

Parkinson's Support Group



Meets every 3rd Tuesday of the Month @ 4pm

If you have or are caring for a loved one with Parkinsons Disease. Join us at our monthly support group. Connect and share stories with people who understand the challenges you face, in a safe supportive environment. Please contact Tanya Whiterock. twhiterock@residencebrookside.com

Back to School Supply Drive

While completeing your back-to-school shopping, grab a few extra items to help our local students in need. We are accepting backpacks and essentials school supplies to help students of all ages succeed. Drop off located in our lobby.

Contact 860.284-5000 for information



Accepting donations through August 20th

Memory Care Support Group



Meets every 3rd Wednesday 4pm

If you have or are caring for a loved one with Alzheimer's or other Dementia. Join us at our monthly support group. Connect and share stories with people who understand the challenges you face, in a safe supportive and engaging environment.

For more information contact Kevin Baird, Kbaird@residencebrookside.com



THE
RESIDENCE
at Brookside

THE RESIDENCE AT
BROOKSIDE
Associates

Stacey Tucci
Executive Director

Tanya Whiterock
Resident Engagement Director

Agnes Ostrowski
Resident Care Director

Brandy Fronzaglio-Dillon
Business Office Director

Joe Morgan
Restaurant Operations Director

Jason Neizgorski
Maintenance Director

Jenny Cazares
Sales & Marketing Director

Kevin Baird
Reflections Director



Ways to Beat the Summer Heat



Summer heat can be intense, but there are plenty of ways to stay cool and comfortable. One of the simplest methods is to stay hydrated. Drinking plenty of water throughout the day helps your body regulate temperature and prevents heat-related issues. Wearing lightweight, breathable clothing made of cotton or linen can also make a big difference.

Staying indoors during the hottest part of the day, usually between 11 a.m. and 3 p.m., is another smart move. If you need to be outside, seek shade whenever possible and wear a wide-brimmed hat and sunglasses. Cooling off with fans or air conditioning helps maintain a comfortable indoor environment.

You can also beat the heat by enjoying water-based activities. Swimming in a pool, visiting a splash pad, or running through sprinklers are fun and effective ways to cool down. Enjoying light, cool meals like salads, fruits, and smoothies can also help you stay refreshed during the hottest days of summer.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



6
9:45 Church Transportation Begins
10:30 Cardio Blast
11:00 Patio Chat: Music Through the Decades
12:00 Sunday's Mass
1:15 Tai Chi-
2:15 Wishful Painting: Dandelions on Canvas
4:00 Cheers & Chatter Social
6:15 Movie Night: The Six Triple

7
10:30 Strengthen & Condition
11:00 Culinary Creation: Jello
1:00 A Touch of Bliss-Nail Spa
2:30 Balance Class
3:00 Golf Putting Challenge
3:30 Docuseries: Planet Earth
4:00 Margarita Monday Social
6:00 Book Discussion Group: Tuesdays With Morrie

13
9:45 Church Transportation Begins
10:30 Cardio Drumming Class
11:00 Patio Chat: Favorite Foods & Recipes
12:00 Sunday's Mass
1:15 TheraBand Class
2:00 Choir Meeting
4:00 Cheers & Chatter Social
6:15 Movie Night: My Big Fat Greek Wedding 3

14 Shirley's Birthday
10:30 Strengthen & Condition
11:15 Crafters: Seasonal Decor
1:00 A Touch of Bliss-Nail Spa
2:00 Guest Speaker: Brain Health
2:00 Balance Class
3:00 Actor's Guild
3:30 Docuseries: Planet Earth
4:00 Margarita Monday Social
6:00 Book Discussion Group: Tuesdays With Morrie

20
9:45 Church Transportation Begins
10:30 Cardio Blast
11:00 Patio Chat: If you could travel anywhere?
12:00 Sunday's Mass
1:15 Tai Chi
2:00 Brookside Choir Practice
4:00 Cheers & Chatter Social
6:15 Movie Night: Field of Dreams

21
10:30 Strengthen & Condition
11:00 Culinary CreationPretzels
1:00 A Touch of Bliss-Nail Spa
2:00 Balance Class
3:30 Docuseries: Planet Earth
4:00 Margarita Monday Social
6:00 Book Discussion Group: Tuesdays With Morrie

27
9:45 Church Transportation Begins
10:30 Cardio Drumming Class
11:00 Patio Chat: Summer Reminisce
12:00 Sunday's Mass
2:00 TheraBand Class
4:00 Cheers & Chatter Social
6:15 Old Fashioned Picture Show

28
10:30 Strengthen & Condition
11:15 Crafters: Seasonal Decor
1:00 A Touch of Bliss-Nail Spa
2:00 Balance Class
2:30 Actor's Guild
3:30 Docuseries: Planet Earth
4:00 Margarita Monday Social
6:00 Book Discussion Group: Tuesdays With Morrie

1
10:00 Chatter Topic: What's New in The News
10:30 TheraBand Strengthening
11:15 Lemonade & Laughs
11:30 Garden Keepers
12:30 Outing: Local Errands
1:30 Hand Rejuvenation Exercise
2:00 Culinary Chat
2:30 Resident Meeting
4:00 Happy Hour

8
10:00 Chatter Topic: What's New in The News
10:30 TheraBand Strengthening
11:00 Horticultural Workshop-
12:30 Outing: Local Errands
1:15 Hand Rejuvenation Exercise
2:00 David, the Pianist
4:00 Happy Hour

15 Chris's Birthday
10:00 What's New in The News
10:30 TheraBand Strengthening
11:15 Iced Tea & Poetry
11:30 Garden Keepers
12:30 Outing: Local Errands
1:30 Hand Exercise
2:00 Weight Training
2:30 Literature Hour
4:00 Parkinson Disease Support Group

