

Mixology Magic



April 16th 3p-5p

Let the Fun Begin! Join us as Roaming Spirits Ct create fun, refreshing cocktails you wont want to miss. Along with our culinary team creating their own magic with appetizers. Plesse R.S.V.P by Monday April 7th. For more information call 860-284-5000.

Ask The Doctor About Parkinson's



April 11th @ 2:30pm

Save the Date - April 11 2:30pm.

Dr. Sarah Mancone Assistant Director of Neurology at UCONN. Will be joining us to educate u and answer questions we may have about Parkinson's Disease, Medications, and why to overcome challenges.

For more information please call 860-284-5000.

Memory Care Support Group



Meets every 3rd Wednesday 4pm

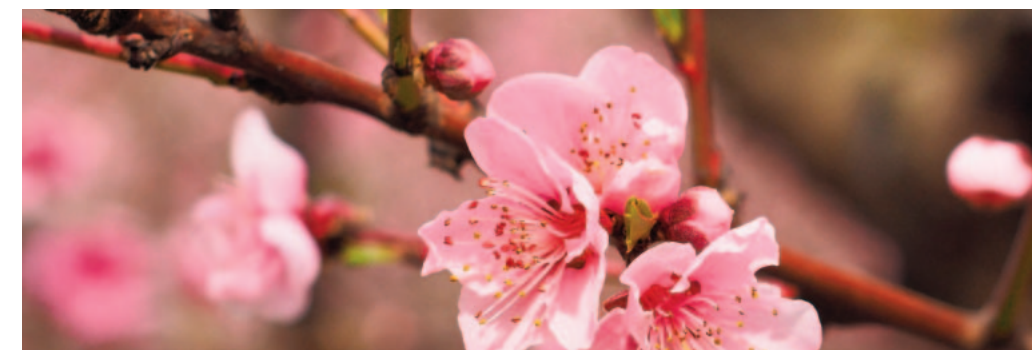
If you have or are caring for a loved one with Alzheimer's or other Dementia. Join us at our monthly support group. Connect and share stories with people who understand the challenges you face, in a safe supportive and engaging environment.

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



THE RESIDENCE at Brookside

The Beauty of Natures Renewal



Nature's renewal is a breathtaking spectacle that unfolds with each passing season. After the cold slumber of winter, spring awakens the earth with vibrant colors, fresh fragrances, and the joyful melodies of returning birds. Trees burst into bloom, rivers flow with newfound energy, and fields transform into carpets of wildflowers.

This cycle of renewal is a reminder of nature's resilience and ability to heal. Even after the harshest storms, forests regrow, flowers bloom again, and wildlife flourishes. The gentle rain nourishes the land, and the sun's warmth breathes life into every corner of the earth.

Beyond its physical beauty, nature's renewal inspires a sense of hope and rejuvenation in our own lives. Just as the earth refreshes itself, we, too, can embrace change, growth, and new beginnings. In every sunrise, every budding leaf, and every flowing stream, nature whispers a timeless message—life is always renewing, always beautiful.

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Reminders



6
10:30 Cardio Blast
11:15 Sewing Sessions
12:00 Sunday's Mass
1:00 Rejuvenating Facials
2:00 TheraBand Class
2:30 Welcome Spring Tea & Poetry
4:00 Wine Social
6:00 After Dinner Book Discussion

7
10:30 Strengthen & Condition
11:15 Crafters: Decoupage Wooden Eggs
1:00 A Touch of Bliss-Nail Spa
2:00 Barre & Balance
2:30 Actor's Guild
2:30 Rob, The Drummer
3:30 Docuseries: Planet Earth
4:00 Happy Hour
6:00 After Dinner Card Club

8
10:30 TheraBand Strengthening
11:00 Enliven Presents!
11:00 Horticultural Workshop
12:30 Outing: Local Errands
1:30 Hand Rejuvenation
2:00 Weight Training
2:00 Card Group: UNO
3:00 Technology Sessions
4:00 Happy Hour

9
10:30 TheraBand Strengthening
11:15 Learn How to Play Dominos
1:15 Excursion: Museum of Tort Law
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:30 Engagement Planning Meeting
4:00 Memory Care Support Group
4:00 Sangria Social Hour
6:00 James, The Baritone Singer

10 Signature Series
10:30 Strengthen & Condition
11:00 Flower Arranging
11:15 Wii Sports Challenge
1:00 Mile Makers Walking Club
2:00 Avon Historical Lecture
3:00 Barre & Balance
4:00 Happy Hour
6:00 Spiritual Reflections Group

11
10:30 Tai-Chi for Arthritis
11:00 Weight Strengthening
11:15 Technology Help
2:30 Dave, The Accordion Player
2:30 Parkinson Support Group: Dr. Sarah Mancane
3:00 Anagrams Challenge
4:00 Pizza Social Hour

12 Passover Begins
10:30 Stretch & Flexibility
11:00 Great Courses: America National Parks
11:15 Game Hour: Pictionary
1:30 Reiki Sessions
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

13 Anne's Birthday
10:30 Cardio Blast
11:15 World Cultural Experience: Taste of Italy
12:00 Sunday's Mass
1:00 Music Listening Hour:
2:00 TheraBand Class
2:30 Craft Corner: Spring Wreath
4:00 Wine Social
6:00 Threads of Memory: Quilting for a Cause

