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October 2021

THE DAILY Path

UPCOMING EVENTS

- 00:00 Breakfast
- 00:00 B-Fit Exercise
- 00:00 Refreshments
- 00:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 00:00 Lunch
- 00:00 Creative/Crafts/Art and Clustered Groups
- 00:00 Physical
- 00:00 Refreshments
- 00:00 Music/ Intergenerational
- 00:00 Dinner
- 00:00 Sensory/News and Reading Groups
- 00:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- LR - Living Room
- DR - Dining Room
- SR - Sun Room
- TV - TV Room
- CY - Court Yard
- FP - Front Porch
- CK - Country Kitchen
- DR - Den Room
- FR - Family Room
- LB - Library

License Number

Brookdale East Wichita

9191 East 21st Street North
Wichita, KS 67206

(316) 630-0788 | brookdale.com



31 October
Halloween

9:30 B-Fit Flexibility	LR
10:30 Prayer & Reflection	GR
1:30 BINGO!	GR
2:30 Halloween Celebrations	GR
4:00 Halloween Music	GR
6:00 Lone Ranger	GR

01

9:30 B-Fit Cardio	LR
10:30 Word Search	GR
1:30 Puzzle Time	SR
2:00 Cowboy Rick	LV
3:30 Stretches	GR
6:00 Friday Night Movie!	GR

02

9:30 B-Fit Balance	GR
10:30 Zoo Reminisce	GR
1:30 Nail Care	SR
2:30 Bowling	GR
3:30 Jazz Music	GR
6:00 Nightly News	GR
7:00 Lawrence Welk ch 671	GR

03

9:30 B-Fit Flexibility	LR
10:30 Prayer & Reflection	GR
1:30 BINGO!	GR
2:30 Dancing	GR
3:00 Root Beer Floats	GR
3:30 Spiritual Music	GR
6:00 TCM ch.54	GR

04

9:30 B-Fit Cardio	LR
10:30 Dick Tracy Trivia	GR
1:30 Virtual Safari	SR
2:30 Chair Yoga	GR
3:00 Happy Hour	DR
4:00 Porter Wagner	GR
6:00 Newspaper Reading	GR

05

9:30 B-Fit Upper Body	LR
10:30 Pasta Search & Solve	GR
1:30 Menu Chat	SR
2:30 Baseball	GR
3:30 Loretta Lynn Music	GR
6:00 Devotions & Hymns	GR
7:00 Andy Griffith	GR

06

9:30 B-Fit Core/Coordination	LR
9:30 Fun With Natalie	GR
10:30 Hostess Cupcake Trivia	SR
1:30 Community Project	GR
2:30 Bowling	GR
4:00 Dolly Parton	GR
6:00 News/Reading	GR

07

9:30 B-Fit Lower Body	LR
10:30 Charles Nida	LR
1:30 Resident Council	CK
2:30 Kickball	GR
3:30 Willie Nelson	GR
4:00 Patio Time	CY
6:00 Food Network ch40	GR

08

9:30 B-Fit Cardio	LR
10:30 Facts About Supreme Court	GR
1:30 Crafting Corner	CK
2:00 Charles Nida Live!	LR
2:30 Soccer	GR
3:30 Alan Jackson	GR
6:00 Friday Night Movie!	GR

09

9:30 B-Fit Balance	GR
10:30 Bat Facts	GR
1:30 Nail Care	SR
2:30 Courtyard Walk	CY
3:30 Bluegrass Music	GR
6:00 Lawrence Welk ch 671	GR

10

9:30 B-Fit Flexibility	LR
10:30 Prayer & Reflection	GR
1:30 BINGO!	GR
2:30 Sunday Stroll	GR
3:00 Ice Cream Treats	GR
3:30 Spiritual Music	GR
6:00 Animal Planet ch. 56	GR

11
Columbus Day

9:30 B-Fit Cardio	LR
10:30 Airplane Trivia	GR
1:30 Crafting Corner	SR
3:00 Happy Hour	DR
4:00 Bob Dylan	GR
6:00 Evening News	GR
7:00 TV Land	GR

12

9:30 B-Fit Upper Body	LR
10:30 MASH Trivia	GR
1:30 Nail Care	SR
3:30 Resistance Band Workout	GR
4:00 Country Western	GR
6:00 Devotions & Hymns	GR

