

S M T W Th F S

Brookdale South Charlotte
5515 Rea Road
Charlotte, NC 28226
(704) 544-2094 | brookdale.com

LOCATION KEY

BIS Bistro
LB Library
F Foyer
BY Back Yard
CC Calvary Church
SDR Small Dining Room

TV Television
OUT Out of Building
LR Living Room

License Number

<p>04</p> <p>9:00 Charles Stanley Sermon LR 11:00 Catholic Gathering 3rd 11:30 Courtyard Visits BY 2:00 Ted Talks/ Laughter 3:00 Sundaes on Sunday & Hymns w/ Cathy LR 4:00 Kindness Boomerang Readings w/ Cathy LR</p>	<p>05</p> <p>11:15 BeFit 3rd 1:30 Hangman LR 2:15 Brain Teasers LR 3:00 Courtyard Visits BY 6:30 Hallmark Movie LR</p>	<p>06</p> <p>10:30 Relaxation/ Breathing 3rd 11:15 BeFit 3rd 1:30 Word Building 2:30 Movie & Snacks LR 4:30 Room Visits 6:30 Evening Visits LR</p>	<p>07</p> <p>10:30 Midweek Devotions w/ Cathy 3rd 11:15 BeFit 3rd 1:45 Bingo DR 3:00 Tea Time w/ Cathy BIS 4:30 Room Visits</p>	<p>01</p> <p>10:30 Vocal Exercise 3rd 11:15 BE FIT 3rd 1:30 Flex Your Brain LR 2:00 Price Is Right LR 3:00 All About Apples Social BIS 6:30 Individual Games BIS 6:30 T.V. Time LR</p>	<p>02</p> <p>11:15 BeFit 3rd 1:00 Crossword Challenge LR 2:00 Trivia LR 2:30 Ice Cream Cones Social 2:30 Karaoke</p>	<p>03</p> <p>10:30 Exercise w/ Staff BIS 11:30 Courtyard Visits BY 2:30 Chips & Salsa Social LR 3:00 Movie Time LR 6:30 Hallmark Movie</p>
<p>11</p> <p>9:00 Charles Stanley Sermon LR 11:00 Courtyard Visits BY 11:00 Catholic Gathering 3rd 1:30 Courtyard Visits BY 3:00 Cookie Social LR 3:30 Adult Coloring BIS 3:30 Solo Solitaire BIS 6:30 Movie Time LR</p>	<p>12 Columbus Day</p> <p>10:30 Flex Your Brain 3rd 11:15 BeFit 3rd 1:30 Crossword Challenge LR 2:30 Brain Teasers 3:00 Room Visits TBA 3:30 Sing Along LR</p>	<p>13</p> <p>10:30 Breathing/ Relaxation 3rd 11:15 BeFit 3rd 12:30 Men's Luncheon 3rd 2:30 Movie & Snacks LR 4:30 Room Visits TBA</p>	<p>14</p> <p>10:30 Midweek Devotions w/ Cathy 3rd 11:15 BE-FIT 3rd 1:45 Bingo DR 3:00 Nail Care 3rd Individual w/ Cathy</p>	<p>08</p> <p>10:30 Vocal Exercise 3rd 11:15 Be FiT 3rd 2:30 Flex Your Brain BIS 3:00 All About Apples Social BIS 6:30 T.V. TIME LR 6:30 Individual Crossword Puzzles BIS</p>	<p>09</p> <p>10:30 My Life Story 3rd 11:15 BeFit 3rd 1:30 Room Visits TBA 3:00 Wine & Cheese Social LR 3:00 Classical Musical LR 4:00 Room Visits 6:30 Movie Time LR</p>	<p>10</p> <p>10:30 Exercise w/ Staff BIS 11:30 Courtyard Visits BY 1:30 Adult Coloring BIS 3:00 Icecream Social 3:00 Movie Time BIS 6:30 Hallmark Movie LR</p>
