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01 Daylight Saving Time End

9:30	B-Fit Exercise	EX
10:30	Gospel Music	LR
1:30	Trivia	EX
2:30	Daily Crossword	EX
3:00	Cards & Dominoes	DR
6:00	Sunday Movie	LR

02

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Trivia	EX
1:30	Flex Your Brain #1	EX
2:30	Bingo	DR
6:00	Uno Cards	EX

03 Election Day

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
11:00	Coffee & Conversation	LR
2:00	Women's Spa Day	AL
3:30	Trivia	EX
6:00	Dominoes	LR

04

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
12:00	Women's Lunch	DR
2:00	Afternoon Social	DR
3:30	Trivia	EX
6:00	Dominoes	LR

05

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Wheel of Fortune	EX
1:30	Men's Hangout Group	DR
2:00	Bingo	DR
3:30	Trivia	EX
6:00	Evening News	LR

06

9:30	B-Fit Exercise	EX
10:30	Singing W/Hayden	LR
1:30	Flex Your Brain #2	EX
2:00	Afternoon Social	DR
3:00	My Life Story	EX
3:30	Trivia	EX
5:30	Dominoes	LR

07

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
1:30	Trivia	EX
3:00	Cards & Dominoes	EX
6:00	Movie Night	LR

08

9:30	B-Fit Exercise	EX
10:30	Gospel Music	LR
1:30	Trivia	EX
2:30	Daily Crossword	EX
3:00	Cards & Dominoes	DR
6:00	Sunday Movie	LR

09

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Trivia	EX
1:30	Flex Your Brain #1	EX
2:30	Bingo	DR
6:00	Dominoes	DR

10

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
1:30	Art Expression	DR
2:30	Popcorn Social	DR
3:30	Trivia	EX
6:00	Evening News	LR

11 Veterans Day

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Circle Horseshoes	EX
1:30	Resident Council	EX
2:30	Menu Chat W/Nayeli	EX
3:30	Trivia	EX
6:00	Dominoes	LR

12

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Picture to Picture	EX
2:00	Bingo	DR
3:30	Trivia	EX
6:00	Cards	LR

13

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
11:00	Bowling	EX
1:30	Flex Your Brain #2	EX
2:00	Afternoon Social	DR
3:30	Trivia	EX
5:30	Dominoes	EX

14

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
1:30	Trivia	EX
3:00	Cards & Dominoes	EX
6:00	Movie Night	LR
	Duane Coppock's Birthday!!!	

15

9:30	B-Fit Exercise	EX
10:30	Gospel Music	LR
1:30	Trivia	EX
2:30	Daily Crossword	EX
3:00	Cards & Dominoes	DR
6:00	Sunday Movie	LR

16

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Trivia	EX
1:30	Flex Your Brain #1	EX
2:30	Bingo	DR
6:00	Evening News	DR

17

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
11:00	Riddle Me This!	EX
2:00	Women's Spa Day	AL
3:30	Trivia	EX
6:00	Dominoes	LR

18

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
12:00	Men's Lunch	DR
2:00	Afternoon Social	DR
3:00	Program Chat	EX
3:30	Trivia	EX
6:00	Cards	LR

19

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
1:30	Men's Hangout Group	DR
2:00	Bingo	DR
3:30	Trivia	EX
6:00	Dominoes	LR

20

9:30	B-Fit Exercise	EX
10:30	Singing W/Hayden	LR
1:30	Flex Your Brain #2	EX
2:00	Afternoon Social	DR
3:30	Trivia	EX
5:30	Dominoes	LR

21

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
1:30	Trivia	EX
3:00	Cards & Dominoes	EX
6:00	Movie Night	LR

22

9:30	B-Fit Exercise	EX
10:30	Gospel Music	LR
1:30	Trivia	EX
2:30	Daily Crossword	EX
3:00	Cards & Dominoes	DR
6:00	Sunday Movie	LR

23

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Trivia	EX
1:30	Flex Your Brain #1	EX
2:30	Bingo	DR
6:00	Dominoes	DR
	Perle Lindley's Birthday!!!	

24

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
11:00	Word cookies	EX
2:00	Afternoon Social	DR
3:00	OL Health Talk	EX
3:30	Trivia	EX
6:00	Dominoes	LR

25

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Cornhole	EX
2:00	Menu Chat W/Nayeli	EX
3:30	Trivia	EX
6:00	Evening News	LR

26 Thanksgiving

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Ladder Ball	EX
1:30	Thanksgiving Day Crafts	DR
2:30	Bingo	DR
3:30	Trivia	EX
6:00	Cards	LR
	Happy Thanksgiving!!!	