13

9:30 B-Fit Core/Coordination	LR
10:30 The Write Word Game	GR
1:30 Beaded Jewelry	SR
2:30 Chair Yoga	GR
3:30 Smooth Jazz	GR
6:00 Nightly News	GR
6:30 Wheel of Fortune	GR

14

9:30 B-Fit Lower Body	LR
10:30 Trivia	GR
1:00 Cooking Corner	CK
2:30 Deep Breathing	GR
3:30 Classical Music	GR
4:00 Patio Time	GR
6:00 Hand Massages	GR

15

9:30 B-Fit Cardio	LR
10:30 Misc. Trivia	GR
1:30 Crafting Corner	SR
2:30 Corn Hole	GR
3:30 Glen Campbell	GR
6:00 Friday Night Movie!	GR

16

9:30 B-Fit Balance	GR
10:30 Sense of Smell	GR
1:30 Nail Care	SR
2:30 Bowling	GR
3:30 Rhythm & Blues	GR
6:00 Nightly News	GR
7:00 Lawrence Welk ch 671	GR

17

9:30 B-Fit Flexibility	LR
10:30 Prayer & Reflection	GR
1:30 BINGO!	GR
2:30 Sunday Stroll	GR
3:00 Milk Shakes	GR
3:30 Hymns	GR
6:00 TCM ch.54	GR

18

9:30 B-Fit Cardio	LR
10:30 Airplane Facts	GR
1:30 Sun Catchers	SR
3:00 Happy Hour	GR
4:00 Underwater Ambiance	GR
6:00 HGTV ch. 39	GR

19

9:30 B-Fit Upper Body	LR
10:30 Music With LV	GR
1:30 Craft Corner	SR
2:30 Virtual Hike	GR
3:30 Conway Twitty	GR
6:00 Devotions & Hymns	GR

20

9:00 B-Fit Core/Coordination	LR
9:30 Fun With Natalie	GR
1:30 Watercolor Painting	SR
2:30 Resistant Band Stretches	GR
3:30 George Straight	GR
6:00 Nightly News	TV
7:00 Gunsmoke	GR

21

9:30 B-Fit Lower Body	LR
10:30 Word Search	GR
1:00 Cooking Corner	CK
2:30 Ring Toss	GR
3:30 Kenny Rogers	GR
6:00 Nightly News	TV
7:00 TV Land	GR

22

9:30 B-Fit Cardio	LR
10:30 Frog Facts	GR
1:30 Crafting Corner	SR
2:30 Chair Exercises	GR
3:30 The Big Bopper	GR
6:00 Friday Night Movie!	GR

23

9:30 B-Fit Balance	GR
10:30 Crosswords	GR
1:30 Nail Care	SR
3:30 Paul Anka	GR
6:00 Daily Chronicle	GR
7:00 Lawrence Welk ch 671	GR

24

9:30 B-Fit Flexibility	LR
10:30 Prayer & Reflection	GR
1:30 BINGO!	GR
2:30 Sunday Stroll	GR
3:00 Ice Cream Treats	GR
3:30 Gospel	GR
6:00 Animal Planet	GR

25

9:30 B-Fit Cardio	LR
10:30 Squirrel Away	GR
1:30 Crafting Corner	SR
2:30 Kickball	GR
3:30 Tony Bennett	GR
6:00 TCM ch. 54	GR

26

9:30 B-Fit Upper Body	LR
10:30 A-Mazing Teddy Bear	GR
1:30 Craft Corner	SR
2:30 Ball toss	GR
3:30 The Beach Boys	GR
6:00 Devotions & Hymns	GR

27

9:30 B-Fit Core/Coordination	LR
10:30 Yogi Berra Trivia	GR
1:30 Cooking Club	CK
2:30 Chair Yoga	GR
3:30 Four Topss	GR
6:00 TV Land	TV

28

9:30 B-Fit Lower Body	LR
10:30 Spelling Bee	GR
1:30 Cooking Corner	CK
2:30 Virtual Vacation	GR
3:30 The Jackson Five	GR
6:00 Bonanza	GR

29

9:30 B-Fit Cardio	LR
10:30 Word Search	GR
1:30 Crafting Corner	SR
2:30 Baseball	GR
3:30 Sonny & Cher	GR
6:00 Friday Night Movie!	GR

30

9:30 B-Fit Balance	GR
10:30 Who Am I	GR
1:30 Nail Care	SR
2:30 Community Walk	GR
3:30 Hank Williams	GR
6:00 Roy Rogers Show	GR
7:00 Lawrence Welk ch 671	GR

Health and Wellness

Movement is Medicine



Regular physical activity is the closest thing we have to the fountain of youth. The frailty of old age is reversible, age related changes can be slowed or even reversed. It does not matter how old you are or what shape you are in now.

