

S

LOCATION KEY

- AL Assisted Living
- M Multipurpose
- CR Craft Room
- F Fireside

M

01

- 9:30 B Fit-Ageless Spirit
- 10:30 Allie Presents M
- 1:30 Chorus Practice M
- 2:15 Seasonal Crafts C
- 2:00 Flex Your Brain iPad
- 7:00 Bingo \$1 a card M

T

02

- FLU SHOTS BY APPT -
SIGN UP NURSES STATION**
- 9:30 Yoga with Donna M
- 10:45 Christian Bible Study M
- 11:00 Coloring Fun AL
- 1:00 Meditation with Donna C
- 7:00 Bridge Club M

W

03

- 9:30 B Fit to Music M
- 10:00 B-Fit Exercise with Terr AL
- 10:30 Quiet Art C
- 2:00 Sing-A- Long with Meme F
- 2:30 Arts & Crafts for All C
- 3:00 Christian Bible Study TH
- 7:00 Rummikub M

Th

04

- 9:30 B Fit Strecherchise M
- 10:30 Christian Bible Study AL
- 11:00 Brain Games AL
- 1:30 Coffee Talk w/Joff M
- 2:30 Mix & Mingle Octoberfest F
- 2:00 Menu Planning M
- 7:15 Cinema- Leisure Seeker M

F

05

- 9:30 B-Fit M
- 10:00 Jewelry Show & Sale F
- 10:30 Brain Games AL
- 4:00 Shabbat Service M
- 7:00 Dance Club M

S

06

- 9:15 Synagogue Trip
- 9:30 Prayer Service M
- 10:30 Northland Pet Pals AL
- 10:30 Funny Money Bingo AL
- w/Donna
- 7:00 Bingo Mania \$1 per card M

07

- Church Trips
- 12:45 Wii Bowling M
- 1:45 Walking Club AL
- 2:00 Scenic Ride
- 3:30 Sunday Movie AL
- 7:00 Music w/Professor Mental M

08

Columbus Day

- 9:30 B Fit-Ageless Spirit M
- 10:30 Allie Presents M
- 2:00 Chorus Concert M
- 2:00 Flex Your Brain iPad
- 7:00 Bingo \$1 a card M

09

- 8:00 Pancake Breakfast M
- 9:30 B Fit Yoga with Donna M
- 10:45 Christian Bible Study M
- 11:00 Craft Fun AL
- 1:00 Meditation with Donna C
- 2:30 Resident Town Hall AL
- 3:00 Birthday Party -Walt S. AL
- 7:00 Bridge Club M

10

- 10:00 Calendar Updates AL
- 10:30 Spiritual Music & Exercise w/Terry AL
- 10:30 Quiet Art
- 2:30 Arts & Crafts CR
- 3:00 Christian Bible Study

11

- 9:30 B Fit Stretcherchise M
- 10:30 Christian Bible Study AL
- 11:30 Allie Presents AL
- 2:00 Menu Planning M
- 2:45 Mix & Mingle -Chris B. F
- 7:15 Cinema- Hearts Beat Loud M

12

- 9:30 B-Fit M
- 10:30 Brain Fit M
- 1:30 Popcorn Friday F
- 4:00 Shabbat Service M
- 7:00 Dance Club M

13

- 9:15 Synagogue Trip
- 9:30 Prayer Service M
- 10:30 Bingo Fun AL
- 2:30 I-Pad Games AL
- 7:00 Bingo Mania \$1 per card M

14

- Church Trips
- 12:45 Wii Bowling M
- 1:45 Walking Club AL
- 2:00 Scenic Ride
- 3:30 Sunday Movie AL
- 6:00 Music w/ Paul Mauro M

15

- 9:30 B Fit-Ageless Spirit M
- 10:30 Allie Presents M
- 2:00 Flex Your Brain iPad F
- 2:15 Seasonal Crafts C
- 7:00 Bingo \$1 a card M

16

- 9:30 B Fit Yoga M
- 10:45 Christian Bible Study M
- 1:00 Meditation with Donna C
- 2:00 Residents' Association M
- 7:00 Bridge Club M

17

- 10:00 B-Fit Exercise AL
- 10:30 Quiet Art C
- 2:00 Sing Along W/MeMe F
- 2:30 Arts & Crafts CR
- 3:00 Christian Bible Study C
- 7:00 Jewish Pavillion Visitor AL

18

- 9:30 B Fit Stretcherchise M
- 10:30 Christian Bible Study AL
- 11:30 Board Games AL
- 1:30 Coffee Talk w/ Joff M
- 2:45 Mix & Mingle - Birthday Party w Sean F
- 2:00 Menu Planning M
- 7:15 Cinema- Jurassic World M

19

- 9:30 B-Fit M
- 10:30 Brain Fit M
- 2:00 Butterfly Lady- Florida Waterbirds F
- 4:00 Shabbat Service M
- 7:00 Dance Club M

20

- 9:15 Mass M
- 9:15 Synagogue Trip
- 10:30 Bingo Fun AL
- 2:30 I-Pad Games AL
- 7:00 Bingo Mania \$1 per card M

21

- Church Trips
- 12:45 Wii Bowling M
- 1:45 Walking Club AL
- 2:00 Scenic Ride
- 3:30 Sunday Movie AL
- 7:00 Comedy w/Randy Riggle M

