

October 2018

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9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
"Oktoberfest"
10:30 Aquacise
12:00 Action Station
1:15 Computer 1:1
1:30 Chorus Practice
2:15 Seasonal Crafts
2:00 100 Pin Wii Bowling
2:30 Flex Your Brain iPad
7:00 Bingo Mania

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Flu Shots 9am-1pm
9:30 B Fit-Yoga with Donna
10:15 Walgreen Sup. Senior Day
10:40 Christian Bible Study
11:00 Freshman Club
1:00 Meditation with Donna
1:30 Movie Matinee-War Horse
1:30 Big Lots, Sharing Center
2:00 Resident Council
7:00 Bridge Club

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9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:00 Sing Along with Meme
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub

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9:30 B Fit-Stretchercise W
10:30 Wii Bowling
10:30 Aquacise
1:15 Computer 1:1
1:30 Coffee Talk with Joff
2:00 Menu Planning
2:30 Mix & Mingle-
Oktoberfest
7:00 Scrabble, Games
7:15 Cinema-
The Leisure Seeker

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9:30 B Fit-Rise & Shine
10:00 Jewelry Show & Sale
10:30 Word Game Challenge
1:30 Dollar Tree Shopping
1:30 My Life Story
1:30 Popcorn Fireside
2:00 Poker
4:00 Shabbat Prayer Service
7:00 Dance Club

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9:15 Synagogue Trip
9:30 Prayer Service
10:00 Circle Shopping
10:15 Northland Pet Pals
1:00 Avon Presents
1:00 Walking Club
1:30 Saturday Matinee-Fame
7:00 Bingo Mania

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Church Trips
12:45 Wii Bowling
1:30 Walking Club
2:00 Canasta
2:00 Sunday Cinema-
A Quiet Passion
2:00 Scenic Ride
7:00 Musicale-"Prof. Mental"
Mark Sami

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Columbus Day
9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
"Venice, Italy"
10:30 Aquacise
1:15 Computer 1:1
2:00 Chorus Concert-
"Oktoberfest"
2:15 Seasonal Crafts
2:30 Flex Your Brain iPad
7:00 Bingo Mania

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8:00 Pancake Breakfast
9:30 B Fit-Yoga with Donna
10:40 Christian Bible Study
11:00 Freshman Club
1:00 Meditation with Donna
1:30 Target, Library, & more
2:00 Kitchen Tour
2:00 Horse Races
7:00 Bridge Club

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9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub

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9:30 B Fit-Stretchercise BB
10:30 Wii Bowling
10:30 Aquacise
12:00 My Life Story
1:15 Computer 1:1
2:00 Menu Planning
2:45 Mix & Mingle New
Resident-Chris Bouille
5:00 Dinner Out-Seasons 52
7:00 Scrabble, Games
7:15 Cinema-
Hearts Beat Loud

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9:30 B Fit-Rise & Shine
10:30 Word Game Challenge
1:30 Altamonte Mall
1:30 My Life Story
1:30 Popcorn Fireside
2:00 Poker
4:00 Shabbat Prayer Service
7:00 Dance Club

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9:15 Synagogue Trip
9:30 Prayer Service
10:00 Target & more Shopping
1:00 Walking Club
1:30 Saturday Matinee-
The Courageous Heart of
Irena Sendler
7:00 Bingo Mania

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Church Trips
Sunday Brunch
12:00pm-3:30pm
12:45 Wii Bowling
1:30 Walking Club
2:00 Canasta
2:00 Scenic Ride
2:30 Sunday Cinema-Gandhi
6:00 Musicale-Paul Mauro

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9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
"Popular Celebrations
Around the World"
10:30 Aquacise
1:15 Computer 1:1
2:15 Seasonal Crafts
2:30 Flex Your Brain iPad
2:30 Women's Group
7:00 Bingo Mania

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9:30 B Fit-Yoga with Donna
10:00 Wheelchair, Walker
Repair
10:40 Christian Bible Study
11:00 Freshman Club
1:00 Meditation with Donna
2:00 Residents' Association
7:00 Bridge Club