<p>18</p> <p>9:00 Charles Stanley Sermon LR 11:00 Catholic Gathering 11:00 Courtyard Visits 3:00 Cookie Social 3:30 Karaoke Hymns LR 4:00 Front Porch Visits 6:30 Movie Time</p>	<p>19</p> <p>10:30 Flex Your Brain 3rd 11:15 BeFit 3rd 1:30 Hangman LR 2:30 Brain Teasers 3:00 Resident Council 3:30 Sing Along</p>	<p>20</p> <p>10:30 Breathing/ Relaxation 3rd 11:15 BeFit 3rd 1:30 In Touch Games NEW LR 2:30 Movie & Snacks LR 4:30 Room Visits TBA 6:30 T.V. Time LR</p>	<p>21</p> <p>10:30 Midweek Devotions w/ Cathy 3rd 11:15 BE-FIT 3rd 1:45 Bingo DR 3:30 New Resident Social LR 6:30 Movie Time</p>	<p>15</p> <p>10:30 Vocal Exercise 3rd 11:15 BeFiT 3rd 12:00 Oktoberfest Celebration 1:30 October Trivia LR 2:30 Flex Your Brain LR 3:00 All About Apples Social BIS 6:30 Movie Time</p>	<p>16</p> <p>11:15 Be FiT 3rd 1:30 Crossword Challenge 3:00 Wine & Cheese Social LR 3:30 My Life Story BIS Eileen Bellino LR 4:00 Best Opera Performance LR</p>	<p>17</p> <p>10:30 Exercise w/ Staff BIS 11:30 Courtyard Visits BY 1:30 Word Search BIS 3:00 Cookie Social LR 3:00 Movie Time LR 6:30 Hallmark LR</p>
<p>25</p> <p>9:00 Charles Stanley Sermon LR 11:00 Catholic Gathering 3rd 11:00 Courtyard Visits BY 3:00 Cookie Social LR 3:30 Karaoke Hymns LR 4:00 Front Porch Visits LR 6:30 Movie Time LR</p>	<p>26</p> <p>10:30 Flex Your Brain 3rd 11:15 BeFit 3rd 1:30 Crossword Challenge LR 2:30 Brain Teasers LR 3:00 Room Visits TBA 3:30 Sing Along LR</p>	<p>27</p> <p>10:45 Breathing/Relaxation 3rd 11:15 BeFit 3rd 1:30 Price Is right LR 2:30 Movie / Snacks LR 4:30 Costume Planning Participants Halloween Contest 3rd</p>	<p>28</p> <p>10:30 Costume Planning Halloween Participants 3rd 11:15 BE-FIT 3rd 1:30 Trivia LR 2:00 Pumpkin Carving Managers/ Contest 3:00 Pumpkin Dessert Social BIS</p>	<p>22</p> <p>10:30 3rd 11:15 BE FIT 3rd 11:00 2:30 Flex Your Brain BIS 3:00 All About Apples Social BIS 6:30 BIS</p>	<p>23</p> <p>10:30 My Life Story w/ John & Dolores O'Malley 3rd 11:15 BeFit 3rd 3:00 Wine & Cheese Social LR 3:00 Frank Sinatra Music 3:30 October Birthday Cake 6:30 Movie Time LR</p>	<p>24</p> <p>10:30 Exercise w/ Staff BIS 11:30 Courtyard Visits BY 2:30 Icecream Social LR 3:00 Movie Time LR 6:30 Movie Time LR</p>
<p>29</p> <p>10:30 My Life Story 3rd 11:15 BE FIT 3rd 2:30 Flex Your Brain BIS 3:00 Pet Parade/Outside 6:30 BIS</p>	<p>30</p> <p>11:15 BE FIT 3rd 1:30 Costume Touch UP TBA 2:30 Staff Halloween Contest LR 2:30 Halloween Social LR 3:30 Resident Costume Contest (Social & Contest will be in Bistro & LR) LR</p>	<p>29</p> <p>10:30 Costume Planning Halloween Participants 3rd 11:15 BE-FIT 3rd 1:30 Trivia LR 2:00 Pumpkin Carving Managers/ Contest 3:00 Pumpkin Dessert Social BIS</p>	<p>31 Halloween</p> <p>10:30 Exercise w/ Staff BIS 1:30 Solitaire/ Individual BIS 1:30 Word Search BIS 2:30 Icecream Social LR 3:00 Movie Time LR 6:30 Hallmark Movie LR</p>			

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!