


COMMUNITY CONNECTIONS CALENDAR

JULY
2025

THE DAILY PATH

UPCOMING EVENTS

- 7:30 Breakfast
- 9:30 B-Fit, Exercise
- 10:15 Refreshments
- 10:30 Morning Mental Workout:
Reminiscing/
Discussion and
Clustered Groups
- 11:30 Lunch
- 1:30 Creative/Crafts/Art
and Clustered
Groups
- 2:30 Physical
- 3:00 Refreshments
- 3:30 Music/
Intergenerational
- 4:30 Dinner
- 6:00 Sensory/News and
Reading Groups
- 7:00 Refreshments

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

LOCATION KEY

- CK Country Kitchen
- DR Dining Room
- LB Library
- LR Living Room
- SR Sun Room
- CY Courtyard
- PA Patio
- AR Activity Room
- TL TV Lounge



S	M	T	W	T	F	S
Brookdale Tanque Verde 9050 E Tanque Verde Rd Tucson, AZ 85749 (520) 749-9200 brookdale.com <small>Clare Bridge All activities are subject to change.</small>		01	02	03	04 INDEPENDENCE DAY	05
		9:30 BFit Exercise LR 10:00 Daily Chronicle LR 1:30 Scenic Drive 2:30 Floor Darts LR 3:30 Topical Discussion LR 6:00 Movie or Local News LR	Happy B-Day Herminia! 9:30 BFit Exercise LR 10:00 Refill Birdfeeders LR 1:30 Draw 1/2 the Picture AR 2:00 Bible Study SR 3:30 Sing Along LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:30 Refill Birdfeeders 1:30 Uno Card Game AR 2:30 Vitality in Motion! LR 3:30 Monthly Gazette SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Daily Chronicle LR 10:45 Communion St. Pius LB 11:00 4th of July Luncheon DR 1:30 Bingo DR 2:30 Rick Roemmick GuitarLR 3:30 Sing Along SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Walking Club LR 1:00 Make A Bikini AR 2:30 Cooking Club CK 3:30 Volleyball LR 6:00 Movie or Local News LR
06	07	08	09	10	11	12
9:30 BFit Exercise LR 10:00 Water Plants CY 1:30 Read NewsPaper AR 2:15 Communion w Ann M.LB 3:00 Floor Darts LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:15 Trivia with Michelle LR 1:30 Painting AR 2:30 Basketball LR 3:30 Sing Along SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Refill Bird Feeders CY 1:30 Scenic Drive 2:30 Manicures AR 3:30 Discuss the Liberty Bell SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Daily Chronicle LR 1:30 Refill Birdfeeders CY 2:00 Bible Study SR 3:30 Sing Along LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:30 Who was Lady Godiva? AR 1:30 Pina Colada Coloring AR 2:30 Ball Toss LR 3:30 Travelogue: Puerto Rico SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Daily Chronicle LR 10:45 Communion St. Pius LB 1:30 Bingo DR 3:00 Gus and Jaynie Guitar DR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 George W. Carver LR 1:30 Cooking Club CK 2:30 Volleyball LR 3:30 Sing Along SR 6:00 Movie or Local News LR
13	14	15	16	17	18	19
9:30 BFit Exercise LR 10:00 Water Plants CY 1:30 Word Search AR 2:15 Communion w Ann M.LB 3:00 Badminton DR 3:30 Sing Along SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:15 Trivia with Michelle LR 1:30 Coloring AR 2:30 Piano w/Dr. Lois WildeLR 3:30 Basketball LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Refill Bird Feeders CY 1:30 Scenic Drive 2:30 Corn Hole LR 3:30 Xmas in July Talk SR 6:00 Movie or Local News LR	Happy Birthday Christine 9:30 BFit Exercise LR 1:30 Hot Dog Painting AR 2:00 Bible Study SR 3:00 Can Toss Game LR 3:30 How It's Made: Hot Dogs LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:30 Uno Card Game CK 1:30 Jewelry Making AR 2:30 Manicures CK 3:30 Sister Cities LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Daily Chronicle LR 10:45 Communion St. Pius LB 1:30 Bingo DR 2:30 Happy Hour DR 3:30 Discuss Nelson MandelaLR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Water Garden CY 1:15 Cooking Club CK 2:00 Volleyball LR 3:00 Foreign Language Day SR 6:00 Movie or Local News LR
20	21	22	23	24	25	26
Happy Birthday Charlotte 9:30 BFit Exercise LR 10:00 Water Plants CY 1:00 Miriam and Saya LR 2:15 Communion w Ann M.LB 3:00 Basketball LR 3:30 Music SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:15 Trivia with Michelle LR 1:30 Jewelry Making AR 2:30 Basketball LR 3:30 Oldies Karaoke iN2L SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Refill Bird Feeders LR 10:30 Resident Council LR 1:30 Scenic Drive 2:30 Badminton LR 3:30 Spoonerisms SR 6:00 Movie or Local News LR	Happy Birthday Shirley 9:30 BFit Exercise LR 10:00 Water Plants CY 1:30 Bingo for Reese's SR 2:00 Bible Study SR 3:30 Sing Along LR 4:00 Family Support Group LB 6:00 Movie or Local News LR	Happy Birthday Mary F. 9:30 BFit Exercise LR 10:30 Walking Club 1:30 Manicures AR 2:00 Vitality in Motion! LR 3:30 Littlest Big Band LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Daily Chronicle LR 10:45 Communion St. Pius LB 1:30 Bingo DR 2:30 Dance Party DR 3:30 Sing Along LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Day of the Cowboy LR 1:15 Cooking Club CK 2:00 Volleyball LR 3:00 Country Music SR 6:00 Movie or Local News LR
27	28	29	30	31		
9:30 BFit Exercise LR 10:00 Daily Chronicle LR 1:30 Coloring or Puzzles AR 2:15 Communion w Ann M.LB 3:00 Basketball LR 3:00 Floor Darts LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:15 Trivia with Michelle LR 1:30 Puzzles SR 2:30 Golf Put-Put LR 3:30 Tea Social CK 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Refill Birdfeeders CY 1:30 Scenic Drive 2:30 Put-Put LR 3:30 Int'l Tiger Day SR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:00 Water Plants CY 1:30 Friendship Bracelets AR 2:00 Bible Study SR 3:30 Volleyball LR 6:00 Movie or Local News LR	9:30 BFit Exercise LR 10:30 Name that instrument SR 1:30 Eye of God Craft AR 2:30 Ball Toss LR 3:30 Guacamole and Chips CK 6:00 Movie or Local News LR		

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.