

COMMUNITY CONNECTIONS

August 2025

S	M	T	W	T	F	S	
August 31	Brookdale Asheville Overlook 308 Overlook Road Asheville, NC 28803 (828) 684-1982 brookdale.com			LOCATION KEY DR Dining Room AR Activity Room LR Living Room FP Front Porch H Hallways O Outing AT Activity Table AP Activity Porch L Lobby BP Beauty Parlor IR Individual Room O/H Outside/Hallways		01	02
7:30 Catholic Mass TV Program IR 9:00 News & Views IR 10:00 Church TV Program LR 1:30 B-Fit Social Walk O/H 2:00 Mahjong Club AR 3:00 Board Games Club AR 6:30 World News IR						9:00 News & Views IR 10:00 Walmart Shopping O 1:30 Walking Club O/H 2:30 Movie & Popcorn LR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Social Walk O/H 2:00 Coloring Group w/Kathy AR 3:00 Board Games Club AR 3:00 Saturday Matinee IR 6:30 World News IR
03	04	05	06	07	08	09	
7:30 Catholic Mass TV Program IR 9:00 News & Views IR 10:00 Church TV Program LR 1:30 B-Fit Social Walk O/H 2:00 Mahjong Club AR 3:00 Board Games Club AR 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise: Cardio & Upper Body DR 1:30 Walking Club O/H 2:00 Milkshake Monday LR 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise: Core & Flexibility DR 1:30 Walking Club O/H 2:30 Java Music Club AR 4:00 Flex Your Brain AR 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise AR 11:25 Catholic Comm. w/Alex 1:30 Mahjong Club AR 2:00 Nat'l Root Beer Float DR 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise: Balance & Coordination DR 1:15 Ice Cream Outing O 4:00 Flex Your Brain AR 6:30 World News IR	9:00 News & Views IR 10:00 Walmart Shopping O 1:30 Walking Club O/H 2:30 Resident Auction DR 7:00 Friday Night Movie IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Social Walk O/H 2:00 Coloring Group w/Kathy AR 3:00 Board Games Club AR 3:00 Saturday Matinee IR 6:30 World News IR	
10	11	12	13	14	15	16	
7:30 Catholic Mass TV Program IR 9:00 News & Views IR 10:00 Church TV Program LR 1:30 B-Fit Social Walk O/H 2:00 Mahjong Club AR 3:00 Board Games Club AR 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise: Cardio & Upper Body DR 11:00 Resident Council DR 1:30 Menu Chat w/Amanda DR 2:00 Milkshake Monday LR 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise: Core & Flexibility DR 11:00 Lunch Outing:First Watch O 1:30 Walking Club O/H 4:00 Flex Your Brain AR 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise AR 11:25 Catholic Comm. w/Alex 11:30 Resident Engagement Chat AR 1:30 Mahjong Club AR 1:30 Pet Therapy w/Scout 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise: Balance & Coordination DR 2:00 My Life Story AR 3-5 Open House 4:00 Flex Your Brain AR 6:30 World News IR	9:00 News & Views IR 10:00 Walmart Shopping O 1:30 Walking Club O/H 2:30 Friendship Gathering AR 4:00 History Club AR 7:00 Friday Night Movie IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Social Walk O/H 2:00 Coloring Group w/Kathy AR 3:00 Board Games Club AR 3:00 Saturday Matinee IR 6:30 World News IR	
17	18	19	20	21	22	23	
7:30 Catholic Mass TV Program IR 9:00 News & Views IR 10:00 Church TV Program LR 1:30 B-Fit Social Walk O/H 2:00 Mahjong Club AR 3:00 Board Games Club AR 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise: Cardio & Upper Body DR 1:30 Walking Club O/H 2:00 Milkshake Monday LR 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise DR 1:30 Walking Club O/H 2:30 Monthly Birthday Party DR 4:00 Flex Your Brain AR 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise:Cardio & Lower Body AR 11:25 Catholic Comm. w/Alex 1:30 Mahjong Club AR 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise: Balance & Coordination DR 1:30 Scenic Drive O 4:00 Flex Your Brain AR 6:30 World News IR	9:00 News & Views IR 10:00 Walmart Shopping O 1:30 Walking Club O/H 1:45 Mix & Mingle w/Tom Fisch DR 4:00 History Club AR 7:00 Friday Night Movie IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Social Walk O/H 2:00 Coloring Group w/Kathy AR 3:00 Board Games Club AR 3:00 Saturday Matinee IR 6:30 World News IR	
24	25	26	27	28	29	30	
7:30 Catholic Mass TV Program IR 9:00 News & Views IR 10:00 Church TV Program LR 1:30 B-Fit Social Walk O/H 2:00 Mahjong Club AR 3:00 Board Games Club AR 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise: Cardio & Upper Body DR 1:30 Walking Club O/H 2:00 Nat'l Banana Split Day DR 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise: Core & Flexibility DR 1:30 Walking Club O/H 4:00 Flex Your Brain AR 5-7 Family Night Luau 6:30 World News IR	10:00 Daily Devotion AR 10:30 B-Fit Exercise:Cardio & Lower Body AR 11:25 Catholic Comm. w/Alex 1:30 Mahjong Club AR 1:30 Pet Therapy w/Scout 3:00 BINGO! DR 6:30 World News IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Exercise: Balance & Coordination DR 2:00 OLHT: Home Safety AR 4:00 Flex Your Brain AR 6:30 World News IR	9:00 News & Views IR 10:00 Walmart Shopping O 1:30 Walking Club O/H 2:00 Paint & Sip AR 4:00 History Club AR 7:00 Friday Night Movie IR	9:00 News & Views IR 10:00 Daily Devotion AR 10:30 B-Fit Social Walk O/H 2:00 Coloring Group w/Kathy AR 3:00 Board Games Club AR 3:00 Saturday Matinee IR 6:30 World News IR	



