

LOCATION KEY	AR - Activities Room BR - Billiards Room CHP - Chapel ACS - Arts and Crafts Studio GH - Gathering Hall MLR - Main Living Room CW - C Wing Lounge AW - A Wing Lounge MDR - Main Dining Room WC - Wellness Center ZM - ZOOM IHC - Channel 1961		1	Election Day		3	4		5	6																		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																						
7	Daylight Saving Time Ends	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
SUNDAY	11:00 Sunday Fellowship with Charles IHC 1:30 B Fit IHC 2:30 Sunday Cinema "Made in Italy" IHC 7:00 Sunday Cinema "Made in Italy" IHC	MONDAY 10:00 Catholic Communion CHP 10:15 B-Fit: Upper/Lower Body WC 11:00 I Pad Nature: "Hummingbirds" MLR 1:30 B-Fit: Yoga/Flexibility WC 2:30 Creative Creations Holiday Table Decor ACS 6:30 Yahtzee Club with June MLR	TUESDAY 9:30 B-Fit: Upper/Lower Body WC 10:15 B-Fit: Cardio/Upper Body WC 11:00 Flex Your Brain MLR 1:30 B-Fit: Upper/Lower Body WC 2:00 Guided Meditation "Autumn Village" 3:00 Brookdale Chambrel Williamsburg Resident Meeting MLR 7:00 Bible Study with Charles ZM	WEDNESDAY 10:15 B-Fit Upper/Lower Body WC 11:00 Great Courses MLR "Guide to Birding" 1:00 Health & Wellness MLR "Pain Management" 1:30 B-Fit: Upper/Lower Body WC 2:00 B-Fit: Stretch WC 3:00 One Day U "Philosophy of Humor" MLR	THURSDAY 9:30 B-Fit: Upper/Lower Body WC 10:15 B-Fit: Cardio/Upper Body WC 11:00 Lunch out to Surry Seafood Company BUS 11:00 Flex Your Brain MLR 1:00 Parkinson's Support Group "Medicine Side Effects & Interactions" MLR 1:30 B-Fit: Upper/Lower Body WC 2:00 Update w/Don ZM 2:30 Methodist Communion CHP 6:30 Rummikub MLR	FRIDAY 10:00 Menu Chat with Chef MDR 10:15 B-Fit: Upper/Lower Body WC 11:30 Friends for Life House Warming Party BT 1:00-3:00 Brookdale Chambrel Williamsburg Optimum Life Health Fair GH 1:30 B-Fit: Yoga/Flexibility IHC 3:00 I Pad History "The Pilgrims" IHC	SATURDAY 10:30 Operation Gratitude: Knitting for Soldiers MLR 1:15 Williamsburg Players "Squabbles" BUS 1:30 B Fit IHC 2:30& 7:00 Saturday Silver Screen "The Conspirator" IHC	SUNDAY 11:00 Sunday Fellowship with Charles IHC 1:30 B Fit IHC 2:30 Sunday Cinema "Remember the Night" IHC 7:00 Sunday Cinema "Remember the Night" IHC	MONDAY 9:00 -4:00 Brookdale Chambrel Williamsburg Job Fair MLR 10:00 Catholic Communion CHP 10:15 B-Fit: Upper/Lower Body WC 1:30 B-Fit: Yoga/Flexibility WC 2:30 In the Spirit of Giving ACS Creating Snowman Candy Bars 6:30 Yahtzee Club with June MLR	TUESDAY 9:30 B-Fit: Upper/Lower Body WC 10:15 B-Fit: Cardio/Upper Body WC 11:00 Flex Your Brain MLR 1:00 CEU Class MLR 1:30 B-Fit: Upper/Lower Body WC 3:00 One Day U LIVE "Chemistry of Coffee" MLR 7:00 Bible Study with Charles ZM	WEDNESDAY 10:15 B-Fit Upper/Lower Body WC 11:00 Great Courses MLR "Guide to Birding" 1:00 Health & Wellness Talk MLR "Fall Prevention" 1:30 B-Fit: Upper/Lower Body WC 2:00 B-Fit: Stretch WC 3:00 Page Turners Book Club AW discussing "State of Wonder" 4:30 Birthday Extravaganza MLR	THURSDAY 9:30 B-Fit: Upper/Lower Body WC 10:15 B-Fit: Cardio/Upper Body WC 11:00 Mobile Library Services GH 11:00 Flex