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# October 2020

## THE DAILY PATH

### UPCOMING EVENTS

- 8:00 Breakfast
- 9:45 B-Fit Exercise
- 10:15 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 2:45 Physical
- 3:15 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 7:00 Sensory/News and Reading Groups
- 7:30 Refreshments

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

### LOCATION KEY

- LR - Living Room
- DR - Dining Room
- OT - Outside/Outing
- SR - Sunroom
- H - House
- P - Patio
- FP - Front Porch
- A - Apartment
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License Number

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



**04**

9:45 B-Fit Seated Yoga	LR
11:00 Church Service	LR
1:00 Social Hour	LR
2:00 Jewelry Making	SR
2:45 Balloon Volleyball	P
4:00 Music w/Lawrence Welk	LR
7:00 Daily Chronicles	A

**05**

9:45 B-Fit Cardio	LR
11:00 Monday Mental Mania	P
1:00 Social Hour	LR
2:00 Fall Baking	DR
2:45 Dancing to the Oldies	LR
4:00 Sing-A-Long Musicals	LR
7:00 Sassy Nails	LR

**06**

9:45 B-Fit Upper Body	LR
11:00 Tuesday Trivia	LR
1:00 Social Hour	LR
2:00 Creative Writing	SR
2:45 Walk/Wellness Class	OT
4:00 Singing with Doris Day	LR
7:00 Read and Relax	LR

**07**

9:45 B-Fit Cardio	LR
11:00 Wacky Word Wednesday	SR
1:00 Social Hour	LR
2:00 Fall Crafts	SR
2:45 Garden Time	P
4:00 Horses with Valerie	LR
7:00 Weekly Devotional	LR

**08**

9:45 B-Fit Lower Body	LR
11:00 The Good Ole' Days	P
1:00 Social Hour	LR
2:00 Create Memory Boards	SR
2:45 Fall Clean with Music	LR
4:00 Skiing w/Bonnie	LR
7:00 Reach and Stretch	LR

**09**

9:45 B-Fit Tai Chi	LR
11:00 Bingo	SR
12:00 Lunch Bunch/Mingle	DR
1:00 Social Hour	LR
2:00 Google Earth Tours	LR
2:45 Pictionary/Charades	LR
4:00 Reading/Current Events	P
7:00 Aroma Therapy	LR

**10**

9:45 B-Fit Strength Training	LR
11:00 The Price Is Right/Play	LR
1:00 Social Hour	LR
2:00 Movie and Popcorn	LR
2:45 Community Walk	OT
4:00 Daily Chronicles	P
7:00 Hand Massage	A

**11**

9:45 B-Fit Seated Yoga	LR
11:00 Church Service	LR
1:00 Social Hour	LR
2:00 Gospel Hymns	LR
2:45 Balloon Volleyball	P
4:00 Piano Music w/Sarah	LR
7:00 Daily Chronicles	A

**12** Columbus Day

9:45 B-Fit Cardio	LR
11:00 Columbus Day Trivia	LR
1:00 Social Hour	LR
2:00 Cooking Class	DR
2:45 Nature Walk/Talk	P
4:00 Sing-A-Long Country	LR
7:00 Sassy Nails	LR

**13**

9:45 B-Fit Upper Body	LR
11:00 Resident Council	SR
1:00 Social Hour	LR
2:00 Sewing Club/Pillows	SR
2:45 Garden Stroll	P
4:00 Singing with Elton John	LR
7:00 Read and Relax	LR

**14**

9:45 B-Fit Cardio	LR
11:00 Wacky Word Wednesday	SR
1:00 Social Hour	LR
2:00 Fall Crafts	SR
2:45 Garden Time	P
4:00 Paw Talk/Cats	LR
7:00 Weekly Devotional	LR

**15**

9:45 B-Fit Lower Body	LR
11:00 Exploring Local Culture	P
1:00 Social Hour	LR
2:00 Flower Arranging	SR
2:45 Fall Clean with Music	LR
4:00 Sing-A-Long/Irish	LR
7:00 Reach and Stretch	LR

**16**

9:45 B-Fit Tai Chi	LR
11:00 Bingo	SR
1:00 Social Hour	LR
2:00 Travel Tours/Asia	LR
2:45 Scottish Dance w/Arlene	LR
4:00 Reading/Current Events	P
7:00 Aroma Therapy	LR

**17**

9:45 B-Fit Strength Training	LR
11:00 Let's Play Family Feud	LR
1:00 Social Hour	LR
2:00 Movie and Popcorn	LR
2:45 Community Walk	OT
4:00 Daily Chronicles	P
7:00 Hand Massage	A

**18**

9:45 B-Fit Seated Yoga	LR
11:00 Church Service	LR
1:00 Social Hour	LR
2:00 Jewelry Making	LR
2:45 Balloon Volleyball	P
4:00 Music w/Lawrence Welk	LR
7:00 Daily Chronicles	A

**19**

9:45 B-Fit Cardio	LR
11:00 Monday Mental Mania	SR
1:00 Social Hour	LR
2:00 Baking with Apples	DR
2:45 Patio Stroll	P
4:00 Singing Show Tunes	LR
7:00 Sassy Nails	LR

**20**

9:45 B-Fit Upper Body	LR
11:00 Tuesday Trivia	LR
1:00 Social Hour	LR
2:00 Book Club	SR
2:45 Walk/Wellness Class	OT
4:00 Singing w/Frank Sinatra	LR
7:00 Read and Relax	LR

