SUNDAY	March 7:00 - 9:00 Continental Breakfast 8:30 Shuttle departs for: Holy Spirit Catholic Day Springs Church 9:10 Shuttle departs for: Chandler Bible Church Greek Orthodox Royal Baptist 10:00 Brookdale Church Service 11:00 - 1:00 SUNDAY BRUNCH 5:30 Sunday Night Movie	March 2019		lale North Chandler 2555 north Price Road Chandler , AZ 85224 5-7171 brookdale.com Independent Living All activities are subject to change. Fitness is available seven days a week.	TVR - Bld #4 MDR - Main Dining Room OSP - Pool Area BI4 - BLD #4 CL - Computer Lab VC - Veterans Club LIB - Library DSA - Down Stairs-BLD #2	9:00 B. Fit Strengthening 11:00 Chaplain Nate- Support Group 10:00 Wal-mart Shopping 11:30 Conversational Spanish A 1:30 Bingo Y 1:30 Walgreen's Shopping 2:30 Texas Hold'em 3:30 Catholic Devotional & Rosary 5:30 Movie Night	Wear Your Name Tag Day Pendant Checks Bldg. 1 10:00 Cribbage T 10:00 iPad Technology Class 10:30 Creative Hands Crafts R 11:15 UNO D 12:00 Poolside Ice Cream & Garden Social Y 1:30 Bingo 2:00 Texas Hold'em 5:30 Saturday Wii League
3 SUNDAY	7:00 - 9:00 Continental Breakfast LIB 8:30 Shuttle departs for: Holy Spirit Catholic Day Springs Church Chandler Bible Church 9:10 Shuttle departs for: Greek Orthodox Royal View Baptist 10:00 Brookdale Church Service 11:00 - 1:00 SUNDAY BRUNCH 5:30 Sunday Movie Night	8:00 B-Fitness w/Julie Gym 8:30 Fry's Shopping 10:00 Cribbage 10:00 Creative Jewlery w/Ana 11:00 Michigan Rummy A 12:30 Bridge Y 1:00 Literature Study Group 1:30 Walgreen's 2:00 Texas Hold'em 3:00 Positive Affirmations- & Quiet Meditation 5:30 Pinochle	9:00 B.Fit w/Deborah 10:00 Mardi Gras Crafts 11:00 Matts for the Homeless 11:15 Penny Pokeno 11:00 - 12:30 Mardi Gras Luncheon A 1:00 Mardi Gras Luncheon 12:00 Mahjong Group 12:30 Bridge 1:30 Bingo 5:30 Cardo 5:30 Billiards	9:00 Bible Study 9:30 Senior-Day Fry's 10:00 Documentary 10:30 B.Fit Total Body 10:30 Hook & Needle, Mending E 11:15 Penny Pokeno S 12:00 Blood Presure Checks D 1:30 Bingo A 2:00 Texas Hold'em Y 2:30 DVD-Afternoon Comedy 3:00 Ash Wednesday Service 5:30 Billiards & Ping Pong	8:00 Circuit Training w/Julie 10:00 Golf-Putting Competition 11:00 Documentary 12:30 Bridge 11:00 Michigan Rummy 1:00 Quiet Meditation & Positive Affirmations 2:00 Open Art Time 2:00 Speaker-Leslie Davis RN 3:00 Skip-bo 5:30 Ponytail	9:00 B. Fit Strengthening 9:30 Flex Your Brain 10:00 Veterans' Social 10:00 Wal-mart Shopping 11:30 Conversational Spanish A 1:30 Bingo Y 1:30 Walgreen's Shopping 2:00 Texas Hold'em 3:30 Catholic Devotional & Rosary 5:30 Movie Night	Pendent Check #2 Wear Your Name Tag Day 10:00 i-Pad Technology Class T 10:30 Creative Hands-Crafts 11:00 Michigan Rummy R 11:15 UNO D 12:00 Poolside Garden Social with Ice Cream Y 1:30 Bingo 2:00 Texas Hold'em 5:30 Saturday Wii League 5:30 Billiards
