

COMMUNITY CONNECTIONS CALENDAR

S	M	T	W	T	F	S
November 30						01
9:30 B-Fit AR 10:15 Catholic Prayer Service LL 10:30 Board Game Trivia AR 2:00 Soothing Colors AR 2:45 Drum Circle LR 3:30 Mark Twain Bio AR 5:30 Night Cap DR		Brookdale Tempe 1610 East Guadalupe Road Tempe, AZ 85283 (480) 777-9334 brookdale.com Clare Bridge All activities are subject to change.				9:30 B-Fit AR 10:30 Crossword Challenge AR 2:00 Rock Painting SK 2:45 Core Strengthening AR 3:30 Bob Dylan Songs AR 5:30 Manicures SK
02 DAYLIGHT SAVING TIME END	03	04 ELECTION DAY	05	06	07	08
9:30 B-Fit AR 10:15 Catholic Prayer Service LL 10:30 Categories Trivia AR 2:00 Water Colors AR 2:45 Musical Jam Session AR 3:30 Burt Lancaster Bio AR 5:30 Night Cap DR	9:30 B-Fit AR 10:30 Explore IN2L AR 2:00 Gardening GR 2:45 Mindful Movements AR 3:30 Simon Garfunkel Music AR 5:30 Devotions AR	9:30 B-Fit AR 10:30 Resident Council AR 2:00 Crafternoon SK 2:45 Walk About O 3:30 The Eagles AR 5:30 Tea Time DR	9:30 B-Fit AR 10:30 New Trivia AR 2:00 Beer Cheese Soup SK 2:45 Happy Hour FR 3:30 Marion's Music FR 5:30 Choir Practice AR	9:30 B-Fit AR 10:30 Crosswords AR 2:00 Thankful Tree FR 2:45 Coffee Clutch DR 3:30 Mellow Melodies AR 5:30 Game Night AR	9:30 B-Fit AR 10:30 Word Games AR 2:00 Gardening GR 2:45 ROM Exercises AR 3:30 The Beatles AR 5:30 Classic TV AR	7:00 Walk to End ALZ O 9:30 B-Fit AR 10:00 ASU Outreach Choir FR 10:30 Trivia AR 2:00 Color My World SK 2:45 Sit and Stretch AR 3:30 Karaoke AR 5:30 Manicures SK
09	10	11 VETERANS DAY	12	13	14	15
9:30 B-Fit AR 10:15 Catholic Prayer Service LL 10:30 Which Came First? AR 2:00 Travel: Turkey AR 2:45 Scarf/Ribbon Dancing AR 3:30 Great Art Explained AR 5:30 Night Cap DR	9:30 B-Fit AR 10:30 November Trivia AR 2:00 Gardening GR 2:45 Courtyard Stretches AR 3:30 Neil Young Music AR 5:30 Devotions AR	9:30 B-Fit AR 10:30 Veterans Day History AR 2:00 Honoring Our Vets FR 2:45 Sit and Stretch AR 3:30 Patriotic Music AR 5:30 Tea Time DR	9:30 B-Fit AR 10:30 Word Games AR 2:00 Leek and Potato Soup SK 2:45 Happy Hour FR 3:30 Swinging Songs AR 6:00 PB & J FR	9:30 B-Fit AR 10:30 Wedding Trivia AR 2:00 Apple Pot Container SK 2:45 Coffee Clutch DR 3:30 Wedding Songs AR 4:30 Family Support Group LL 5:30 Game Night AR	9:30 B-Fit AR 10:30 Literary Trivia AR 2:00 Gardening GR 2:45 Sit and Stretch AR 3:30 Barbershop Music AR 5:30 Classic TV AR	9:30 B-Fit AR 10:30 Name That Sound AR 2:00 Pumpkin Art SK 2:30 Shawn and Friends FR 2:45 Core Strength AR 3:30 Soothing Sounds AR 5:30 Manicures SK
