

January 2026

Brookdale Allenmore
 2010 South Union Avenue
 Tacoma, WA 98405
 (253) 752-6870
brookdale.com

Independent Living
 All activities are subject to change.

LOCATION KEY
 LBY Lobby
 LG Lounge
 AR Activity Room
 DR Dining Room
 LB Library
 BAR Sports Bar
 FD Front Desk
 EXC Excursions
 WO Walking Outside
 PAT Patio

1	10:00 B-Fit Flexibility	LG	2	9:00 Podiatrist Visit	AR	3	10:00 B-Fit Balance	LG
	2:00 Bingo	LG		9:30 Bible Study	LB		11:00 Who Am I?	LBY
	3:30 Mix & Mingle W/ Appetizers	BAR		9:30 Shop the Loop	EXC		2:00 Musical Bingo	LG
	6:00 Mah Jong	AR		10:00 B-Fit Strength	LG		3:15 Craft Club	AR
				1:00 Outing to Home Goods	EXC		6:00 Gin Rummy	AR
				2:00 Bingo	LG			
				6:00 Poker	AR			

4	10:00 B-Fit Cardio (Self-led)	LG	5	10:00 B-fit Balance	LG	6	10:00 B-Fit Chair Yoga	LG	7	10:00 B-Fit Cardio	LG	8	10:00 B-Fit Flexibility	LG	9	9:30 Bible Study	LB	10	10:00 B-Fit Balance	LG
	10:30 Walking Club	WO		10:45 Activites w/Tanisha	AR		10:45 Agility Presentation	LG		10:45 Outing to Round Table	EXC		12:00 Ambassador Lunch	DR		9:30 Shop the Loop	EXC		11:00 Who Am I?	LBY
	1:30 Movie Time	LBY		2:00 Bingo	LG		2:00 Bingo	LG		Pizza			2:00 Bingo	AR		10:00 B-Fit Strength	LG		2:00 Musical Bingo	LG
	6:00 Cribbage	AR		6:00 Trivia	AR		6:00 Mah Jong	AR		2:00 Shopping at Fred Meyer	EXC		3:15 Music w/ Marty & Special	LG		1:00 Outing to Lemay Car	EXC		3:15 Craft Club	AR
										2:00 Bingo	LG		Drink Menu			Museum			6:00 Gin Rummy	AR
										4:30 Resident Birthday Dinner	DR		6:00 Monopoly	AR		2:00 Bingo	LG			
										6:00 Monopoly	AR					6:00 Poker	AR			
11	10:00 B-Fit Cardio (Self-Led)	LG	12	10:00 B-fit Balance	LG	13	10:00 B-Fit Chair Yoga	LG	14	10:00 B-Fit Cardio	LG	15	10:00 B-Fit Flexibility	AR	16	9:30 Bible Study	LB	17	10:00 B-Fit Balance	LG
	10:30 Walking Club	WO		10:30 Menu Review	LG		1:30 Resident Chat	LG		10:30 Catholic Commute	LB		9:30 Shop the Loop	EXC		11:00 Who Am I?	LBY		11:00 Who Am I?	LBY
	1:30 Movie Time	LBY		10:45 Activities w/Tanisha	AR		2:00 Bingo	LG		10:45 Outing to Southern	EXC		10:00 B-Fit Strength	LG		2:00 Musical Bingo	LG		2:00 Musical Bingo	LG
	6:00 Poker	AR		6:00 Rummy	AR		6:00 Rummikub	AR		Kitchen			1:00 Outing to the Casino	EXC		3:15 Craft Club	AR		3:15 Craft Club	AR
										2:00 Shopping at Fred Meyer	EXC		2:00 Bingo	LG		2:00 Bingo	LG		6:00 Gin Rummy	AR
										2:00 Bingo	LG		6:00 Gin Rummy	AR		6:30 Poker	AR			
18	10:00 B-Fit Cardio (Self-Led)	LG	19	MARTIN LUTHER KING JR. DAY	LG	20	10:00 B-Fit Chair Yoga	LG	21	10:00 B-Fit Cardio	LG	22	10:00 B-Fit Flexibility	LG	23	9:30 Bible Study	LB	24	10:00 B-Fit Balance	LG
	10:30 Walking Club	WO		10:00 B-fit Balance	LG		1:30 Town Hall Meeting	LG		10:45 Outing to Jazzy's	EXC		9:30 Shop the Loop	EXC		11:00 Who Am I?	LBY		11:00 Who Am I?	LBY
	1:30 Movie Time	LBY		10:45 Activities W/ Tanisha	AR		2:45 Bingo	LG		Cafe			10:00 B-Fit Strength	LG		2:00 Musical Bingo	LG		2:00 Musical Bingo	LG
	6:00 Golf (card game)	AR		6:00 Golf (Card Game)	AR		6:00 Mah Jong	AR		2:00 Shopping at Fred Meyer	EXC		1:00 Outing to Hobby Lobby	EXC		3:15 Craft Club	AR		3:15 Craft Club	AR
										2:00 Bingo	AR		2:00 Bingo	AR		2:00 Bingo	AR		6:00 Gin Rummy	AR
										6:00 Poker	AR		6:00 Cribbage	AR		6:30 Poker	AR			
25	10:00 B-Fit Cardio (Self-Led)	LG	26	10:00 B-fit Balance	LG	27	10:00 B-Fit Chair Yoga	LG	28	10:00 B-Fit Cardio	LG	29	10:00 B-Fit Flexibility	LG	30	9:30 Bible Study	LB	31	10:00 B-Fit Balance	LG
	10:30 Walking Club	WO		10:45 Activities w/ Tanisha	AR		10:45 Japanese Tea Ceremony	LG		10:30 Catholic Mass	LB		9:30 Shop the Loop	EXC		11:00 Who Am I?	LBY		11:00 Who Am I?	LBY
	1:30 Movie Time	LBY		2:00 Bingo	AR		2:00 Bingo	LG		10:45 Outing to Ben Dew's	EXC		10:00 B-Fit Strength	LG		2:00 Musical Bingo	LG		2:00 Musical Bingo	LG
	6:00 Cribbage	AR		6:00 Yahtzee	AR		6:00 Gin Rummy	AR		2:00 Shopping at Fred Meyer	EXC		1:00 Outing to World Market	EXC		3:15 Craft Club	AR		3:15 Craft Club	AR
										2:00 Bingo	LG		2:00 Bingo	AR		2:00 Bingo	AR		6:00 Gin Rummy	AR
										6:00 Yahtzee	AR		6:00 Scrabble	AR		6:30 Poker	AR			

