

S	M	T	W	T	F	S
Brookdale Panama City 2575 Harrison Avenue Panama City, FL 32405 (850) 872-8484 brookdale.com <div>Assisted Living All activities are subject to change.</div>		01 <div>10:30 Daily Chronicles G 11:00 Bible study and nature corner with Sharron 1:00 Exercise with Ami 2:00 Meet and greet social 2:30 Left- Right-Center Game</div>	02 <div>9:15 Walking club 10:30 Coffee and conversation 11:30 lunch bunch Golden Corral -See Niki to sign up 2:00 Exercise with Mike 6pm Resident Game night-self led</div>	03 <div>10:30 August Calendar Planning Engagement chat Come vote for our next Everyday hero :) 1:00 Bible study with Kay 2:30 BINGO DR</div>	04 <div>INDEPENDENCE DAY Happy Independence day</div>	05 <div>10:00 B-Fit Coordination & Flexibility G 11:00 Conversations on aging 1:30 Movies with Marsha</div>
06 <div>10:00 B-Fit Realations & Breathing G 11:00 Church Service on T.V TV 6:00 Gospel Hour G</div>	07 <div>10:00 Make Cow shirts for Cow appreciation day! MOO 2:00 Hawaiian Luau For National Hawaii day</div>	08 <div>9:00 Walking club G 11:00 Bible study and nature corner with Sharron 1:00 Exercise with Ami 2:30 Cow appreciation day party</div>	09 <div>10:30 Coffee and conversation 1:00 Dollar General trip please signup with Niki 2:00 Exercise with Mike 2-4pm Resident appointments 6pm Resident led game night</div>	10 <div>10:00 Good for nothin band performance 1:00 National Wyoming day Lets learn about WY 2:30 BINGO DR</div>	11 <div>10:00 Menu chat with Chef Alfonzo G 11:00 Resident council meeting DR 2:30 Brookdale store G 6:00 Resident led Movie night The king and I Pet photo day Happy Birthday Shirley M</div>	12 <div>10:00 B-Fit Coordination & Flexibility G 1:30 Movies with Marsha</div>
13 <div>10:00 B-Fit Realations & Breathing G 11:00 Church Service on T.V TV 6:00 Gospel Hour G</div>	14 <div>10:30 Daily devotional G 10:45 Daily Chronicles G 10:45 B-Fit Cardio & Lower Body Strength 11:15 Scattagories game 2:00 Paint and sip event please sign up with Niki Happy Birthday Marsha</div>	15 <div>11:00 Bible study with Sharron 1:00 Exercise with Ami 2:30 Christmas in July party! White elephant gift exchange Limit \$10 6:00 Christmas movie- Home alone Happy Birthday Alfonzo</div>	16 <div>9:15 Walking club 10:30 Coffee and conversation 11:30 lunch bunch to Long Horn steakhouse See Niki to sign up 2:00 Exercise with Mike 6pm Resident led - Dominos Happy Birthday Peggy</div>	17 <div>10:30 Daily devotional G 10:45 Daily Chronicles G 10:45 B-Fit Balance & Flexibility G 11:15 Bible trivia 1:00 Bible study with Kay 2:30 BINGO DR Happy Birthday Kevin</div>	18 <div>9:00 walking club 10:00 Making homemade ice cream with Chef Alfonzo and Niki 2pm Four birthdays in one week celebration with homemade ice cream :) 6pm Resident led movie night</div>	19 <div>10:00 B-Fit Coordination & Flexibility G 1:30 Movies with Marsha</div>
20 <div>10:00 B-Fit Realations & Breathing G 11:00 Church Service on T.V TV 6:00 Gospel Hour G</div>	21 <div>9:15 Walking Club 10:30 Daily devotional G 10:45 Daily Chronicles G 10:45 B-Fit Cardio & Lower Body Strength 11:15 word tower 2:30 Robin Williams lifestory 6pm Good morning Vietnam</div>	22 <div>10:30 Daily Chronicles G 11:00 Bible study and nature corner with Sharron 1:00 Exercise with Ami 2:30 Left-right-center Happy Hour game</div>	23 <div>9:15 Walking club 10:30 Coffee and conversation 1:00 Library trip please sign up with Niki 2:00 Exercise with Mike 6pm Resident led Game night</div>	24 <div>10:30 Daily devotional G 10:45 Daily Chronicles G 10:45 B-Fit Balance & Flexibility G 11:15 spell it trivia 1:00 Fan making craft 2:30 BINGO DR</div>	25 <div>10:30 Daily devotional G 10:45 B-Fit Cardio & Upper Body Strength G 11:15 wordle game G 1:00 Tai chi- gentle exercise 2:30 Jeopardy game</div>	26 <div>10:00 B-Fit Coordination & Flexibility G 1:30 Movies with Marsha</div>
27 <div>10:00 B-Fit Realations & Breathing G 11:00 Church Service on T.V TV 6:00 Gospel Hour G</div>	28 <div>9:15 Walking Club 10:30 Daily devotional G 10:45 B-Fit Cardio & Lower Body Strength 11:15 family fued game G 2:00 Virtual travel Singapore Happy Birthday Ken C</div>	29 <div>10:30 Daily Chronicles G 11:00 Bible study and nature corner with Sharron 1:00 Exercise with Ami Health series chat 2:30 Happy Hour trivia</div>	30 <div>9:15 Walking club 10:30 Coffee and conversation 1:00 Shopping trip to TARGET- please see Niki to sign up 2:00 Exercise with Mike 6:00 Resident led game night Happy Birthday Thelma</div>	31 <div>10:30 Daily devotional G 10:45 Daily Chronicles G 10:45 B-Fit Balance & Flexibility G 11:00 Are you smarter than a 5th grader? game 1:00 Bible study with Kay 2:30 BINGO DR</div>	LOCATION KEY <div>V Van CY Courtyard G Gallery O Outside LR Living Room DR Dining Room</div> <div>TV TV Room P Patio G B-Fit</div>	



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.

GREAT full LIFE

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.