

COMMUNITY CONNECTIONS CALENDAR

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Brookdale Highlands
4250 Lakeland Highlands Road
Lakeland, FL 33813
(863) 701-7820
brookdale.com

Clare Bridge
All activities are subject to change.

06

07

9:00 Morning Sermon (Youtube)	TR	World Chocolate Day!	
11:00 Inspirational Hour	AR	9:00 B-Fit Exercise	AR
1:30 Pencil Art	AR	11:00 Bible study w/Wayne	PD
2:30 Sing-a-Long	#	1:15 Armchair Stretches	#
6:30 Clarebridge Cinema	AR	2:00 Adult Coloring w/Music	AR
		4:00 Intouch Family Feud	#
		6:30 Evening Movie	TR

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9:00 Morning Sermon (Youtube)	TR	9:00 B-Fit Exercise	AR
11:00 Inspirational Hour	AR	11:00 Bible study w/Wayne	PD
1:30 Pencil Art	AR	1:15 Armchair Stretches	#
2:30 50's & 60s music	DR	2:00 Adult Coloring w/Music	AR
6:30 Clarebridge Cinema	AR	4:00 Intouch Family Feud	#
		6:30 Evening Movie	TR

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9:00 Morning Sermon (Youtube)	TR	9:00 B-Fit Exercise	AR
11:00 Inspirational Hour	AR	11:00 Bible study w/Wayne	PD
1:30 Pencil Art	AR	1:15 Armchair Stretches	#
2:30 Sing-a-Long	#	2:00 Adult Coloring w/Music	AR
6:30 Clarebridge Cinema	TR	4:00 Intouch Family Feud	#
		6:30 Evening Movie	TR

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9:00 Morning Sermon (Youtube)	TR	Nat. Milk Chocolate Day!	
10:30 Bible Trivia		9:00 B-Fit Exercise	AR
11:00 Inspirational Hour	AR	11:00 Bible study w/Wayne	PD
1:30 Pencil Art	AR	1:15 Armchair Stretches	#
2:00 Live Entertainment w/Sunflower	LR	2:00 Adult Coloring w/Music	AR
6:30 Clarebridge Cinema	AR	4:00 Intouch Family Feud	#
		6:30 Evening Movie	TR

01

02

International Joke Day!		9:00 Morning Mental	LR
9:00 B-Fit Exercise	LR	10:00 InstruMix Class w/Erica	LR
10:00 Travel Tuesday!	DR	1:15 Armchair Stretches	#
11:00 Nail Spa!	AR	2:30 Bowling Club	BR
1:15 Walking Club	OS	4:00 Classic Talk Show Radio	AR
2:00 Live Entertainment w/Walt	AR		
4:00 Classic Talk Show Radio	#		

08

09

9:00 B-Fit Exercise	AR	9:00 B-Fit Excercise	AR
10:00 Travel Tuesday	DR	10:00 Baking Club	DR
11:00 Nail Spa!	AR	1:15 Armchair Stretches	#
1:15 Walking Club	OS	2:30 Bowling Club	BR
3:00 Live Entertainment w/Doug	LR	4:00 Classic Talk Show Radio	AR
4:00 Classic Talk Show Radio	#		

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9:00 B-Fit Exercise	AR	9:00 Morning Mental	AR
10:00 Travel Tuesday	DR	10:30 InstruMix Class w/Erica	LR
11:00 Nail Spa!	AR	1:15 Armchair Stretches	#
1:15 Walking Club	OS	2:30 Bowling Club	BR
2:00 Trivia Tuesday	AR	4:00 Classic Talk Show Radio	AR
4:00 Classic Talk Show Radio	#	5:00 Community Support Group	AL

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9:00 B-Fit Exercise	AR	Happy Birthday Mary G!	
10:00 Travel Tuesday	DR	9:00 B-Fit Excercise	AR
11:00 Nail Spa!	AR	10:00 Baking Club	DR
1:15 Walking Club	OS	1:15 Armchair Stretches	#
2:00 Trivia Tuesday	AR	2:30 Bowling Club	AR
4:00 Classic Talk Show Radio	#	4:00 Classic Talk Show Radio	AR

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30

National Lipstick Day!		National Cheesecake Day!	
9:00 B-Fit Exercise	AR	9:00 B-Fit Excercise	AR
10:00 Travel Tuesday	DR	10:00 Baking Club	DR
11:00 Nail Spa!	AR	1:15 Armchair Stretches	#
1:15 Walking Club	OS	2:30 Bowling Club	BR
2:00 Trivia Tuesday	AR	4:00 Classic Talk Show Radio	AR
4:00 Classic Talk Show Radio	#		