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The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

What Does It Really Mean to Be Happy? Celebrating Happiness Happens Month

August is Happiness Happens Month, the national observance, started in 2000 by a group known as the Secret Society of Happy People, is dedicated to the pursuit of happiness. So what exactly does it mean to be happy? Although there are many different definitions, researchers who study the science of happiness often define happiness in two key ways—both of which we can nurture throughout our lives.

The first is hedonic well-being—the classic idea of happiness as feeling good. This includes positive emotions like joy and gratitude, fewer negative emotions, and overall satisfaction with life. The second is eudaimonic well-being, which focuses on meaning, purpose, and personal growth. Together, they form what scientists call subjective well-being.

Older adults often score higher on life satisfaction than younger people, especially when they focus on relationships, routines, and values that matter most. Perhaps with age we accumulate life experiences that enable a better understanding of how maintaining close relationships and participating in personally meaningful activities contribute to happiness. Or maybe we learn that small actions—like expressing gratitude, helping others, or spending time in nature—lead to greater well-being.

Research suggests that positive emotions have a number of health benefits, such as lower stress and inflammation, better immune response and lower risk of certain diseases. Happiness can also indirectly improve health by promoting better sleep, healthier eating patterns, and more active lifestyles.

The key takeaway is that joy doesn't have to be loud or constant. It can be quiet, meaningful, and built through everyday choices. **What's one thing that gave you a sense of meaning—or a moment of joy—today?** Sources: NIH, Geriatrics and Gerontology



Did You Know?

Feedback is a Gift

At Brookdale, it is our mission to enrich lives every day, and we strive to create the best possible experience for our residents and their families. Your feedback is a gift. Below is how you can share with us.

Fill Out a Survey

You may be randomly selected to receive a survey via mail, email from Brookdale, or a third party organization such as U.S. News or J.D. Power. All you have to do is fill it out and send it back. Your feedback is important to us and we appreciate you taking the time to complete a survey. All responses will remain anonymous unless you choose to self-identify.

Give Us a Call or Email

Feel free to provide feedback to your local community managers at any time, or call the Resident & Family Connection Line at **(877) 400-5296** or email familyconnection@brookdale.com. An associate will be happy to connect with you.

Brookdale News

Brookdale Senior Living Celebrates Resident Wellness with National B-Fit Day

As part of our commitment to health and well-being, Brookdale Senior Living communities across the country participated in a nationwide group exercise experience.

On May 28, residents, families, and team members across the country joined together for Brookdale's signature B-Fit workout, Brookdale's unique well-being program, offering residents enjoyable, accessible physical activities tailored to support overall health and connection. The program is grounded in gerontological research and designed to enhance quality of life through movement, fun, and togetherness.

The inaugural National B-Fit Day exemplifies Brookdale's commitment to innovative, resident-centered care and engagement. With 647 communities across the U.S., Brookdale continues to lead the way in holistic senior living experiences. The goal of the program is to provide opportunities for residents to participate in regular physical activity that supports their well-being and functional abilities.

"At Brookdale, we know that staying active supports not only physical health, but emotional and cognitive well-being too," said Brookdale Senior Vice-President of Resident and Family Engagement Sara Terry. "National B-Fit Day brings our mission to life—with our residents across the country engaging in B-Fit to highlight our commitment to overall well-being!"



An Engaged Life



Elaine, a resident at Brookdale Green Hills Cumberland has called Nashville home since 1967. The daughter of a law professor and dean at Southern University in Baton Rouge, LA, she spent her early years attending the university's lab school during a time of segregation. It was during those formative years, as she watched children from the neighboring Louisiana School for the Blind, that Elaine found her calling—to work with children who are visually impaired.

By the time school systems were integrated, Elaine was among the first Black young women to attend Saint Joseph Academy which led her to George Peabody College for Teachers. Elaine dedicated 44 years to the Tennessee School for the Blind, where she served as both a teacher and administrator, leaving a lasting legacy of compassion and excellence.

After her beloved husband Toyo of 53 years passed away in 2023, Elaine's children encouraged her to explore senior living communities for both safety and social connection. While initially hesitant, Elaine quickly found her place at Brookdale Green Hills Cumberland, where her vibrant personality shines. Known for her quick wit, warmth, and remarkable storytelling, Elaine has become a beloved Resident Ambassador at the community. Whether she's leading bingo night, welcoming and helping to orient new residents, or chatting with friends in the dining room, Elaine continues to inspire those around her with her humor, resilience, and her generous spirit.