16	17	18	19	20	21	22
9:30 B-Fit AR 10:15 Catholic Prayer Service LL 10:30 Fast Food Trivia AR 2:00 Fluff, Fold, Organize AR 2:45 Drum Circle LR 3:30 Dick Clark Bio AR 5:30 Night Cap DR	9:30 B-Fit AR 10:30 Wheel of Fortune AR 2:00 Gardening GR 2:45 Seated Line Dancing AR 3:30 Gordon Lightfoot AR 5:30 Devotions AR	9:30 B-Fit AR 10:30 World Cultures Trivia AR 2:00 Crafternoon SK 2:45 Sit and Stretch AR 3:00 Hymns with Jennifer FR 3:30 Mickey Mouse B-day AR 5:30 Tea Time DR	9:30 B-Fit AR 10:30 Music Trivia AR 2:00 Ham and Potato Soup SK 2:45 Happy Hour FR 3:30 Marion's Music FR 5:30 Choir Practice AR	9:30 B-Fit AR 10:30 Thanksgiving Talk AR 2:00 Aqua Paint SK 2:45 Coffee Clutch DR 3:30 Hugh Laurie Music AR 4:30 Embrace Presentation LL 5:30 Game Night AR	9:30 B-Fit AR 10:30 Name That Instrument AR 2:00 Gardening GR 2:30 Sasha's Cello FR 2:45 Sit and Stretch AR 3:30 Mellow Melodies SR 5:30 Classic TV AR	9:30 B-Fit AR 10:30 Train Trivia AR 2:00 Build a ... SK 2:45 ROM Exercise AR 3:30 Lovin' Spoonful Music AR 5:30 Manicures SK
23	24	25	26	27 THANKSGIVING	28	29
9:30 B-Fit AR 10:15 Catholic Prayer Service LL 10:30 Nutrition Trivia AR 2:00 Soothing Colors AR 2:45 Musical Jam Session AR 3:30 Billy the Kid Bio AR 5:30 Night Cap DR	9:30 B-Fit AR 10:30 Jeopardy AR 2:00 Betty Paul's Flute C 2:45 Seated Tai Chi AR 3:30 Karaoke AR 5:30 Devotions AR	9:30 B-Fit AR 10:30 3 of a Kind Trivia AR 2:00 Mini Pumpkin Turkeys SK 2:30 Billy Frederick FR 2:45 Soothing Sounds SR 3:30 Joe DiMaggio Bio AR 5:30 Tea Time DR	9:30 B-Fit AR 10:30 Common Sayings AR 2:00 Parsnip Soup SK 2:45 Happy Hour FR 3:30 Zac Brown Band Music AR 6:00 PB & J FR	9:30 B-Fit AR 10:30 Thanksgiving Trivia AR 2:00 Color My World SK 2:30 Holiday Dessert Bar FR 3:30 Bing Crosby Music AR 5:30 Game Night AR	9:30 B-Fit AR 10:30 Christmas Decor C 2:00 Gardening GR 2:30 Shawn Royer FR 3:30 Christmas Music C 5:30 Classic TV AR	9:30 B-Fit AR 10:30 Winter Trivia AR 2:00 More Decor C 2:45 ROM Exercises AR 3:30 Christmas Tunes C 5:30 Manicures SK

