

COMMUNITY CONNECTIONS CALENDAR

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Brookdale Eagan

1365 Crestridge Lane

Eagan, MN 55123

(651) 686-5557

brookdale.com

Clare Bridge
All activities are subject to change.

01

9:45 B-Fit: Balance/Coord. TS
11:00 Trivia TS
1:45 Movie & Light Refreshment TS
3:00 Frisbee TS
4:00 Rosary DR
6:15 Soothing Music & Reading TS

02

9:45 B-Fit: Flexibility TS
11:00 Word Games TS
1:45 Manicures TS
3:00 Ladder Ball TS
4:00 50's LR
6:15 Evening Show & Word Puzzles TS

03

9:45 B-Fit: Core TS
11:00 OfThe Day (iN2L) TS
1:45 Bible Stories CK
3:00 Out On The Patio TS
4:00 Big Band Music LR
6:15 Lutheran Recorded Service TS

04

INDEPENDENCE DAY

9:45 B-Fit: Upper Strength TS
11:00 Bingo! TS
1:45 Busy In The Kitchen CK
3:00 Golf TS
4:00 Lawrence Welk Show LR
6:15 Fireworks! TS

05

9:45 B-Fit: Lower Strength TS
11:00 Balloon Burst (iN2L) TS
1:15 Solace/ 1:1 Visit LR
1:45 Watering The Garden P
3:00 Bowling TS
4:00 Country Music LR
6:15 Saturday Film TS

06

9:45 B-Fit: Flexibility TS
11:00 Community Worship TS
1:15 Solace/ 1:1 Visit LR
1:45 Trivia TS
3:00 Bag Toss P
4:00 Animusic (iN2L) LR
6:15 Arm Chair Travel TS

07

9:45 B-Fit: Cardio TS
11:00 Bingo! TS
1:45 Let's Get Crafty! TS
3:00 Walking Club O
4:00 Sing Along w/ Sue LR
6:15 Let's Laugh TS

08

9:45 B-Fit: Balance/Coord. TS
11:00 What Did It Cost? TS
1:45 Movie & Light Refreshment TS
3:00 Ladder Ball TS
4:00 Rosary DR
6:15 Soothing Music & Reading TS

09

9:45 B-Fit: Flexibility TS
11:00 Balloon Burst (iN2L) TS
1:45 Manicures TS
3:00 Watering The Garden P
4:00 Oldies LR
6:15 Evening Show & Word Puzzles TS

10

9:45 B-Fit: Core TS
11:00 Word Games TS
1:45 Bible Stories CK
3:00 Frisbee P
4:00 Jazz Music LR
6:15 Lutheran Recorded Service TS

11

9:45 B-Fit: Upper Strength TS
11:00 Bingo! TS
1:45 Busy in the Kitchen TS
3:00 Ring Toss TS
4:00 Musical Show TS
6:15 Local News & Colorful Creations TS

12

9:45 B-Fit: Lower Strength TS
11:00 Crossword (iN2L) TS
1:15 Solace/ 1:1 Visit LR
1:45 Trivia TS
3:00 Out On The Patio P
4:00 50's LR
6:15 Movie Night TS

13

9:45 B-Fit: Flexibility TS
11:00 Community Worship TS
1:15 Solace/ 1:1 Visit LR
1:45 Family Feud TS
3:00 Watering The Garden P
4:00 Animusic (iN2L) LR
6:15 Arm Chair Travel TS

14

9:45 B-Fit: Cardio TS
11:00 Bingo! TS
1:45 Let's Get Crafty! TS
3:00 Walking Club O
4:00 Sing Along w/ Susie LR
6:15 Comedy Hour TS

15

9:45 B-Fit: Balance/Coord. TS
11:00 Trivia TS
1:45 Movie & Light Refreshment TS
3:00 Out For A Stroll P
4:00 Rosary DR
6:15 Soothing Music & Reading TS

16

9:45 B-Fit: Flexibility TS
11:00 Word Games TS
1:45 Manicures TS
3:00 Bag Toss P
4:00 Country Music LR
6:15 Evening Show & Word Puzzles TS