10 SUZDAY	Chandler Bible Church 9:10 Shuttle departs for: Greek Orthodox Royal View Baptist 10:00 Brookdale Church Service 11:00 - 1:00 SUNDAY BRUNCH 5:30 Sunday Movie Night	8:00 B-Fitness w/Julie - Gym 8:30 Fry's Shopping 10:00 Cribbage 10:30 Sand Art Class 11:00 Michigan Rummy A 12:30 Bridge Y 1:00 Literature Study Group 1:30 Walgreen's 2:00 Texas Hold'em 3:00 Positive Affirmations- & Quiet Meditation 5:30 Pinochle	9:00 B.Fit- w/Deborah 10:00 All Ambassadors Mtg. 11:00 Mats for the Homeless 12:00 Mahjong 12:00 Documentary 12:30 Bridge A 1:00 Barlene's Lunch Concert 1:30 Bingo 2:00 Scrabble 3:00 Picture Frame Craft 5:30 Cardo 5:30 Billiards	9:00 Bible Study 9:30 Fry's 10:30 B.Fit Total Body 10:30 Creative Jewelry 11:30 Casino E 12:00 Blood Pressure Checks 5 1:00 Norms Watch Repair D 1:30 Ice Cream/Resident Chat 1:30 Bingo Y 2:00 Texas Hold'em 3:00 Book Club Meeting 5:30 Billiards & Ping Pong	8:00 Circuit Fitness w/Julie 10:00 Golf-Putting Competition 11:00 Documentary 11:00 Michigan Rummy 12:30 Bridge 2:00 Open Art Time 3:00 Horseshoes w/ Farmer Wayne 5:30 Billiards & Social	8:30 Bagpipes Celebration w/Michael McClathahan 9:00 Coffee & Scottish Music! 10:00 Wal-mart Shopping 10:00 B. Fit Yoga Class A 12:00 Spring Wreaths w/Ana Y 1:30 Bingo 1:30 Walgreen's Shopping 2:00 Texas Hold'em 3:30 Catholic Devotional 5:30 St. Patrick's Family and Friends Dinner	8:00 Pendant Checks Bildg. 5 Wear Your Name Tag Day 10:00 Cribbage 10:00 iPad Technology Class 10:30 Creative Hands Crafts 11:00 Michigan Rummy D 1:30 Bingo A 2:00 Texas Hold'em Y 5:30 Saturday Wii League 5:30 Billiards
SUNDAY	7:00 - 9:00Breakfast 8:30 Shuttle departs for: Holy Spirit Catholic Days Springs Church Chandler Bible Church 9:10 Shuttle departs for: Greek Orthodox Church Royal View Baptist 10:00 Brookdale Church Service 11:00 - 1:00 SUNDAY BRUNCH 2:00 ST. Patrick's Happy Hour 5:30 Sunday Movie Night	8:00 B-Fitness w/Julie - Gym 8:30 Fry's Shopping 10:00 Menu Chat 10:30 Watercolor Art Class 11:00 Michigan ummy 12:30 Bridge Y 1:00 Literature Study Group 1:30 Walgreen's 2:00 Texas Hold'em 3:00 Positive Affirmations - Quiet Meditaion 5:30 Pinochle	9:00 B.Fit- Yw/Deborah - Gym 11:00 My Life Story 11:00 Mats for the Homeless 12:00 Mahjong 12:30 Bridge 1:00 Captains Table Luncheon- New Residents & Christy 1:00 Scrabble 1:30 Bingo 3:00 Stuffing Easter Eggs 5:30 Cardo 5:30 Billiards	Start of Spring 9:00 Bible Study 9:30 Fry's 10:00 Town Hall Meeting 10:30 B.Fit Total Body 11:00 Hook & Needle, Mending 11:15 Penny Pokeno S 12:00 Blood Pressure Checks D 1:30 Bingo A 