

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

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

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NEW YEAR'S DAY  
10:00 B-Fit Flexibility LG  
2:00 Bingo LG  
3:30 Mix & Mingle W/ Appetizers BAR  
6:00 Mah Jong AR

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9:00 Podiatrist Visit AR  
9:30 Bible Study LB  
9:30 Shop the Loop EXC  
10:00 B-Fit Strength LG  
1:00 Outing to Home Goods EXC  
2:00 Bingo LG  
6:00 Poker AR

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10:00 B-Fit Balance LG  
11:00 Who Am I? LB  
2:00 Musical Bingo LG  
3:15 Craft Club AR  
6:00 Gin Rummy AR

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10:00 B-Fit Cardio (Self-led) LG  
10:30 Walking Club WO  
1:30 Movie Time LB  
6:00 Cribbage AR

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10:00 B-fit Balance LG  
10:45 Activites w/ Tanisha AR  
2:00 Bingo LG  
6:00 Trivia AR

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10:00 B-Fit Chair Yoga LG  
10:45 Agility Presentation LG  
2:00 Bingo LG  
6:00 Mah Jong AR

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10:00 B-Fit Cardio LG  
10:45 Outing to Round Table EXC  
2:00 Shopping at Fred Meyer EXC  
2:00 Bingo LG  
4:30 Resident Birthday Dinner DR  
6:00 Monopoly AR

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10:00 B-Fit Flexibility LG  
12:00 Ambassador Lunch DR  
2:00 Bingo AR  
3:15 Music w/ Marty & Special Drink Menu LG  
6:00 Monopoly AR

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9:30 Bible Study LB  
9:30 Shop the Loop EXC  
10:00 B-Fit Strength LG  
1:00 Outing to Lemay Car Museum EXC  
2:00 Bingo LG  
6:00 Poker AR

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10:00 B-Fit Balance LG  
11:00 Who Am I? LB  
2:00 Musical Bingo LG  
3:15 Craft Club AR  
6:00 Gin Rummy AR

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10:00 B-Fit Cardio (Self-Led) LG  
10:30 Walking Club WO  
1:30 Movie Time LB  
6:00 Poker AR

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10:00 B-fit Balance LG  
10:30 Menu Review LG  
10:45 Activities w/Tanisha AR  
2:00 Bingo LG  
6:00 Rummy AR

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10:00 B-Fit Chair Yoga LG  
1:30 Resident Chat LG  
2:00 Bingo LG  
6:00 Rummikub AR

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10:00 B-Fit Cardio LG  
10:30 Catholic Commute LB  
10:45 Outing to Southern Kitchen EXC  
2:00 Shopping at Fred Meyer EXC  
2:00 Bingo LG  
6:00 Gin Rummy AR

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10:00 B-Fit Flexibility AR  
10:30 Tacoma History Comes Alive! Narrows Bridge LG  
2:00 Bingo LG  
3:30 Mix & Mingle W/ Appetizers BAR  
6:00 Slap Jack (Card Game) AR

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9:30 Bible Study LB  
9:30 Shop the Loop EXC  
10:00 B-Fit Strength LG  
1:00 Outing to the Casino EXC  
2:00 Bingo LG  
6:30 Poker AR

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10:00 B-Fit Balance LG  
11:00 Who Am I? LB  
2:00 Musical Bingo LG  
3:15 Craft Club AR  
6:00 Gin Rummy AR

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10:00 B-Fit Cardio (Self-Led) LG  
10:30 Walking Club WO  
1:30 Movie Time LB  
6:00 Golf (card game) AR

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MARTIN LUTHER KING JR. DAY  
10:00 B-fit Balance LG  
10:45 Activities W/ Tanisha AR  
2:00 Bingo LG  
6:00 Golf (Card Game) AR

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10:00 B-Fit Chair Yoga LG  
1:30 Town Hall Meeting LG  
2:45 Bingo LG  
6:00 Mah Jong AR

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10:00 B-Fit Cardio LG  
10:45 Outing to Jazzy's Cafe EXC  
2:00 Shopping at Fred Meyer EXC  
2:00 Bingo AR  
6:00 Poker AR

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10:00 B-Fit Flexibility LG  
12:00 New Resident Lunch DR  
2:00 Bingo LG  
3:00 Pig Bingo LG  
3:30 Mix & Mingle W/ Appetizers BAR  
6:00 Cribbage AR

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9:30 Bible Study LB  
9:30 Shop the Loop EXC  
10:00 B-Fit Strength LG  
1:00 Outing to Hobby Lobby EXC  
2:00 Bingo AR  
6:30 Poker AR

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10:00 B-Fit Balance LG  
11:00 Who Am I? LB  
2:00 Musical Bingo LG  
3:15 Craft Club AR  
6:00 Gin Rummy AR

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10:00 B-Fit Cardio (Self-Led) LG  
10:30 Walking Club WO  
1:30 Movie Time LB  
6:00 Cribbage AR

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10:00 B-fit Balance LG  
10:45 Activities w/ Tanisha AR  
2:00 Bingo AR  
6:00 Yahtzee AR

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10:00 B-Fit Chair Yoga LG  
10:45 Japanese Tea Ceremony LG  
2:00 Bingo LG  
6:00 Gin Rummy AR

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10:00 B-Fit Cardio LG  
10:30 Catholic Mass LB  
10:45 Outing to Ben Dew's EXC  
2:00 Shopping at Fred Meyer EXC  
2:00 Bingo LG  
6:00 Yahtzee AR

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10:00 B-Fit Flexibility LG  
2:00 Bingo LG  
3:30 Mix & Mingle W/ Appetizers BAR  
6:00 Scrabble AR

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9:30 Bible Study LB  
9:30 Shop the Loop EXC  
10:00 B-Fit Strength LG  
1:00 Outing to World Market EXC  
2:00 Bingo AR  
6:30 Poker AR

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10:00 B-Fit Balance LG  
11:00 Who Am I? LB  
2:00 Musical Bingo LG  
3:15 Craft Club AR  
6:00 Gin Rummy 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](https://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](https://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.*



Independent Living

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[brookdale.com](https://brookdale.com)

## 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.