03

04

9:00 B-Fit Exercise	LR	INDEPENDENCE DAY	
10:00 Board Games	AR	9:00 B-Fit Exercise	AR
1:15 Walkathon	OS	9:45 Pet Therapy w/Judy	LR
1:30 Salon Day w/Madine		10:30 4th July Sing-A-Long	LR
2:30 Corn Hole	AR	1:15 Walkathon	OS
4:00 Classic Talk show Radio	AR	2:30 Live Entertainment withLR Bethany Celloist	
6:30 Evening Movie	TR	6:30 Clarebridge Cinema	TR

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9:00 B-Fit Exercise	AR	9:00 B-Fit Exercise	AR
10:00 Gardening Club	CY	1:15 Walkathon	OS
1:15 Walkathon	OS	10:00 Crafty Morning	AR
1:30 Salon Day w/Madine		2:00 Happy Hour	DR
2:30 Cornhole	AR	2:30 B.I.N.G.O.	
4:00 Classic Talk show Radio	AR	6:30 Clarebridge Cinema	TR
6:30 Evening Movie	TR		

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9:00 B-Fit Exercise	AR	9:00 B-Fit Exercise	AR
10:00 Board Games	AR	9:45 Pet Therapy w/Judy	LR
1:15 Walkathon	OS	10:00 Crafty Morning	AR
1:30 Salon Day w/Madine		1:15 Walkathon	OS
2:30 Cornhole	AR	2:30 Mindy & Steve in concert	LR
4:00 Classic Talk show Radio	AR	6:30 Clarebridge Cinema	TR
6:30 Evening Movie	TR		

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25

9:00 B-Fit Exercise	AR	Christmas in July!	
10:00 Gardening Club	CY	9:00 B-Fit Exercise	AR
1:15 Walkathon	OS	1:15 Walkathon	OS
1:30 Salon Day w/Madine		10:00 Crafty Morning	AR
2:30 Cornhole	AR	2:00 Christmas in July!	DR
4:00 Classic Talk show Radio	AR	2:30 B.I.N.G.O	DR
6:30 Evening Movie	TR	6:30 Clarebridge Cinema	TR

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9:00 B-Fit Exercise	AR
10:00 Board Games	AR
1:15 Walkathon	OS
1:30 Salon Day w/Madine	
2:30 Cornhole	AR
4:00 Classic Talk show Radio	AR
6:30 Evening Movie	TR

05

9:30 B-Fit	AR
10:00 Morning Mental	AR
11:00 Hymns	#
2:30 Bingo	DR
4:00 Classic Talk Show Radio	#
6:30 ClareBridge Cinema	

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9:30 B-Fit	AR
10:00 Morning Mental	AR
11:00 Hymns	#
2:30 Bingo	DR
4:00 Classic Talk Show Radio	#
6:30 ClareBridge Cinema	

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9:30 B-Fit	AR
10:00 Morning Mental	AR
11:00 Hymns	#
2:30 Bingo	DR
4:00 Classic Talk Show Radio	#
6:30 ClareBridge Cinema	

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Happy Birthday Mary S!	
9:30 B-Fit	AR
10:00 Morning Mental	AR
11:00 Hymns	#
2:30 Bingo	DR
4:00 Classic Talk Show Radio	#
6:30 ClareBridge Cinema	

JULY
2025

THE DAILY PATH

UPCOMING EVENTS

07:00 Breakfast

09:00 B-Fit, Exercise

10:00 Refreshments

11:00 Morning Mental Workout:
Reminiscing/
Discussion and
Clustered Groups

11:30 Lunch

1:15 Creative/Crafts/Art
and Clustered
Groups

02:00 Physical


02:30 Refreshments

04:00 Music/
Intergenerational

04:30 Dinner

06:30 Sensory/News and
Reading Groups

07:15 Refreshments

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

LOCATION KEY

AR

Activity Room

BR

Bus Ride

CY

Court Yard

DR

Dining Room

LR

Living Room

#

In Touch in Use

AL

Assisted Living

PD

Private Dining Room

CA

Common Area

AR

B-Fit

TR

Theater Room





COMMUNITY CONNECTIONS

July 2025

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.

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