Your Brain MLR 1:30 B-Fit: Upper/Lower Body WC 11:30 Lunch out to Sal's Italian Restaurant 2:00 Brookdale Chambrel Update w/Don ZM 6:30 Rummikub MLR	FRIDAY 10:00 Menu Chat with Chef MDR 10:15 B-Fit: Upper/Lower Body WC 11:30 Friends for Life House Warming Party BT 1:30 B-Fit: Yoga/Flexibility WC 2:00 Fitness Orientation 3:00 Fruit of the Vine MLR Mix and Mingle	SATURDAY 10:30 Operation Gratitude: Knitting for Soldiers MLR 1:30 B Fit IHC 2:30 Saturday Silver Screen "A Night to Remember" IHC 3:00 "Godfrey Grier Takes Center Stage" Piano Concert MLR 7:00 Saturday Silver Screen "A Night to Remember" IHC	SUNDAY 11:00 Sunday Fellowship with Charles IHC 1:30 B Fit IHC 2:30 Sunday Cinema "Blind Side" IHC 7:00 Sunday Cinema "Blind Side" IHC	MONDAY 10:00 Catholic Communion CHP 10:15 B-Fit: Upper/Lower Body WC 11:00 Health and Nutrition Grp A Stroke of Insight MLR 1:30 B-Fit: Yoga/Flexibility WC 2:00 Veterans Photo MLR 3:00 Baking Bread and Sharing Recipes Sweet Potato Bread MLR 6:30 Yahtzee Club with June MLR	TUESDAY 8:00 EMS Appreciation Breakfast MDR 9:30 B-Fit: Upper/Lower Body WC 10:15 B-Fit: Cardio/Upper Body WC 11:00 Flex Your Brain MLR 1:00 Resident Engagement Com AW 1:30 B-Fit: Upper/Lower Body WC 2:00 Guided Meditation "Firefly Night" 3:00 One Day U "Culinary History of US" MLR 7:00 Bible Study with Charles ZM	WEDNESDAY 10:00 Housekeeping Committee AW 10:15 B-Fit Upper/Lower Body WC 11:00 Bldg/Safe/Grounds Com AW 11:00 Great Courses MLR "Guide to Birding" 1:00 Health & Wellness w/Joni MLR "Exercise Bingo" 1:30 B-Fit: Upper/Lower Body WC 2:00 B-Fit: Stretch WC 3:00 Resident Engagement Chat MLR	THURSDAY 11:00 Flex Your Brain MLR 1:30 B-Fit: Upper/Lower Body IHC 2:30 I Pad: History "Desperate Crossing: Untold Story of the Mayflower" IHC 6:30 Rummikub MLR	FRIDAY 10:00 Menu Chat with Chef MDR 10:15 B-Fit: Upper/Lower Body WC 10:30 Dining Services Committee MDR 11:00 My Life Story Sharing Thanksgiving Traditions MLR 1:30 B-Fit: Yoga/Flexibility WC 3:00 Mix and Mingle featuring Don Warner on Piano MLR	SATURDAY 10:30 Operation Gratitude: Knitting for Soldiers MLR 1:30 B Fit IHC 2:30 Saturday Silver Screen "Legend of Bagger Vance" IHC 7:00 Saturday Silver Screen "Legend of Bagger Vance" IHC	SUNDAY 11:00 Sunday Fellowship with Charles IHC 1:30 B Fit IHC 2:30 Sunday Cinema "All is Lost" IHC 7:00 Sunday Cinema "All is Lost" IHC	MONDAY 10:00 Catholic Communion CHP 10:15 B-Fit: Upper/Lower Body WC 11:00 One Day U LIVE "Drive Through America" MLR 1:30 B-Fit: Yoga/Flexibility WC 3:00 The Many Blessings of Gratitude Holiday Tea MLR 6:30 Yahtzee Club with June MLR Holiday Decorating Begin	TUESDAY 9:30 B-Fit: Upper/Lower Body WC 10:15 B-Fit: Cardio/Upper Body WC 11:00 Flex Your Brain MLR 1:30 B-Fit: Upper/Lower Body WC 1:30 A Stitch in Time Mending Service ACS 6:45 "Jammin' to the Beat" with Joe's Day Off Duo MLR 7:00 Bible Study with Charles ZM	<p><b>Brookdale Chambrel Williamsburg</b> 3800 Treyburn Drive Williamsburg, VA 23185 (757) 220-1839   brookdale.com</p> <p>Independent Living All activities are subject to change.</p>		<h1>November 2021</h1>	