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Celebration Theme Lunch
Dinner
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:00 Sing Along with Meme
2:15 Cooking Demo
2:30 Arts/Crafts
3:00 Christian Bible Study
5:00 Hollerbach's Willow Tree
7:00 Games, Poker
7:00 Rummikub

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Celebration Theme Day
9:30 B Fit-Stretchercise W
10:30 Wii Bowling/Aquacise
10:30 A Nosh of Yiddish
12:00 Friends for Life Lunch
1:15 Computer 1:1
1:30 Coffee Talk with Joff
2:00 Menu Planning
2:45 Mix & Mingle Birthday
with Shawn
7:15 Cinema-Jurassic World:
Fallen Kingdom

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9:30 B Fit-Rise & Shine
10:30 Word Game Challenge
1:30 Dollar Tree Shopping
1:30 My Life Story
1:30 Popcorn Fireside
2:00 Butterfly Lady-
"Florida Waterbirds"
2:00 Poker
4:00 Shabbat Prayer Service
7:00 Dance Club

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9:15 Catholic Mass
9:15 Synagogue Trip
10:00 Circle Shopping
1:00 Avon Presents
1:00 Walking Club
1:30 Saturday Matinee-
Mamma Mia
7:00 Bingo Mania

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Church Trips
12:45 Wii Bowling
1:30 Walking Club
2:00 Sunday Cinema-Won't
You Be My Neighbor?
2:00 Canasta
2:00 Scenic Ride
7:00 Musicale-Randy Riggle
Comedy Show

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9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
"History of Dance"
10:30 Aquacise
1:15 Computer 1:1
2:00 Hearing Aid Factory
2:15 Seasonal Crafts
2:30 Flex Your Brain iPad
3:00 Resident Program Chat
7:00 Bingo Mania

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9:30 B Fit-Yoga with Donna
10:40 Christian Bible Study
11:00 Freshman Club
1:00 Meditation with Donna
1:30 Target, Library, & more
2:00 Welcome Ambassador Prog.
2:30 Ice Cream Party
7:00 Bridge Club

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9:00 Men's Breakfast
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub
7:00 History Speaker-
"The British 911"

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9:30 B Fit-Stretchercise BB
10:30 Wii Bowling
10:30 Aquacise
1:15 Computer 1:1
2:00 Menu Planning
2:30 Mix & Mingle "Mystery,
Magic, & Mayhem"
7:00 Scrabble, Games
7:15 Cinema-Ocean's 8

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9:30 B Fit-Rise & Shine
10:30 Ballroom Dancing
10:30 Word Game Challenge
1:30 Altamonte Mall
1:30 My Life Story
1:30 Popcorn Fireside
2:00 Poker
2:00 OL Wellness Event
4:00 Shabbat Prayer Service
7:00 Dance Club

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9:15 Synagogue Trip
9:30 Prayer Service
10:00 Target & more Shopping
1:00 Walking Club
1:30 Saturday Matinee-
The Frisco Kid
7:00 Bingo Mania

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Church Trips
12:45 Wii Bowling
1:30 Walking Club
2:00 Sunday Cinema-
Impromptu
2:00 Canasta
2:00 Scenic Ride
7:00 Musicale-Stevie G.
"British Invasion"

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9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
10:30 Aquacise
1:15 Computer 1:1
1:30 Chorus Practice
2:15 Seasonal Crafts
2:30 100 Pin Wii Bowling
2:30 Flex Your Brain iPad
7:00 Bingo Mania

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9:30 B Fit-Yoga with Donna
10:40 Christian Bible Study
11:30 Lunch Out-
1:00 Meditation with Donna
1:30 Big Lots, Family Dollar
2:00 Horse Races
7:00 Bridge Club

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Halloween
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:00 Halloween Party &
Costume Contest
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub

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Brookdale Island Lake
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Longwood, FL 32750
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Independent Living
All activities are subject to change.

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 residents to be vaccinated in their 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 people over 65 years old. In addition, if residents 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. But 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 the Wish of a Lifetime Foundation, 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