


COMMUNITY CONNECTIONS CALENDAR

JULY
2025

THE DAILY PATH

UPCOMING EVENTS

- 00:00 Breakfast
- 00:00 B-Fit, Exercise
- 00:00 Refreshments
- 00:00 Morning Mental Workout:
Reminiscing/
Discussion and
Clustered Groups
- 00:00 Lunch
- 00:00 Creative/Crafts/Art
and Clustered
Groups
- 00:00 Physical
- 00:00 Refreshments
- 00:00 Music/
Intergenerational
- 00:00 Dinner
- 00:00 Sensory/News and
Reading Groups
- 00:00 Refreshments

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

LOCATION KEY

- DR Dining Room
- P Patio
- CK Country Kitchen
- LR Living Room
- L Library
- CP Colony Park
- BS Beauty Salon



S	M	T	W	T	F	S
Brookdale Fort Myers The Colony 13565 American Colony Blvd. Fort Myers, FL 33912 (239) 561-2463 brookdale.com <small>Clare Bridge All activities are subject to change.</small>		01 10:00 B-Fit (Exercise) CP 10:30 Refreshments 11:00 Trivia Tuesdays LR 2:00 Rosary CK 3:00 Happy Hour 4:00 Musical Exercise CP	02 10:00 Morning crafts CP 10:30 Refreshments 11:00 Life Loop Games LR 2:30 Cardio Drumming CP 3:30 Refreshments 4:00 Groove to the Oldies CP	03 10:00 B-Fit (exercise) CP 10:30 Refreshments 11:00 Spelling Bee LR 2:00 Bible Study CK 2:45 Presenting a special film LR	04 INDEPENDENCE DAY 9:30 Exercise with Franklin CP 10:30 Refreshments 11:00 Finish The Phrase LR 2:00 Creative Imaginations CP 3:00 Happy Hour 3:30 Refreshments 4:15 Karaoke	05 10:00 Bfit CP 10:30 Refreshments 11:00 Todays Trivia LR 2:00 Creation Stations CP 2:45 Manicures CP 3:30 Refreshments 4:00 LifeLoop Games LR
06 10:00 Table crafts LR 11:00 B-Fit Exercise LR 2:00 Communion 2:30 Movie 3:15 Movie LR 3:30 Refreshments 4:00 Table Games CP	07 10:00 B-Fit (Exercise) CP 10:30 Refreshments 11:00 Pictionary LR 2:00 Bingo 3:00 Audio Book Reading 3:30 Refreshments CK CK	08 10:00 B-Fit (Exercise) LR 10:30 Refreshments 11:00 Trivia Tuesdays LR 2:00 Rosary CK 3:00 Happy Hour CP 3:30 Refreshments 4:00 Lifeloop games LR	09 10:00 Morning Crafts CP 10:30 Refreshments 11:00 Family Feud Game LR 2:30 Cardio Drumming CP 3:00 Refreshments 4:00 Music Trivia LR	10 10:00 B-Fit (exercise) CP 10:30 Refreshments 11:00 Pictionary CP 2:00 Bible Study CK 2:45 Movie LR 3:30 Refreshments	11 10:00 B-Fit (Exercise)FranklinCP 10:30 Refreshments 11:00 Finish The Phrase LR 2:00 Creative Imaginations CP 3:00 Refreshments 3:30 Happy Hour CP 4:00 Bingo CP	12 10:00 Bfit CP 10:30 Refreshments 11:00 Todays Trivia LR 2:00 Creation Stations CP 2:45 Manicures CP 3:30 Refreshments 4:00 Toss and Talk CP
13 10:00 Bfit CP 11:00 table crafts CP 1:00 listen to an audio book LR 2:00 Communion CP 2:30 Movie LR 3:30 Refreshments	14 10:00 B-Fit (Exercise) CP 10:30 Refreshments 11:00 Pictionary LR 2:00 Nails/ Manicures CP 3:00 Refreshments 4:00 Bingo CP	15 10:00 B-Fit (Exercise) CP 10:30 Refreshments 11:00 Trivia Tuesdays LR 2:00 Rosary CK 3:00 Happy Hour CP 4:00 Bingo CP	16 10:00 Morning crafts CP 10:30 Refreshments 11:00 Family Feud Game LR 2:30 Cardio Drumming CP 3:30 Refreshments 4:00 Lifeloop games LR	17 10:00 B-Fit (exercise) LR 10:30 Refreshments 11:00 Spelling Bee LR 2:00 Bible study CK 2:45 Presenting a special film CK 3:30 Refreshments	18 9:30 Bfit with Franklin CP 10:30 Refreshments 10:30 table crafts CP 11:00 Finish The Phrase LR 2:00 Creative Imaginations 3:00 Happy Hour CP 3:30 Refreshments 4:00 Karaoke CP	19 10:00 Bfit CP 10:30 Refreshments 11:00 Todays Trivia LR 2:00 Creation Stations CP 2:45 Dance Along to Oldies CP 3:30 Refreshments 4:00 Toss and Talk P
20 10:00 Bfit CP 11:00 Bingo CP 2:00 Communion 2:30 Movie LR 3:15 Table crafts CP 3:45 Refreshments 4:00 Table Games CP	21 10:00 B-Fit (Exercise) CP 10:30 Refreshments 11:00 Pictionary CK 2:00 Nails/ Manicures CP 3:30 Refreshments 4:00 Bingo CP	22 10:00 B-Fit (Exercise) LR 10:30 Refreshments 11:00 Trivia Tuesdays LR 2:00 Rosary CK 3:00 Happy Hour CP 3:30 Refreshments CP 4:00 Lifeloop games LR	23 10:00 Morning crafts CP 10:30 Refreshments 11:00 Family Feud Game CK 2:30 Cardio Drumming CP 3:30 Refreshments 4:00 Music Trivia LR	24 10:00 B-Fit (exercise) CP 10:30 Refreshments 11:00 Pictionary LR 2:00 Bible Study CK 2:45 Presenting a special film LR 3:30 Refreshments	25 10:00 B-Fit Franklin CP 10:30 Refreshments 11:00 Finish The Phrase LR 2:00 Creative Imaginations CP 3:00 Happy Hour CP 3:30 Refreshments 4:15 Karaoke LR	26 10:00 Bfit CP 10:30 Refreshments 11:00 Todays Trivia LR 2:00 Creation Stations CP 2:45 Dance Along to Oldies 3:30 Refreshments 4:00 Toss and Talk P
27 10:00 table crafts LR 11:00 Bfit CP 2:00 Communion 2:30 Movie LR 3:30 Refreshments 4:00 Bingo CK	28 10:00 B-Fit (Exercise) CP 10:30 Refreshments 11:00 Pictionary LR 2:00 Nails/ Manicures CP 3:30 Refreshments 4:00 Audio Book reads LR	29 10:00 B-Fit (Exercise) CP 10:30 Refreshments 11:00 Trivia Tuesdays LR 2:00 Rosary 3:00 Happy Hour 3:30 Refreshmenys CP 3:45 Card Games CK	30 10:00 Morning Crafts CP 10:30 Refreshments 11:00 Family Feud Game LR 2:30 Cardio Drumming CP 3:00 Refreshments 4:00 Bingo CP	31 10:00 B-Fit (exercise) LR 10:30 Refreshments 2:00 Bible Study CK 2:45 Presenting a special film LR 3:30 Refreshments 4:00 table games CP		



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.