# Health and Wellness

## 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 sleep won't just leave you tired and irritable, it can be a detriment to your overall well-being.

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.

Source: <https://medlineplus.gov/healthysleep.html>

### 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 8 hours each night.

Source: <https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>

### Tips for Better Sleep

- Exercise regularly
- Go to bed and rise around the same time every day
- Keep your bedroom cool
- Avoid looking at your phone or tablet right before bed
- Eat—but not too much
- Avoid excessive alcohol and caffeine
- Relax before bed
- Get checked by your doctor if you have continued trouble sleeping

Source: <https://medlineplus.gov/healthysleep.html>

## 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!*

## COMMUNITY CONNECTIONS

November 2021

## Brookdale News

### National Alzheimer's Disease Awareness Month



Each November Brookdale Senior Living joins the rest of the nation in recognizing National Alzheimer's Disease Awareness Month. Although we are focused on the care of people living with dementia, including Alzheimer's disease all year, it is a special time for us to contribute in a larger way to both raise awareness and promote research for the cure and a better quality of life for those living with the disease.

We recognize that with the most recent estimates pointing to more than 6 million Americans living with Alzheimer's and that this number is projected to rise to nearly 13 million by 2050, raising awareness of the disease is a very important mission. As the nation's largest dementia care organization, Brookdale Senior Living has long been a leading fundraiser of the Alzheimer's Association. Brookdale has held specific fundraisers annually and has participated in hundreds of local The Walk to End Alzheimer's™ events, which is the world's largest event to generate awareness and funds for Alzheimer's care, support and research, throughout the country.

Despite the global pandemic, in 2020, Brookdale was proud to raise over 1 million dollars for the Walk to End Alzheimer's Program through the Alzheimer's Association. Since 2008, Brookdale has raised more than \$19 Million for the organization as a National Walk to End Team. This year, Brookdale is on target to raise over \$1 million for the organization.

Our goal at Brookdale continues to be to improve quality of care and outcomes across all our care settings, including quality of life and the lived experience of persons with dementia and their caregivers.

## An Engaged Life



Pat McKinney has always had a heart for service, having begun her nursing career at a young age. Pat completed nursing school when her youngest son was born. She worked in home health going to homes without indoor plumbing and seeing AIDS patients when not much was known about the disease. Later, she was the first hospice nurse in Iredell County, NC and helped develop nursing protocols.

A native of Wales, Pat now uses what she loves to serve others at Brookdale Peachtree in Statesville, NC. She leads group discussions about her time in Wales and her love of the Royal Family, sharing her many magazines and pieces of memorabilia on the topic. Pat also enjoys walking through the community, checking in with residents to ensure they are doing well. Recently on her "rounds," she came upon a resident who had fallen. Pat helped in providing sound nursing advice to the staff, and gently approached the resident to check the resident's pulse while comforting her with encouraging words.

Pat provides us all with a wonderful example about living an engaged life, with the key being this – do things that drive your passion and keep you engaged – and share that passion with others.