17

9:45 B-Fit: Core TS
11:00 OfThe Day (iN2L) TS
1:45 Bible Stories CK
3:00 Ladder Ball P
4:00 Evening Concert LR
6:15 Lutheran Recorded Service TS

18

9:45 B-Fit: Upper Strength TS
11:00 Bingo! TS
1:45 Busy In The Kitchen CK
3:00 Bowling TS
4:00 Sing Along w/ Susie LR
6:15 Local News & Colorful Creations TS

19

9:45 B-Fit: Lower Strength TS
11:00 Balloon Burst (iN2L) TS
1:15 Solace/ 1:1 Visit LR
1:45 Family Feud TS
3:00 Watering The Garden P
4:00 Jazz Music LR
6:15 Saturday Flick TS

20

9:45 B-Fit: Flexibility TS
11:00 Community Worship TS
1:15 Solace/ 1:1 Visit LR
1:45 Trivia TS
3:00 Bag Toss TS
4:00 Oldies! LR
6:15 Arm Chair Travel TS

21

9:45 B-Fit: Cardio TS
11:00 Bingo! TS
1:45 Let's Get Crafty! TS
3:00 Walking Club O
4:00 Sing Along w/ Sue LR
6:15 Let's Laugh TS

22

9:45 B-Fit: Balance/Coord. TS
11:00 Trivia TS
1:45 Movie & Light Refreshment TS
3:00 Frisbee TS
4:00 Rosary DR
6:15 Soothing Music & Reading TS

23

9:45 B-Fit: Flexibility TS
11:00 Balloon Burst (iN2L) TS
1:45 Resident Council TS
3:00 Golf TS
4:00 Animusic (iN2L) LR
6:15 Evening Show & Word Puzzles TS

24

9:45 B-Fit: Core TS
11:00 Word Games TS
1:00 Community Outing OT
3:00 Out On The Patio P
4:00 Hymn Songs LR
5:00 Family Education Night TS
6:15 Lutheran Recorded Service TS

25

9:45 B-Fit: Upper Strength TS
11:00 Bingo! TS
1:45 Busy in the Kitchen CK
3:00 Bowling TS
4:00 Musical Show LR
6:15 Local News & Colorful Creations TS

26

9:45 B-Fit: Lower Strength TS
11:00 Crossword (iN2L) TS
1:15 Solace/ 1:1 Visit LR
1:45 Trivia TS
3:00 Out For A Stroll P
4:00 Oldies LR
6:15 Saturday Film TS

27

9:45 B-Fit: Flexibility TS
11:00 Community Worship TS
1:15 Solace/ 1:1 Visit LR
1:45 Family Feud TS
3:00 Frisbee P
4:00 Evening Concert LR
6:15 Arm Chair Travel TS

28

9:45 B-Fit: Cardio TS
11:00 Bingo! TS
1:45 Let's Get Crafty! TS
3:00 Walking Club O
4:00 Sing Along w/ Susie LR
6:15 Comedy Hour TS

29

9:45 B-Fit: Balance/Coord. TS
11:00 Trivia TS
1:45 Movie & Light Refreshment TS
3:00 Watering The Garden P
4:00 Rosary DR
6:15 Soothing Music & Reading TS

30

9:45 B-Fit: Flexibility TS
11:00 Word Games TS
1:45 Manicures TS
3:00 Bag Toss P
3:45 50's LR
6:15 Evening Show & Word Puzzles TS

31


9:45 B-Fit: Core TS
11:00 OfThe Day (iN2L) TS
1:45 Bible Stories CK
3:00 Out For A Stroll P
4:00 Big Band Music LR
6:15 Lutheran Recorded Service TS

JULY
2025

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
9:45 B-Fit, Exercise
10:30 Refreshments
11:00 Morning Mental Workout:
Reminiscing/
Discussion and
Clustered Groups
12:00 Lunch
1:45 Creative/Crafts/Art
and Clustered
Groups
3:00 Physical
3:30 Refreshments
4:00 Music/
Intergenerational
5:00 Dinner
6:15 Sensory/News and
Reading Groups
7:00 Refreshments

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

LOCATION KEY

- P Patio
TS Town Square
O Outside
OT Outing
DR Dining Room
CK Country Kitchen





COMMUNITY CONNECTIONS

July 2025

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

A Fresh Look at Aging: Why Mindset Matters



Did you know that how you think about aging could have a real impact on your health and happiness? A 2024 review published in The Gerontologist found that older adults who view aging positively tend to report greater life satisfaction, better health, and even longer lives.