22

- 9:30 B Fit-Ageless Spirit M
- 10:30 Allie Presents M
- 1:30 Chorus Practice M
- 2:00 Hearing Aid Factory T
- 2:00 Flex Your Brain iPad F
- 2:15 Seasonal Crafts C
- 3:00 Resident Chat M
- 7:00 Bingo \$1 a card M

23

- 9:30 B Fit Yoga with Donna M
- 10:45 Christian Bible Study M
- 11:00 Craft Fun AL
- 1:00 Meditation with Donna C
- 2:30 Ice Cream Party F
- 7:00 Games/ Bridge M

24

- 9:00 Men's Breakfast M M
- 10:30 Christian Music/Exercise AL
- 10:30 Quiet Art CR
- 2:30 Arts & Crafts CR
- 3:00 Christian Bible Study T
- 7:00 History Speaker M

25

- 9:30 B Fit Stretcherchise M
- 10:30 Christian Bible Study AL
- 11:30 Word Challenge AL
- 2:00 Menu Planning M
- 2:30 Mix & Mingle - Mystery, Magic and Mayhem F
- 7:15 Cinema- Ocean's 8 M

26

- 9:30 B-Fit M
- 10:30 Ballroom Dancing M
- 10:30 I Pad Fun F
- 4:00 Shabbat Service M
- 7:00 Dance Club M

27

- 9:15 Synagogue Trip
- 9:30 Prayer Service M
- 10:30 Bingo Fun AL
- 2:30 I-Pad Games AL
- 7:00 Bingo Mania \$1 per card M

28

- Church Trips
- 12:45 Wii Bowling M
- 1:45 Walking Club AL
- 2:00 Scenic Ride
- 3:30 Sunday Movie AL
- 7:00 Music w/ Stevie G M

29

- 9:30 B Fit-Ageless Spirit M
- 10:30 Allie Presents M
- 1:30 Chorus Practice M
- 2:00 Flex Your Brain iPad F
- 2:15 Seasonal Crafts C
- 7:00 Bingo \$1 a card M

30

- 9:30 B Fit Yoga - Donna M
- 10:45 Christian Bible Study M
- 1:00 Meditation with Donna C
- 2:00 Horse Races M
- 7:00 Games/ Bridge M

31

Halloween

- 9:30 B- Fit Music Exercise M
- 10:30 Spiritual Music Exercise with Terry AL
- 10:30 Quiet Art C
- 2:00 Halloween Costume Party F
- 3:00 Christian Bible Study T
- 7:00 Games C

Brookdale Island Lake

160 Islander Court
Longwood, FL 32750

(407) 767-6600 | brookdale.com



COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®: Getting a Good Night's Sleep



Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of it won't just leave you tired and irritable, it can actually be dangerous and seriously deteriorate the quality of your life.

According to the National Institutes of Health (NIH) not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In

other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing

sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 9 hours each night.

8 Tips for Better Sleep

- Exercise
- Reserve your bed for sleep
- Keep your bedroom comfortable
- Start a sleep ritual
- Avoid alcohol and caffeine
- De-stress
- Get checked by your doctor

Wellness Challenge

Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

Be Well on Purpose!



Brookdale News

Flu Season



Flu Season will be here soon, and Brookdale wants to help you stay well. **Make plans to get vaccinated** to protect yourself, your family and your fellow residents from illness. Preparing is easy!

1. **Watch** for the flu clinic posters to inform you of date and time and place of the community flu clinic
2. **Attend** the community flu clinic and receive your annual influenza vaccine
3. **Stay healthy!**

Kim Elliot, SVP Clinical Services at Brookdale says, “we want it to be as easy as possible for you to be vaccinated in your own home.” She also adds that Brookdale has new opportunities for wellness this year. “We’re excited to be working with one of the nation’s top pharmacies for vaccines. CVS pharmacists will be on site to deliver the senior-dose vaccine specific for those over 65 years old. In addition, if you are eligible for a pneumonia or shingles vaccine, CVS can provide those on clinic-day as well.”

Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans. CVS will perform a pre-authorization to advise you of any co-pays and to determine eligibility for the shingles or pneumonia vaccine.

Take advantage of these opportunities for a healthy start to the flu season.

Wishes of a Lifetime

Brookdale is proud to honor our residents' wishes and dreams through our partnership with Wish of a Lifetime®

**Cancer Survivor Tackles Fear, Inspires Others**

Vernie Burkett lives at Brookdale Missoula Valley in Montana. She is a tough woman who is committed to bettering herself and those around her. Five years ago, Vernie was diagnosed with breast cancer. She was also wheelchair-bound. Unwilling to give in to her situation, she says she “outgrew the fear of it” and found the courage to fight back.

Now in remission, Vernie realized she could tackle just about anything, and she turned her attention to her one life-long fear: water. At 72-years-old, Vernie wanted to try swimming lessons. Thanks to Wish of a Lifetime, her Brookdale community and the local YMCA, Vernie not only overcame her fears about the water, she now happily gets in the pool all on her own and starts her aquatic workouts without the prodding of her instructor.

Plus, she has inspired others to join her.

“I learned I’m stronger than I thought I was, and it’s wonderful to be able to do things that you never figured,” Vernie says. “You can’t just sit in a chair. You are wasting your life if you sit there in the chair and can’t do nothing. And the world profits from your experiences.”

Information courtesy of ABCFoxMontana.com