Benefits of Exercise

Regular exercise and movement are critical to your health and well-being. A consistent exercise routine can help you to:

- **Lower your risk of heart disease** - Exercise elevates your heart rate, increasing blood flow and oxygen levels in your body. If you consistently exercise you'll help lower your blood pressure and cholesterol which helps lower your overall risk of heart diseases.
- **Control blood sugar and insulin** - Exercise can lower blood sugar levels and if you follow a consistent routine your body will have an improved response to insulin, reducing the risk of Type 2 diabetes or making it easier to manage if you have it.
- **Improve your mood** - Exercise causes your body to produce endorphins which make you feel more relaxed, making it easier for you to manage stress and helps to reduce emotional challenges such as depression.
- **Maintain brain health as you get older** - Proteins and chemicals released during exercise help improve the brain's structure and function, which can aid your ability to think, learn, and remember things as you get older.
- **Increase and maintain muscle strength and bone density** - Regular strength training exercises help improve your strength and prevent bone density loss and muscle atrophy associated with getting older.

Source: MedlinePlus: <https://medlineplus.gov/benefitsofexercise.html>

Wellness Challenge

Exercise Safely

If you're new to exercise or getting back into it after a long break, it's important to start slow and increase your intensity gradually. If you exercise too intensely you can cause injury. Be mindful of how you feel during exercises and keep track of your progress. If exercises are difficult, consider lowering the intensity. If they are easy to complete, consider challenging yourself by slowly building up your intensity.

Exercising can be a feel-good experience when you discover the kind of motions that your body enjoys. May you find exercise that brings you health, happiness, and the pure joy of moving with ease!

Be Well on Purpose!

COMMUNITY CONNECTIONS

October 2021

Brookdale News

A New Flu Season



Although last year's influenza season was one of the mildest on record, this year could tell a different story. As states loosen mask and social distancing guidelines, and in-person activities resume, health experts are expecting a more typical season and urging everyone to get their flu shots.

This year, the timing of recommended COVID-19 booster doses is expected to intersect with flu clinic timing. You may notice community clinics scheduled sooner to ensure that both vaccines can be administered.

Kim Elliott, SVP and Chief Nursing Officer at Brookdale says, "As COVID-19 cases rise throughout the country, driven by the highly contagious delta variant, it's more important than ever to protect yourself from any potential illness." Health experts have confirmed that COVID-19 booster doses can be co-administered with influenza vaccines.

Pharmacists will be available on site to deliver the senior-dose flu vaccine specific for people over 65 years old. Additionally, if residents qualify for a COVID-19 booster (third dose), CVS can provide those on clinic-day as well. Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans.

Whether your community has had its vaccine clinic, or is in the process of planning one, please make plans to receive your vaccine(s) to protect yourself, your family and your fellow residents from illness this season.

An Engaged Life



Ann and Jerry Zbraneks have always been passionate about living an engaged life. Married for 65 years, the philosophy of cultivating one's interests and strengths each day shows up in everything they do, including their love of gardening, which both learned from their mothers.

When the couple moved to Brookdale Northshore in Portland, Texas, four years ago, they wasted no time getting fully engaged in community life. They combined their shared passion for gardening with their respective professional skills, Ann's nurturing skills as a retired nurse, and Jerry's business skills from his professional management role to grow relationships throughout the community. The result is a revitalized courtyard area with a beautiful garden that the entire community can enjoy.

From their gardening, Ann and Jerry made so many new friendships in the community. They have since expanded their engagement by becoming members of the welcoming committee and playing poker with their many friends.

Ann and Jerry continue each year to nurture the garden for all to enjoy and have recently received the Portland Garden Club's Garden of the Season Award for their garden oasis.

Living an engaged life can have many rewards, and Ann and Jerry have discovered that the reward lies in bringing joy to themselves and others.