14
10:30 Strengthen & Condition
11:00 Culinary Creations
1:00 A Touch of Bliss-Nail Spa
2:00 Barre & Balance
2:30 Joe, The Guitarist
3:30 Docuseries: Planet Earth
4:00 Happy Hour
6:00 After Dinner Card Club

15
10:30 TheraBand Strengthening
11:15 Trivia Challenge
11:15 Jewelry Making Workshop
12:30 Outing: Local Errands
1:30 Hand Rejuvenation
2:00 Weight Training
2:00 Card Group: UNO
4:00 Parkinson Disease Support Group
4:00 Happy Hour

16 Signature Series
10:30 TheraBand Strengthening
11:15 Learn How to Play Dominos
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
3:00 Signature Series: Mixology Event
4:00 Memory Care Support Group
6:00 Spiritual Reflections Group

17 Haiku Poetry Day
10:30 Strengthen & Condition
11:00 Flower Arranging
11:15 Wii Sports Challenge
11:15 Pet Therapy Visits w/ Diana
1:00 Mile Makers Walking Club
2:00 The Art of Haiku w/ Jennifer
3:00 Barre & Balance
4:00 Happy Hour

18 Good Friday
10:30 Tai-Chi for Arthritis
11:00 REACT Sessions
11:00 Weight Strengthening
1:30 S.H.I.E.L.D Check In
2:00 Learn The Art of Sumi E Ink Drawing
3:00 Anagrams Challenge
4:00 Pizza Social Hour

19
10:30 Stretch & Flexibility
11:00 Great Courses: America National Parks
11:15 Game Hour: Pictionary
1:30 Reiki Sessions
2:00 Hot Cats Jazz Band
3:00 Bingo Tournament
4:00 Pub Social

20 Easter Sunday
10:30 Cardio Blast
11:15 Discussion: Easter Traditions & Reminisce
12:00 Sunday's Mass
1:00 Rejuvenating Facials
2:00 TheraBand Class
2:30 Melodic Listening & Chorus: Songs of Easter
4:00 Wine Social
6:00 Sewing Social

21
10:30 Strengthen & Condition
11:15 Trivia Challenge
1:00 A Touch of Bliss-Nail Spa
2:00 Barre & Balance
2:15 Tea & Topic
2:30 Actor's Guild
3:30 Docuseries: Planet Earth
4:00 Happy Hour
6:00 After Dinner Card Club

22 Cliff & Arlene's Birthday Earth Day
10:30 TheraBand Strengthening
11:15 Trivia Challenge
12:30 Outing: Local Errands
1:30 Hand Rejuvenation
2:00 Weight Training
2:00 Card Group: UNO
3:00 Technology Sessions
4:00 Happy Hour

23 Joanne's Birthday
10:30 TheraBand Strengthening
11:15 Excursion Lunch Outing: Avon Country Deli
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
2:45 Boggle Words
4:00 Sangria Social Hour
6:00 Spiritual Reflections Group

24
10:30 Strengthen & Condition
11:00 Flower Arranging
11:15 Wii Sports Challenge
1:00 Mile Makers Walking Club
2:00 Red & Yellow Dou Live!
3:00 Barre & Balance
4:00 Happy Hour

25 Sewing For Alzheimer's
10:30 Tai-Chi for Arthritis
11:15 Technology Help
11:15 Learn How to Play Dominos
2:00 Weight Strengthening
2:45 Anagrams Challenge
4:00 Pizza Social Hour
6:00 Modern Movie Night

26
10:30 Stretch & Flexibility
11:00 Great Courses: America National Parks
11:15 Game Hour: Pictionary
1:30 Reiki Sessions
2:00 Weight Strengthening
3:00 Bingo Tournament
4:00 Pub Social

27
10:30 Cardio Blast
11:00 World Cultural Experience:
12:00 Sunday's Mass
1:00 Music Listening Hour:
2:00 TheraBand Class
4:00 Wine Social
6:00 Threads of Memory: Quilting for a Cause

28
10:30 Strengthen & Condition
11:00 Culinary Creations
1:00 A Touch of Bliss-Nail Spa
2:00 Barre & Balance
3:30 Docuseries: Planet Earth
4:00 Welcome New Neighbor Social
6:00 Spiritual Reflections Group

29
10:30 TheraBand Strengthening
11:15 Jewelry Making Workshop
12:30 Outing: Local Errands
1:00 Trivia Challenge
1:30 Hand Rejuvenation
2:00 Weight Training
2:00 Card Group: UNO
3:00 Mike, The Singer
4:00 Happy Hour

30 Vicki's Birthday
10:30 TheraBand Strengthening
10:30 Excursion: Butterfly Farm & Cracker Barrel
11:15 Learn How to Play Dominos
1:30 Fireside Chats
2:00 Tai-Chi for Arthritis
4:00 Sangria Social Hour



Salon Hours

Wednesday 9-3

Transportation

Tuesday 12:30 Local Shopping

Thursdays – Excursions Only

Medical Appointment Days

Mondays, Wednesday Mornings only, & Fridays

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