

S M T W Th F S

Brookdale Urbana
1706 East Amber Lane
Urbana, IL 61802
(217) 328-3150 | brookdale.com

LOCATION KEY

DR Dining Room P Porch
L Library
T/C Theater/Chapel
FAM Family Room
MR Activity Room
FP Fire Place Room

License Number

<p>04</p> <p>10:15 B-Fit for Life DR 10:45 Ez Does IT: Picture this MR 11:15 News and Views MR 1:30 Afternoon Matinee TR <i>Wedding Planner</i> 3:30 Trivia with Kay T/C 4:00 Trivia with Fred T/C <i>Happy Birthday Pearl!</i></p>	<p>05</p> <p>10:15 B-Fit for Life DR 10:45 Magazine Scavenger Hunt MR 11:15 News and Views DR 1:00 Dominoes MR 2:30 Poetry Club MR 3:00 Creative Writing MR <i>A B</i></p>	<p>06</p> <p>9:00 Early Risers Stroll P 10:15 B-Fit for Life DR 11:00 Walmart-Cart is Open MR 2:00 Flex Your Brain MR 2:30 Comedy Sampler: Monty Python MR 3:30 Social/Party Committee MR <i>Happy Birthday Margaret!</i></p>	<p>07</p> <p>10:15 B-Fit for Life DR 10:45 Porch Trivia P 2:00 Un Gran Fiesta! DR 3:30 Music of Latin America MR 6:30 Play Premiere DR</p>	<p>08</p> <p>9:00 Morning Devotional T/C 10:15 B-Fit for Life DR 10:45 Rosary Group T/C 11:15 Menu Chat MR 2:00 Flex Your Brain MR 3:00 Technology How To MR</p>	<p>09</p> <p>10:15 B-Fit for Life DR 10:45 Home Crafts MR <i>Candle Votives</i> 11:00 Lunch Bunch 3:00 Happy Hour DR 3:30 Euchre DR <i>Happy Birthday Jean!</i></p>	<p>10</p> <p>10:15 B-Fit for Life DR 10:45 LHA Games with Maya MR 2:00 Alzheimers Walk 3:00 Music is Life Showing T/C 4:00 Post Walk Celebration DR</p>
<p>11</p> <p>10:15 B-Fit for Life DR 10:45 Flex your Brain MR What am I MR 11:15 News and Views MR 1:30 Afternoon Matinee T/C The Book Club 3:30 Trivia with Kay T/C 4:00 Trivia with Fred T/C</p>	<p>12 <i>Columbus Day</i></p> <p>10:15 B-Fit for Life DR 10:45 Columbus Day Trivia MR 11:15 News and Views MR 1:00 Dominoes DR 2:30 Poetry Club MR 3:00 Creative Writing MR <i>B A</i></p>	<p>13</p> <p>10:15 B-Fit for Life DR 11:00 Walmart-Cart is Open MR 2:00 Flex Your Brain MR 2:30 Comedy Sampler: Peanuts MR 3:00 Movie Committee MR 4:00 Afternoon Stroll P <i>Happy Birthday Evelyn!</i></p>	<p>14</p> <p>10:15 B-Fit for Life DR 10:45 Porch Trivia P 2:00 Scenic Drive 3:30 Mrs. America Viewing MR 6:00 Night at the Opera T/C</p>	<p>15</p> <p>10:15 B-Fit for Life DR 10:45 Rosary Group T/C 11:00 Menu Chat MR 2:00 Flex Your Brain MR 3:00 Afternoon Meditation</p>	<p>16</p> <p>10:15 B-Fit for Life DR 11:00 Worship with Marc Jacobs T/C 2:00 Home Crafts <i>Soaps and Scrubs!</i> 3:00 Happy Hour in DR DR 3:30 Euchre DR</p>	<p>17</p> <p>10:15 B-Fit for Life DR 10:45 LHA Games with Maya MR 1:30 Afternoon Movie T/C <i>Practical Magic</i> 3:15 Dominoes MR 3:15 Bingo DR</p>
<p>18</p> <p>10:15 B-Fit for Life DR 10:45 Music Interpation MR Remembering Night Songs MR 11:15 News and Views MR 1:30 Afternoon Matinee T/C The Adams Family T/C 3:30 Trivia With Kay 4:00 Trivia with Fred</p>	<p>19</p> <p>10:15 B-Fit for Life DR 10:45 Flex Your Brain MR Cranium Crunches 11:15 News Group MR 2:30 Poetry Club MR 3:00 Creative Writing <i>A B</i></p>	<p>20</p> <p>9:00 Early Risers Stroll 10:15 B-Fit for Life DR 11:00 Walmart-Cart is Open MR 2:00 Flex Your Brain MR 2:30 Comedy Sampler:Cartoons MR 3:30 Resident Engagement Chat MR <i>Happy Birthday Anne!</i> <i>Happy Birthday Reed!</i></p>	<p>21</p> <p>10:15 B-Fit for Life DR 10:45 Porch Trivia P 2:00 Scenic Drive 3:30 Mrs. America Viewing MR</p>	<p>22</p> <p>10:15 B-Fit for Life DR 10:45 Rosary Group T/C 11:15 Menu Chat MR 2:00 Flex Your Brain MR 3:00 Technology How To MR</p>	<p>23</p> <p>10:15 B-Fit for Life DR 10:45 Home Crafts MR <i>Watercolor Tumblers</i> 1:00 Resident Council T/C 3:00 Birthday Celebration DR 3:15 Happy Hour DR 3:30 Euchre DR</p>	<p>24</p> <p>10:15 B-Fit for Life DR 10:45 LHA Games with Maya MR 1:30 Afternoon Movie T/C <i>It's the Great Pumpkin</i> 3:15 Dominoes MR 3:15 Bingo DR</p>
<p>25</p> <p>10:15 B-Fit for Life DR 10:45 Decades Past The Price is Right 11:15 News And Views MR 1:30 Afternoon Matinee T/C Hocus Pocus 3:30 Trivia with Kay 4:00 Trivia with Fred</p>	<p>26</p> <p>10:15 B-Fit for Life DR 10:45 Health Talk MR 11:15 Newa and Views MR 2:30 Poetry Club MR 3:00 Creative Writing MR <i>B A</i></p>	<p>27</p> <p>10:15 B-Fit for Life DR 11:00 Walmart-Cart is Open 2:00 Flex Your Brain MR 2:30 Comedy Sampler: M*A*S*H* MR 3:30 Welcome Ambassadors MR 4:00 Costume Making MR</p>	<p>28</p> <p>10:15 B-Fit for Life DR 10:45 Porch Trivia P 2:00 Scenic Drive 3:30 Mrs. America Viewing MR 6:00 Costume Making <i>Happy Birthday Debra!</i></p>	<p>29</p> <p>9:00 Morning Devotional T/C 10:15 B-Fit for Life DR 10:45 Rosary Group T/C 11:00 Menu Chat MR 2:00 Flex Your Brain MR 3:00 Pumpkin Carols! DR</p>	<p>30</p> <p>10:00 B-Fit for Life DR 10:30 Preschool Parade 11:00 Worship with Marc Jacobs 2:00 Pumpkin Decorating MR 3:00 Happy Hour DR 3:30 Euchre DR</p>	<p>31 <i>Halloween</i></p> <p>10:15 B-Fit for Life DR 10:45 LHA Games with Maya MR 1:30 Pumpkin Parade P 2:15 Halloween Party DR 3:15 Halloween Bingo DR</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!