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### 01 Daylight Saving Time End

10:00 BFit Sheets AR  
 11:00 Sing-a-long LO  
 1:30 Discussion Group FP  
*Favorite Trip*  
 2:30 Sunday Flick AR  
*Frozen II*

### 02

10:00 B-Fit AR  
 10:30 Lunch Bunch Take Out O  
 Hickory Tavern  
 2:30 Flex Your Brain DR  
 4:00 Fundraising Discussion DR

### 03 Election Day

10:00 B-Fit AR  
 11:00 Interesting Places in NC AR  
 2:00 Bingo DR  
 3:00 Flex Your Brain DR  
  
 Election Coverage on All News Channels

### 04

10:00 B-Fit AR  
 11:00 Christmas Crafts AR  
 1:30 Dining Service Meeting DR  
 2:15 Bookclub DR  
 6:30 DisneyNature AR  
*Elephants*

### 05

11:00 Coffee Talk & Hands-Free Baking C  
 1:00 B-Fit Walking FP  
 2:45 Newcomers Social DR  
 4:00 Sing A-Long LO

### 06

10:00 B-Fit AR  
 11:00 Christmas Crafts AR  
 2:00 Bingo DR  
 3:00 Flex Your Brain/iPad DR  
 6:30 Disney Night AR  
 TBA

### 07

11:00 BFit: Tai Chi AR  
 1:00 Daily Chronicle LO  
 2:30 Front Porch Chat FP  
 6:30 Trivia Night w/Mari AR

### 08

10:00 BFit AR  
 11:00 Sing-a-long LO  
 1:30 Discussion Group FP  
*What Were Your Struggles in School (any grade)*  
 2:30 Sunday Flick AR  
*Hamilton*

### 09

10:00 B-Fit AR  
 11:00 Crafting w/Jackie AR  
 1:30 *Mulan Premier!* AR  
 4:00 Flex Your Brain AR

### 10

10:00 B-Fit AR  
 11:00 Crafting AR  
 2:00 Bingo DR  
 4:00 Sing-a-long AR

### 11 Veterans Day

10:00 B-Fit AR  
 11:00 My Life Story DR  
 1:45 Dining Service Meeting DR  
 2:15 Bookclub DR  
 6:30 Disneynature Night AR  
 TO ALL OUR BROOKDALE VETERANS: THANK YOU FOR YOUR SERVICE!!

### 12

11:00 Baking Demo & Coffee Talk C  
 2:00 B-Fit Walking Club FP  
*Weather Permitting*  
 2:45 House Social DR  
 4:00 Flex Your Brains AR

### 13

10:00 B-Fit AR  
 11:00 Welcome Ambassadors AR  
 2:00 Bingo DR  
 3:00 Flex Your Brain/iPad DR

### 14

11:00 BFit: Tai Chi AR  
 1:00 Daily Chronicle LO  
 2:30 Front Porch Chat FP  
 6:30 Tivia Night w/Mari AR

### 15

10:00 BFit sheets AR  
 11:00 Sing-a-long LO  
 1:30 Discussion Group FP  
*Must Have Side Dishes at Your Thanksgiving*  
 2:30 Sunday Flick AR  
*Aladdin Live Version*

### 16

10:00 B-Fit AR  
 11:00 Resident Program Chat AR  
 2:00 Bookclub DR  
 4:00 Flex Your Brain Sheets

### 17

10:00 B-Fit AR  
 11:00 Coffee Talk C  
 2:00 Bingo DR  
 4:00 Sing-a-long LO  
 6:30 Netflix Night AR

### 18

10:00 B-Fit AR  
 11:00 Turkey Shoot AR  
 1:30 Dining Service Meeting DR  
 2:15 Health Talk DR  
 2:30 Bookclub DR  
 4:00 History of Thanksgiving AR

### 19

11:00 Baking Demo & Coffee Talk C  
 2:00 B-Fit Walking FP  
 2:45 House Social DR  
 4:00 Flex Your Brain AR

### 20

10:00 B-Fit AR  
 2:00 Bingo DR  
 3:00 Flex Your Brain/iPad DR  
 6:30 Movie Night AR  
 TBA

### 21

11:00 BFit: Tai Chi AR  
 1:00 Daily Chronicle LO  
 2:30 Front Porch Chat FP  
 6:30 Tivia Night w/Mari AR

### 22

10:00 BFit Sheets AR  
 11:00 Sing-a-long LO  
 2:00 Bingo DR  
 6:30 Sunday Flick AR  
 TBA

### 23

10:00 B-Fit AR  
 2:00 Resident Council DR  
 4:00 Flex Your Brain AR  
 6:30 Netflix: Sherlock Holmes AR

### 24

10:00 B-Fit AR  
 11:00 Coffee Talk C  
 2:00 Bingo DR  
 4:00 Sing-a-long LO  
 6:30 Netflix Night AR

### 25

10:00 B-Fit AR  
 11:00 Flex Your Brain AR  
 1:30 Dining Service Meeting DR  
 2:15 Bookclub DR  
 6:30 DisneyNature Night AR

### 26 Thanksgiving

11:00 B-Fit: Walking FP  
*Weather Permitting*  
 Thanksgiving Dinner DR  
 1:30 Flex Your Brain Sheets  
 2:00 Hallmark Movies Channel 55

### 27

10:00 B-Fit Sheets AR  
 1:30 Resident's Choice H  
 2:30 Daily Chronicle  
 6:30 Movie Night ALR

### 28

11:00 BFit: Tai Chi AR  
 1:00 Daily Chronicle LO  
 2:30 Front Porch Chat FP  
*Weather Permitting*  
 6:30 Trivia Night w/Mari AR

### 29

10:00 BFit Sheets AR  
 11:00 Sing-a-long LO  
 2:00 Discussion Group DR  
*When & Where Did You Get Married?*  
 2:30 Sunday Flick ALR  
*Beauty & The Beast Live*

### 30

10:00 B-Fit AR  
 11:00 Coffee Talk C  
 2:30 Flex Your Brain AR  
 6:30 Netflix Night AR  
*Sherlock Holmes*

### LOCATION KEY

AR Activity Room	DR Dining Room
LO Lobby	H House
C Cafe	FP Front Porch
LI Library	ASR Azalea Sun Room
ALR Azalea Living Room	MLR Magnolia Living Room
O Outing	CB Clare Bridge

*License Number*

### Brookdale MacArthur Park

111 MacArthur Drive  
 Cary, NC 27513  
 (919) 460-5959 | brookdale.com



## 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.

## 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.

### 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.

## 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.