The researchers reviewed 32 observational studies and saw a clear pattern: when people thought of older adulthood as a time of growth, learning, and opportunity, they tended to enjoy better physical and

mental health. Those who focused mainly on the challenges of aging were more likely to feel depressed, have health problems and report a lower sense of well-being. Other research has suggested a causal connection - meaning that when people adopted more positive views of aging, they experienced real benefits, like increased physical activity and improvements in both physical and mental health.

In other words, how we see our own aging isn't just a passing thought or a byproduct of our circumstances — our perceptions shape how we feel, move, and live.

And the best part? Our outlooks can change. Experiences, community connections, and everyday choices can all build a more positive perception of aging.

Here are a few simple ways to start:

- **Challenge stereotypes:** Notice negative messages about aging -- in your thoughts, conversations and media. Replace them with positive truths.
- **Stay curious:** Try something new, whether it's a hobby, a class or other adventure.
- **Connect across generations:** Share stories, laughter and life lessons with people of different ages.

Aging well is not just about health-promoting behaviors. It's also about seeing ourselves in a positive light, focusing on our strengths, resilience, and life experiences. In a nutshell, our mindset matters—and it's never too late to make it work in our favor.

Source: The Gerontologist, NIH

Did you Know?

Brookdale's Great Full Life Webinar Series

Great Full Life is a bimonthly live webcast dedicated to living well as you age. It features interviews and live Q&A with experts on finance, health, food, hobbies and more. Watch previous broadcasts at brookdale.com/webcast.



Your Guide to Living A Full, Healthy, Fantastic Life as You Age



Brookdale News

Brookdale raises \$1.25 million for the Walk to End Alzheimer's®

Brookdale Senior Living, a national leader in providing quality, person-centered care for residents living with dementia, announces that it raised \$1,254,388 for the 2024 Walk to End Alzheimer's®, renewing its long-term commitment to the fight against Alzheimer's. For the past 17 years, the Brookdale team has raised more than \$23 million to support the Alzheimer's Association's mission to advance research, provide care and promote brain health.



With a strong network of associates, residents, families and business partners, Brookdale participated in Walk to End Alzheimer's events across the country in 2024, making a sizable impact through fundraising, awareness and advocacy. Funds were raised through company-wide initiatives, community events, resident-led efforts and the annual Golf to End Alzheimer's fundraiser.

"Our efforts go far beyond just donations—they are about creating real, lasting change that directly impacts our associates, residents, and families who support them across the nation," said Brookdale's National Team Coordinator and Senior Vice President of Resident and Family Engagement Sara Terry. "As the country's largest operator of memory care communities, we are proud to lend our strength and resources to support this crucial cause, knowing the difference it makes in the lives of so many."

In 2014, Brookdale became the first corporate team to generate \$1 million in a single calendar year to support the Walk to End Alzheimer's. This feat earned the organization the prestigious Diamond National Team status.

An Engaged Life



Many years ago three women were separately drawn to Colorado Springs, CO. Each arrived with a sense of excitement at the opportunity to work at The Navigators, a worldwide Christian ministry. Over the years, Jeanne, Selva, and Laurie became friends and now all three call Brookdale Skyline home.

In 2015, Jeanne was the first of their friend group to move into the community as she already had several friends living there. Selva followed in 2017, drawn to the community where she also had friends. Laurie made the move in 2020, motivated by a family member and friends who also resided at Brookdale Skyline.

The three friends quickly got involved in community activities, reviving Scrabble as a weekly event and enjoying jigsaw puzzles in the common areas. Over the years, they have expanded their outreach efforts to engage others. Some of the activities they participate in include spontaneously playing the piano, attending weekly worship services, coordinating guest speakers for Vespers, a traditional worship service, and reaching out to new neighbors.

Jeanne, Selva, and Laurie continue to make new friends and lead engaged lives while enjoying the breathtaking views of the Garden of the Gods and the mountains surrounding Colorado Springs.