22
10:00 Chatter Topic: What's New in The News
10:30 TheraBand Strengthening
11:15 Group Poetry Writing
11:30 Garden Keepers
12:30 Outing: Local Errands
1:30 Hand Rejuvenation Exercise
2:00 Weight Training
4:00 Happy Hour

29 Richard Birthday
Laura's Birthday
10:00 Chatter Topic: What's New in The News
10:30 TheraBand Strengthening
11:30 Garden Keepers
12:30 Outing: Local Errands
1:30 Hand Rejuvenation Exercise
2:00 Weight Training
2:00 Ice Cream Sundae Bar
4:00 Happy Hour

2
10:00 Todays Good News
10:30 TheraBand Strengthening
11:00 Resident Ambassador Meeting
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:00 Veterans Discussion Group w/ Stacey
4:00 Sangria Social Hour

9
10:00 Todays Good News
10:30 TheraBand Strengthening
11:00 Enliven Presents: Signs of Heat Stroke / Heat Exhaustion
11:15 Court Discussion Session
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:30 Actors Guild
4:00 Sangria Social Hour
6:00 Spiritual Reflections Group

16
10:00 Todays Good News
10:30 TheraBand Strengthening
11:00 Engagement Planning Meeting
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:00 Singer, Jimmy Mazz Live!
4:00 Sangria Social Hour
4:00 Memory Care Support Group
6:00 Spiritual Reflections Group

23
10:00 Todays Good News
10:30 TheraBand Strengthening
11:00 Aroma Therapy Workshop: Health Benefits of Lavendar
1:30 Tai-Chi for Arthritis
2:00 Movie Matinee: The Book Club
4:00 Signature Series: Seafood Celebration

30
10:00 Todays Good News
10:30 TheraBand Strengthening
11:00 Presentation: What is A.I - Chat Gpt
11:30 Excursion: Lunch At Roof Top Grill
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
4:00 Sangria Social Hour
6:00 Spiritual Reflections Group

3
10:00 Morning Discussion: Today in History
10:30 Strengthen & Condition
11:00 Flower Arranging
11:30 Garden Keepers
12:30 Wii Digital Bowling
1:30 Balance Class
2:30 Literature Short Story Hour
4:00 Happy Hour
6:00 Spiritual Reflections Group

10
10:00 Morning Discussion: Today in History
10:30 Strengthen & Condition
11:00 Flower Arranging
11:15 Pet Therapy Visits w/ Diana
11:30 Garden Keepers
12:30 Wii Digital Bowling
2:30 Joel, The singer
4:00 Happy Hour

17
10:00 Morning Discussion: Today in History
10:30 Strengthen & Condition
11:00 Flower Arranging
11:30 Garden Keepers
12:30 Wii Digital Bowling
1:30 Balance Class
2:00 Signature Series: The Art of Photography
4:00 Happy Hour

24
10:00 Morning Discussion: Today in History
10:30 Strengthen & Condition
11:00 Flower Arranging
11:15 Pet Therapy Visits w/ Diana
12:30 Wii Digital Bowling
1:30 Balance Class
1:30 Garden Keepers
4:00 Pizza Happy Hour
6:00 Spiritual Reflections Group

31
10:00 Morning Discussion: Today in History
10:30 Strengthen & Condition
11:00 Flower Arranging
11:30 Garden Keepers
12:30 Wii Digital Bowling
1:30 Balance Class
2:00 Red & Yellow Duo Live!
4:00 Happy Hour
6:00 Excursion: Concert on the

4 Independence Day
10:30 Weight Strengthening
11:15 Iced Tea & 4th of July Celebration Reminisce
2:00 TheraBand Workout
2:30 Anagrams Challenge
4:00 Musical Patrotic Social Hour

11
10:30 Tai-Chi for Arthritis
11:00 REACT Sessions
11:00 Jewelry Design Work Shop
1:15 Hand Therapy Massages
2:00 Weight Strengthening
3:00 Anagrams Challenge
3:00 Docuseries: The Crown
4:00 Pizza Social Hour

18
10:30 Tai-Chi for Arthritis
11:00 Weight Strengthening
11:00 Jewelry Design Work Shop
12:30 S.H.I.E.L.D Check In
1:15 Hand Therapy Massages
1:30 Excursion: Brignole Winery
2:00 Richard, the Pianist
3:00 Anagrams Challenge
3:00 Docuseries: The Crown
4:00 Pizza Social Hour

25
10:30 Tai-Chi for Arthritis
11:00 REACT Sessions
11:00 Weight Strengthening
11:00 Jewelry Design Work Shop
11:00 Anagrams Challenge
1:15 Hand Therapy Massages
2:00 John, The Pianist
3:00 Docuseries: The Crown
3:30 The Technique of Wine & Cheese Pairing



5
10:30 Stretch & Flexibility
11:00 Docuseries: Lost Cities
11:15 Game Hour: Trivia
11:30 Garden Keepers
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

12
10:30 Stretch & Flexibility
11:00 Docuseries: Lost Cities
11:15 Game Hour: Word Chain
11:30 Garden Keepers
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

19
10:30 Stretch & Flexibility
11:00 Docuseries: Lost Cities
11:15 Game Hour: Pictionary
11:30 Garden Keepers
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

26
10:30 Stretch & Flexibility
11:00 Docuseries: Lost Cities
11:15 Game Hour: Pictionary
11:30 Garden Keepers
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

Reminders

Salon Hours

Wednesday

Transportation

Tuesday 12:30 Local Shopping

Thursdays – Excursions Only

Medical Appointments Day

Mondays & Fridays

9-3

Wednesday Mornings only

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care