between Iceland and Greenland. President Eisenhower was notified immediately, and the crewmembers were hailed as American heroes.

The Brookdale Grants Pass Springs resident, now 84, was honored for his incredible service with a reunion of the few surviving crewmen of the USS Nautilus in Groton, Connecticut, where the submarine has been preserved as a museum ship.