**21**

9:45 B-Fit Cardio	LR
2:00 Halloween Treat Bags	SR
11:00 Wacky Word Wednesday	SR
1:00 Social Hour	LR
2:45 Garden Time	P
4:00 Paw Talk/Dogs	LR
7:00 Weekly Devotional	LR

**22**

9:45 B-Fit Lower Body	LR
11:00 Read and Discuss	P
1:00 Social Hour	LR
2:00 Watercolor Painting	SR
2:45 Fall Clean with Music	LR
4:00 Puzzle Fun with Angele	LR
7:00 Reach and Stretch	LR

**23**

9:45 B-Fit Tai Chi	LR
11:00 Bingo	SR
1:00 Social Hour	LR
2:00 Birthday Bash	LR
2:45 Shag Dancing w/Alice	LR
4:00 Reading/Current Events	P
7:00 Aroma Therapy	LR

**24**

9:45 B-Fit Strength Training	LR
11:00 Let's Play Family Feud	LR
1:00 Social Hour	LR
2:00 Movie/Adams Family	LR
2:45 Community Walk	OT
4:00 Daily Chronicles	P
7:00 Hand Massage	A

**25**

9:45 B-Fit Seated Yoga	LR
11:00 Church Service	LR
1:00 Social Hour	LR
2:00 Gospel Hymns	LR
2:45 Balloon Volleyball	P
4:00 Beach Music w/Alice	LR
7:00 Daily Chronicles	A

**26**

9:45 B-Fit Cardio	LR
2:00 Apple Cider Demo	DR
11:00 Monday Mental Mania	P
1:00 Social Hour	LR
2:45 Dancing to the Oldies	LR
4:00 Sing-A-Long CG Choice	LR
7:00 Sassy Nails	LR

**27**

9:45 B-Fit Upper Body	LR
11:00 Tuesday Trivia	LR
1:00 Social Hour	LR
2:00 Expressive Art	SR
2:45 Garden Stroll	P
4:00 Singing w/ Celine Deon	LR
7:00 Read and Relax	LR

**28**

9:45 B-Fit Cardio	LR
11:00 Wacky Word Wednesday	LR
1:00 Social Hour	LR
2:00 Halloween Crafts	LR
2:45 Garden Time	P
4:00 Paw Talk/Birds	LR
7:00 Weekly Devotional	LR

**29**

9:45 B-Fit Lower Body	LR
11:00 Read and Discuss	P
1:00 Social Hour	LR
2:00 Pencil Art with Valerie	SR
2:45 Fall Clean with Music	LR
4:00 Figure Skating/Music	LR
7:00 Reach and Stretch	LR

**30**

9:45 B-Fit Tai Chi	LR
11:00 Bingo	SR
1:00 Social Hour	LR
2:00 Google Earth Tours	LR
2:45 Pictionary/Charades	LR
4:00 Reading/Current Events	P
7:00 Aroma Therapy	LR

**31** Halloween

9:45 B-Fit Strength Train	LR
11:00 Let's Play Family Feud	LR
1:00 Social Hour	LR
2:00 Movie/Hocus Pocus	LR
2:45 Community Walk	OT
4:00 Daily Chronicles	P
7:00 Hand Massage	A

# 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. Research has shown that the telomeres in the cell, which are directly correlated to longevity, are lengthened by exercise.

### 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 lower your blood pressure and cholesterol which lowers your overall risk of heart diseases.
- *Control blood sugar and insulin* - Exercise lowers 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 reduce emotional challenges such as depression or anxiety.
- *Maintain brain health as you get older* - Proteins and chemicals released during exercise help improve the brain's structure and function which helps maintain your, and of course the 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: Medline Plus

## 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



brookdale.com

## Brookdale News

### Protect Yourself Against Flu



Flu Season has begun, this time with a new set of challenges as it coincides with the ongoing COVID-19 pandemic. Health and wellness is always our priority at Brookdale and this year especially, receiving your flu vaccine is critical.

With social distancing and infection control efforts heightened, this season's community flu clinic may look a bit different. You may experience staggered appointments to accommodate social distancing, and clinics scheduled sooner than before to help ensure flu vaccines can be administered as soon as they're available.

Kim Elliott, SVP Clinical Services at Brookdale says, "Due to the current pandemic, it's more important than ever to protect yourself from potential illness. And, we want it to be as easy as possible for residents to be vaccinated in their own home." CVS Pharmacy will be on site to deliver the senior-dose flu vaccine specific for people over 65 years old. Additionally, if you qualify for a pneumonia, Tdap 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 your eligibility for vaccine.

Watch for posters around the community to inform you of the clinic date, time and place. Then, make plans to receive your annual flu and other wellness vaccines to help protect yourself, your family and your fellow residents from illness this flu season

## An Engaged Life

### Shirlene Jackson - An Engaged Resident



Shirlene grew up and raised her son in Wichita, Kansas. Ten years ago, when she moved to Overland Park, Kansas to be closer to her son, she was truly excited about being near him.

Two years ago, Shirlene needed rehab for a broken arm and chose Brookdale Overland Park where she became very involved in all of the programs and actively participated in her therapy. After completing a few weeks of rehab, she moved into assisted living. During the first few weeks there, Shirlene frequently went back to the rehab area to participate in group activities, watch TV, and eat with the residents. Shirlene missed the friends she had made there. She enjoyed helping them as she became more and more independent.

As her rehab friends moved away, Shirlene became more involved in the programs offered in assisted living. She made new friends, participating in almost all of the programs, became a welcome ambassador, and recently was elected President of the Resident Council. Shirlene is truly living an engaged life!