

COMMUNITY CONNECTIONS

January 2026

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Brookdale Hickory Northeast

2530 16th Street NE
Hickory, NC 28601
(828) 324-5400
brookdale.com

Assisted Living
All activities are subject to change.

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F

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LOCATION KEY

LBY Lobby
OOB Out of Building
DR Dining Room
AR Activity Room
RV Room Visits
FP Front Porch
BIS Bistro
LIV Living Room
FR Family Room

01

NEW YEAR'S DAY

10:00 Devotions
10:45 Today in History
11:00 B-Fit Heart Health
1:15 Bingo & Hangman
6:15 Evening Puzzles

02

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
1:30 Bingo with Patti & Mary
6:30 Classic Movie Night

03

10:00 Morning Spirituals with Shirley
11:15 B-Fit Exercise
1:30 Friends Social Hour

04

11:00 Hymn Sing with Shirley
1:30 B-Fit Move and Stretch
2:00 Game Day

05

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
1:30 Jeopardy with Jeanine
6:15 Monday Night at the Movie

06

10:00 Devotions
10:45 Today in History
11:00 B-Fit Tunes & Tone
1:15 Bingo & Hangman
6:15 Adult Coloring

07

10:00 Devotions
10:45 Today in History
11:00 B-Fit Workout
1:30 Resident Engagement Chat

08

10:00 Devotions
10:45 Today in History
11:00 B-Fit Heart Health
1:15 Bingo & Hangman
6:15 Evening Puzzles

09

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
2:00 Dollar Tree
6:30 Hickory Bible Church

10

10:00 Morning Spirituals with Shirley
11:15 B-Fit Exercise
1:30 Friends Social Hour

11

11:00 Hymn Sing with Shirley
1:30 B-Fit Move and Stretch
2:00 Game Day

12

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
1:30 Jeopardy with Jeanine
6:15 Monday Night at the Movie

13

10:00 Devotions
10:45 Today in History
11:00 B-Fit Tunes & Tone
1:15 Bingo & Hangman
6:15 Adult Coloring

14

10:00 Devotions
10:45 Today in History
11:00 B-Fit Workout
1:30 Hand and Nail Spa
2:30 Relax with Music & Chat

15

10:00 Devotions
10:45 Today in History
11:00 B-Fit Heart Health
1:15 Bingo & Hangman
6:15 Evening Puzzles

16

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
2:00 Birthday Celebrations
6:30 Classic Movie Night

17

10:00 Morning Spirituals with Shirley
11:15 B-Fit Exercise
1:30 Friends Social Hour
3:00 Hickory 7th Day Advent Church Performance

18

11:00 Hymn Sing with Shirley
1:30 B-Fit Move and Stretch
2:00 Game Day

MARTIN LUTHER KING JR. DAY

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
1:30 Jeopardy with Jeanine
6:15 Monday Night at the Movie

20

10:00 Devotions
10:45 Today in History
11:00 B-Fit Tunes & Tone
1:15 Bingo & Hangman
6:15 Adult Coloring

21

10:00 Devotions
10:45 Today in History
11:00 B-Fit Workout
1:30 Resident Council

22

10:00 Devotions
10:45 Today in History
11:00 B-Fit Heart Health
1:15 Bingo & Hangman
6:15 Evening Puzzles

23

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
1:30 Game of What am I
6:30 Hickory Bible Church

24

10:00 Morning Spirituals with Shirley
11:15 B-Fit Exercise
1:30 Friends Social Hour

25

11:00 Hymn Sing with Shirley
1:30 B-Fit Move and Stretch
2:00 Game Day

26

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
1:30 Jeopardy with Jeanine
6:15 Monday Night at the Movie

27

10:00 Devotions
10:45 Today in History
11:00 B-Fit Tunes & Tone
1:15 Bingo & Hangman
6:15 Adult Coloring

28

10:00 Devotions
10:45 Today in History
11:00 B-Fit Workout
1:30 Hand and Nail Spa
3:30 Hickory Library & Sing Along with Jenifer

29

10:00 Devotions
10:45 Today in History
11:00 B-Fit Heart Health
1:15 Bingo & Hangman
6:15 Evening Puzzles

30

10:00 Devotions
10:45 Today in History
11:00 B-Fit Mind and Body
1:30 Favorite Sports Team Day
Wear your Team Spirit
6:30 Classic Movie Night

31

10:00 Morning Spirituals with Shirley
11:15 B-Fit Exercise
1:30 Friends Social Hour

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.