2:00 Texas Hold'em Y 3:30 Men's Horseshoes 5:30 Billiards & Ping Pong	8:00 Circuit/Interval Fitness 10:00 Golf Putting Contest and Coffee Social 11:00 Michigan Rummy 12:30 Bridge 1:00 Quiet Meditation & Positive Affirmations 2:00 Open Art Time 3:00 Creative Art Craft- Creative Frames w/Ana 5:30 Ping Pong & Social	9:00 B. Fit Yoga Class 9:30 Flex Your Brain 10:00 Wal-mart Shopping 12:30 Resident Chat & Chocolate Bars w/Ana 1:30 Bingo Bonanza w/Christy 1:30 Walgreen's Shopping 2:00 Texas Hold'em 3:30 Catholic Devotional & Rosary 5:30 Movie Night	8:00 Wear Your Name Tag Day Pendant Checks Bldg. 6 10:00 Cribbage 10:00 iPad Technology Class 10:30 Creative Hands Crafts 11:00 Michigan Rummy D 1:30 Bingo A 2:30 Texas Hold'em Y 5:30 Saturday Wii League 5:30 Horseshoes w-Farmer Wayn
SUNDAY	7:00 - 9:00 Continental Breakfast 8:30 Shuttle departs for: Holy Spiriit Catholic Day Springs Church Chandler Bible Church 9:10 Shuttle departs for: Greek Orthodox Royal View Baptist 10:00 BrookdaleChurch Service 11:00 - 1:00 SUNDAY BRUNCH 5:30 Sunday Movie Night	8:00 B-Fitness w/Julie - Gym 8:30 Fry's Shopping 10:00 Cribbage 10:30 Sand Art Class 11:00 Michigam Rummy 12:30 Bridge 1:00 Literature Study Group 1:30 Walgreen's 2:00 Texas Hold'em 3:00 Positive Affirmations- Quiet Meditaion 5:30 Pinochle	9:00 B.Fit-Yow/Deborah - Gym 11:00 Documentary 11:00 Mats for the Homeless 12:00 Mahjong 12:30 Bridge 1:00 Ice Cream-Garden Social 1:00 Scrabble 1:30 Bingo 3:00 ART DEMO w/Steve 5:30 Cardo 5:30 Horseshoes	9:00 Bible Study 9:30 Fry's 10:00 Casino D 10:30 B.Fit Total Body 11:00 Creative Jewlery 1:00 Birthday Celebration- Luncheon w/Music D 1:30 Bingo A 2:00 Texas Hold'em Y 3:00 Book Club 5:00 Garden Social w/Wayne 5:30 Billiards & Ping Pong	9:00 Fitness by DVD 10:00 Golf-Putting Competition and Coffee Social 11:00 Documentary 11:00 Michigan Rummy 12:30 Bridge 1:00 Quiet Meditation & Positive Affirmations 2:00 Open Art Time 3:00 Spring Floweral Bouquets w/AnaMaria 5:30 Ponytail	9:00 B. Fit Yoga Class 10:00 Wal-mart Shopping 9:30 Flex Your Brain 11:30 Conversational Spanish 1:30 Bingo A 1:30 Walgreen's Shopping 2:00 Texas Hold'em 3:30 Catholic Devotional & Rosary 5:30 Movie Night	8:00 Wear Your Name Tag Day Pendant Checks Bldg. 1 10:00 Cribbage 10:00 iPad Technology Class 10:30 Creative Hands Crafts 11:00 Michigan Rummy D 1:30 Bingo A 2:30 Texas Hold'em Y 5:30 Saturday Wii League 5:30 Horseshoes w-Farmr Wayne

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 North Chandler 2555 north Price Road Chandler, AZ 85224



brookdale.com

Brookdale News

Introducing Brookdale's Chief Financial Officer (CFO)



 ${f F}$ or 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.