The Gerontologist's Corner

Featuring Christy Phillips, PhD, Gerontologist at Brookdale

Can Brain Training Really Help? Science Says Yes

You've probably heard the word neuroplasticity tossed around a lot lately—but what does it really mean for daily life? Simply put, it's the brain's ability to form new connections and strengthen old ones. A new study from McGill University suggests specific brain exercises can promote neuroplasticity by restoring the function of key neurochemicals in the brain known to decline with age and linked to attention, memory, and decision-making. Participants who completed 35 hours of speed-based adaptive brain training over 10 weeks experienced increased function, effectively reversing a decade of normal age-related declines.

This study reinforces growing evidence that speed-based cognitive training can sharpen mental function, enhance daily life, and potentially reduce dementia risk. These exercises train your brain to notice, think, and react more quickly, strengthening communication between brain regions so information flows faster and more accurately.

One hallmark of cognitive aging is declining processing speed—the time it takes for sensory information to reach your brain and for your brain to process and respond. This slowdown affects everyday activities, decision-making, and how we interact with others and our environments. Consider a driver needing to react quickly to a pedestrian stepping into the road—processing speed is critical.

The encouraging news: our brains can adapt and improve at any age with regular brain "workouts." The key is adaptive, speed-based training that progressively challenges you to think and respond faster—not just memory games. Programs like BrainHQ (brainhq.com) offer online training specifically designed to reverse age-related declines in processing speed.

Just 20-30 minutes a few times weekly can make a difference. While BrainHQ costs \$14/month, many Medicare Advantage plans include complimentary access. In addition, AARP's Staying Sharp membership also provides access to a BrainHQ version plus additional brain health resources, making these science-backed tools accessible to those seeking to maintain cognitive vitality. Source: McGill.ca



Did You Know?

Brookdale's Friends for Life Incentive

Friends for Life (FFL) is an incentive program to encourage residents and families to tell their family and friends about living at Brookdale. Relationships and friendships support a culture of community and social connectedness within both Brookdale and the greater community. For each referral that moves into a community, the current (referring) resident receives fabulous rewards. See your ED or sales team for more details.



How to refer friends:

1. Tell us the name of a friend who would love to live at your community
2. If your friend moves in, you'll qualify for a rent credit*
3. Refer more friends for even more rent credits, and have more friends in your community!

*Terms and conditions apply.

COMMUNITY CONNECTIONS

January 2026

Brookdale News

A Message from Our New Brookdale CEO, Nick Stengle

I'm honored to introduce myself and share how grateful I am to be part of Brookdale. First, I want to extend my appreciation to you and your family for placing your trust in us by calling Brookdale home. You are at the heart of everything we do.

Since joining Brookdale in October, I've spent much of my time visiting our communities, meeting residents, and connecting with associates across the country. I've been inspired by the warmth, compassion, and sense of purpose that shine through in every interaction. It's clear that Brookdale isn't just a place to live or work—it's a community built on care and connection.

My professional journey has taken me through leadership roles in senior living, healthcare, restaurants, and hospitality, and earlier in life, I had the privilege of serving 11 years in the United States Air Force, including as a Top Gun Instructor Pilot. Across each chapter, my mission has remained the same: to build great teams, lead with purpose, and drive operational excellence.

Together, we'll continue to strengthen the foundation that makes Brookdale a special place to live and work. I'm excited for the journey ahead and grateful to be on it with all of you.

Nick Stengle

CEO



CEO Nick Stengle visiting communities and meeting residents.

An Engaged Life



When Dick K. and his late wife, Darleen, moved to Brookdale First Colony in 2021, he was looking for a way to further grow in his faith and walk with God. He heard about the community Prayer Group and went to learn more about it. At the time, there were only two to three residents who regularly participated in the group and the person leading the group wanted to expand it. They asked Dick for some help and shortly thereafter he became the sole leader of the Prayer Group, which has now grown to over 30 residents attending on a regular basis.

Dick is a graduate of Luther College. After college, he went on to study at the Luther Seminary in St. Paul, Minnesota. He served as a pastor in Minnesota and Texas before being appointed Chaplain at the Texas Department of Corrections. His passion is helping those in crisis see how fulfilling life can be when you look to God for all the answers.

He spends his leisure time watching TV and listening to music. Dick is also a Neil Diamond fan and an avid reader. He participates in the New Resident Ambassador program which meets with new residents and helps them become familiar with the community. He is active in the veteran's group and also a part of the community safety council. Dick is truly living a spiritual and engaged life.