27

9:30	B-Fit Exercise	EX
11:00	Trivia	EX
1:30	Flex Your Brain #2	EX
2:00	Afternoon Social	DR
3:00	Art Expression	DR
5:30	Dominoes	LR

28

9:30	B-Fit Exercise	EX
10:30	Daily Crossword	EX
1:30	Trivia	EX
3:00	Cards & Dominoes	EX
6:00	Movie Night	LR

29

9:30	B-Fit Exercise	EX
10:30	Gospel Music	LR
1:30	Trivia	EX
2:30	Daily Crossword	EX
3:00	Cards & Dominoes	DR
6:00	Sunday Movie	LR

30

9:30	B-Fit Exercise	EX
10:30	Daily Crosswords	EX
11:00	Trivia	EX
1:30	Flex Your Brain #1	EX
2:30	Bingo	DR
6:00	Dominoes	DR

LOCATION KEY

- CY Courtyard
- LR Living Room
- DR Dining Room
- IS Inside
- AL Assisted Living
- AR Activity Room
- BT Bus Trip
- EX Exercise Room

License Number

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Health and Wellness

Emotional Well-Being



Older adults are logging onto social networking sites now more than ever. Studies have demonstrated that social media use can have benefits for seniors including reducing social isolation and improving cognitive performance. But many seniors have reservations about using social media because of privacy concerns or the feeling that it is a waste of time. It's true that most of our lives were lived without the modern gadgets of today, and we did just fine, but that doesn't mean you can't use technology.

Types of Social Media

The big four social media platforms are - Facebook, Instagram, Twitter and Skype.

Facebook

This is the "long, detailed" version of your life. You can post long status updates, add tons of photos, share articles, etc. Facebook is also the most popular social media platform by more than double. If you are looking to reconnect with friends, you're most likely to find them on Facebook.

Instagram

Instagram is a free, online photo-sharing application and social network platform that was acquired by Facebook in 2012. Instagram allows users to edit and upload photos and short videos and include captions through a mobile app. Users also have the option of making their profile private so that only their followers can view their posts.

Twitter

Think of Twitter as a shorter version of Facebook. Like Facebook, Twitter is a way to stay connected and keep up with your friends and family. However, Twitter is the abbreviated version. There is actually a character limit to how much you can say. With Twitter, you have a maximum of 280 characters.

Skype

Skype is best described as software that "enables the world's conversations." It provides a platform for millions of individuals and businesses to make free video and voice calls, send instant messages and share files with other Skype users. Many people are using Skype to keep in touch with the people who matter most.

AARP provides a great tool for new users on its website, Social Media Education Center, which offers education on Facebook, Google+, Twitter, Social Video, Pinterest, and Blogging Basics.

Wellness Challenge

Optimum Life Inspiration

Never stop learning. Not only can social media make older adults aware of virtual educational opportunities, there are social media accounts dedicated to keeping the general population educated about scientific breakthroughs, historical accounts, current events, and more.



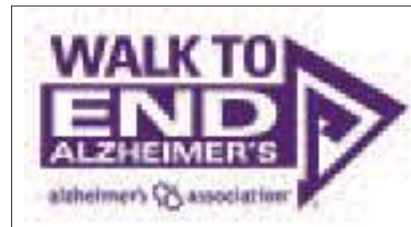
COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Walk to End Alzheimer's®



While this year's Walk to End Alzheimer's® events will be different, they continue to be deeply meaningful to help raise awareness about the sixth-leading cause of death in the United States. Brookdale Senior Living Inc. continues to be one of the largest corporate supporters of the Walk to End Alzheimer's®. This year, thousands of Brookdale associates, residents, and patients are participating in or supporting virtual walks across the country. Many will share the impacts this disease has had on their families and friends. More importantly, they'll also show that those living with dementia still have much to live for.

In addition to November's designation as Alzheimer's Awareness Month, September 21st was World Alzheimer's Day, and people across the globe do what they can to raise awareness and challenge the common stigmas that surround Alzheimer's and other forms of dementia. "According to the World Health Organization, there are around 50 million people worldwide living with dementia and unfortunately Alzheimer's Disease International reports that two out of every three people globally believe there is little or no understanding of dementia in their countries," said Juliet Holt Klinger, gerontologist and expert on dementia care at Brookdale. Since 2008, Brookdale's associates, residents, families and business partners have raised almost \$17 million for the Walk to End® program through the Alzheimer's Association. In many of these years, Brookdale surpassed an annual \$2 million mark for the Walk to End® program as a Diamond National Team. The company's efforts are not just about donations, they are about making a difference. Brookdale is the nation's largest operator of memory care communities, and has developed innovative programs that take a person-centered approach to care.

An Engaged Life

Finding Joy and Love through Sculpture



Robert Andrus believes in being joyful. Born in Ann Arbor, Michigan during the depression, he also lived in New York before planting roots in Chicago. A proud father of three sons, an Air Corp veteran, and a consultant who worked until age 80, Robert and his wife found joy traveling the world. He moved to Brookdale Vernon Hills in Illinois over 4 years ago after his wife's passing.

Faith, joy, and loving thy neighbor are the values that guide in his passion of creating beautiful sculptures. In January, he began a series of sunrise and sunset sculptures, including a piece inspired by the proverb "tomorrow never comes" and the lyrics of Garth Brooks' song, If Tomorrow Never Comes. As appreciation to the Vernon Hills team for helping residents get through difficult times, he shared this sculpture on display at the community's entrance.

In all, Robert has created over 500 sculptures that have been displayed in galleries, given to friends and family, and donated to charities. Robert's current work is of the heron who takes off from the pond behind the community every evening at sunset. He is a true example of living an engaged life.