NOVEMBER
2025

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 9:30 B-Fit, Exercise
- 10:00 Refreshments
- 10:30 Morning Mental Workout:
Reminiscing/
Discussion and
Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art
and Clustered
Groups
- 2:45 Physical
- 3:00 Refreshments
- 3:30 Music/
Intergenerational
- 4:30 Dinner
- 5:30 Sensory/News and
Reading Groups
- 6:30 Refreshments

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

LOCATION KEY

- AR Activity Room
- C Community
- CY Courtyard
- DR Dining Room
- FR Family Room
- GR Garden Room
- LL Learning Lab
- LR Living Room
- O Outings/Outdoors
- SR Solace Room
- SK Studio Kitchen



COMMUNITY CONNECTIONS

November 2025



The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

Take Charge and Conquer the Fall Shorter-Day Blues with Bright Ideas

About this time every year, I find myself in an emotional tug-of-war. On the one hand, I love fall—the crisp air, falling leaves, college football and preparing for the upcoming holidays. On the other, I often struggle with shorter days—less daylight for dog walks or exercise, darker mornings making it harder to wake up, and evenings that feel over before they've even begun. Can you relate?

If so, a few small, intentional steps may make the season feel brighter, warmer, and more joyful. Here are some ways to bring more light—both literal and figurative—into this time of year:

Seek the sun. Even brief time outdoors in the morning or early afternoon helps regulate the body's rhythms. A walk, sitting by a sunny window, or tending to plants can boost alertness and improve nighttime sleep.

Let there be light! Open curtains wide, keep rooms well lit, and brighten dark corners with lamps. A light therapy lamp may be especially helpful for some when used as directed by a health care provider.

Move your body. Physical activity, such as B-Fit, yoga, or a short walk, boosts circulation and releases "feel good" chemicals in the brain. Movement also helps reduce joint stiffness and warms the body on chilly days.

Stay connected. Social interaction can be a powerful mood booster. Sharing a meal, joining a group activity, or simply connecting with a friend provides warmth no lamp can replicate.

Add little joys. Listen to your favorite music, enjoy seasonal foods like apples or warm soups, or try a new creative endeavor. Engaging your sense of smell can be uplifting too—diffuse essential oils, light a candle, or bring in natural aromas like pine branches or cinnamon sticks.

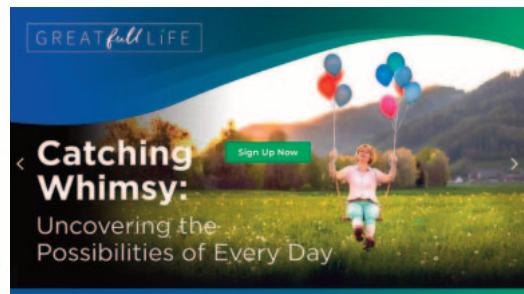
Shorter fall days can actually help you focus, simplify, and appreciate the beauty of each moment.



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



Brookdale News

Brookdale Launches Bold New Podcast "The Grey Take" for Caregivers

Brookdale Senior Living is breaking the mold with the launch of a new podcast created for adult children of aging parents. *The Grey Take* offers a fresh, fearless, and often funny perspective on one of life's most complex journeys: caregiving.

The Grey Take dives headfirst into the grey areas families face when caring for aging loved ones, because life—and aging—isn't black and white. From tough talks about assisted living to tech battles over Wi-Fi passwords, the podcast blends humor, honesty, and expert insight to help listeners feel seen, supported, and a little less alone.

"There's truly nothing like The Grey Take in the podcast space," said Brookdale Chief Marketing Officer David Cygan. "We saw a real opportunity to create something empowering and meaningful for adult children of aging parents. This show fills a much-needed space with real stories, helpful guidance, and uplifting moments that remind caregivers they're not alone—and that support, connection, and even laughter are possible along the way."

Hosted by documentary filmmaker Roy Clary, longtime caregiver Suzie Lind, and journalist and author Marybeth (MB) Roberts, each episode features the hosts' unfiltered stories from their own caregiving experiences, candid conversations with industry experts, and relatable moments from the sometimes messy complicated reality of growing older and helping parents through it. The Grey Take is available on Spotify, and Apple Podcasts with new episodes dropping twice a month.



An Engaged Life



Barbara B. resides at Brookdale Fort Myers The Colony in Florida. Prior to moving into the community, Barbara led a fully independent life with activities and was concerned that she would lose some of that independence upon moving in.

A big part of Barbara's life has been dedicated to physical activities including teaching exercise classes for many years. Barbara immediately started participating in the community's daily B-Fit classes, often helping other residents. Barbara was asked if she could teach an exercise class and with that, *Thursday B-Fit with Barbara* began. Every Thursday morning, Barbara has a new playlist and tailors each exercise class to the strengths and abilities of the residents attending. The residents enjoy Barbara's class and look forward to participating each week.

Barbara has a longtime love of gardening that has carried over to her life at Brookdale. She can often be found in the community's Friendship Garden courtyard planting seeds or tending to flowers. She enjoys educating the residents and staff on what specific plants will best flourish in the Southwest Florida area. Barbara shared, "I enjoy helping others, it makes me feel young and alive, and brings me joy".

Barbara's lifelong positive attitude and her passion for sharing with others has made her move to Brookdale Fort Myers The Colony so successful. She continues to live a life full of both independence and purpose which resonates with those around her. A perfect mix!