

S

01 Daylight Saving Time End

9:00	"In Stride" Walking Club	L
10:30	Joyce Myers Ministry Video	TR
1:30	Afternoon Matinee - Residents Choice	TR

08

9:00	"In Stride" Walking Club	L
10:00	Bible Chat w/Holly	CR
11:00	Totally useless information Chat	L
1:30	Movie	TR
2:30	Quarter Bingo	DR

15

9:00	"In Stride" Walking Club	L
10:30	Joyce Myers Ministry Video	TR
1:30	Afternoon Matinee - Residents Choice	TR

22

9:00	"In Stride" Walking Club	L
10:00	Bible Chat w/Holly	DR
10:45	"I love Lucy" Video	TR
1:30	Funny Video	TR
2:30	Jeopardy Gamew/Prizes	DR

29

9:00	"In Stride" Walking Club	L
10:30	Joyce Myers Ministry- Video	TR
1:30	Afternoon Matinee - Resident's choice	TR

M

02 9:30 RED DOOR STORE is open

10:00	B Fit Exercise	DR
10:45	Women's Bowling	TR
11:00	Buzz word Game	CR
1:30	"Strikers" Bowling Club	
1:30	Presidential Trivia	GR
2:30	Ice Cream Sodas-in Room	

09

9:30 RED DOOR STORE is open

10:00	B Fit Exercise	DR
10:45	Short Stories & Chat	CR
1:30	"Strikers" Bowling Club	TR
1:30	Crossword Puzzle	
2:30	Quarter Bingo	DR

16

9:30 RED STORE is open

10:00	B Fit Exercise	DR
10:45	Womens' Bowling	TR
11:00	Bible Chat w/Holly	CR
1:30	"Strikers" Bowling Club	TR
1:30	Tri Bond Word Games	CR
2:30	Holiday Craft	DR

23

9:30 RED DOOR STORE is open

10:00	B Fit Exercise	DR
10:45	Tennessee Ernie Ford Trivia	TR
1:30	"Strikers" Bowling Club	TR
1:45	Corn Hole Game	GR
2:30	Happy Hour Wagon	

30

9:30 RED DOOR STORE is open

10:00	B Fit Exercise	DR
10:45	Womens' Bowling	TR
1:30	"Strikers" Bowling Club	TR
1:30	Positive thinking Chat w/Tracy	CR
2:30	Name that Tune	DR

T

03 Election Day

9:30	Rosary Video	TR
10:00	B Fit-Core & Flexibility	GR
10:45	Flex your Brain w/I-Pad	TR
11:00	Positive thinking w/Tracy	CR
1:30	Crossword Puzzle	CR
2:30	Quarter Bingo	DR

10

9:30 Rosary Video

10:00	B Fit-Core & Flexibility	DR
10:45	Flex your Brain w/I-Pad	TR
11:00	Banana Grams	CR
1:30	Corn Hole Game	GR
2:30	Family Feud Game	DR
4:00	Tell a LULU-Share a Joke	L

17

9:30 Rosary Video

10:00	B Fit-Core & Flexibility	DR
10:30	Creative Canvas Painting	CR
10:45	Will Rogers/Common Sense	TR
1:30	Crossword Puzzle	CR
1:45	You Tube Videos	TR
2:30	Quarter Bingo	DR

24

9:30 Rosary Video

10:00	B Fit-Core & Flexibility	DR
10:45	Flower Arranging	CR
10:45	Womens Bowling	TR
11:30	Blood Pressure Clinic	TR
1:45	Virtual Tour of Plymouth	TR
2:30	Quarter Bingo	DR

W

04 9:30 RED DOOR STORE

10:00	B Fit-Core & Breathing	GR
10:30	Golf Game	TR
11:00	Res. Prog Plan. Mtg	CR
1:00	Book Worms-Book Club	CR
1:30	"Strikers" Bowling Club	TR
1:30	"20 Questions" Trivia	GR
2:30	Horse Race Game	GR

11

Veterans Day

9:30	RED DOOR STORE	
10:00	B Fit-Core & Breathing	DR
10:45	Salute to our veterans	TR
1:30	"Strikers" Bowling Club	
1:45	You be the Judge*Chat	CR
2:30	Snack Wagon-Room to Room	
5:15	"Veterans" Supper	DR

18

9:30 RED DOOR STORE

10:00	B Fit-Core & Breathing	GR
10:45	Songs about Gratitude	CR
11:00	"Who is Samoset?"	TR
1:30	Menu Chat w/Tonya	CR
2:30	Balloon Volley Game	DR

25

9:30 RED DOOR STORE

10:00	B Fit-Core & Breathing	DR
10:30	Bird of the month*Chat	TR
10:45	Flower Arranging	CR
1:30	Turkey Day Trivia	CR
2:30	Hymn Sing-a-long Coffee Social	DR

Th

05 10:00 Country Ride w/Daniel L

10:00	B Fit Cardio	GR
10:45	Flex your Brain w/I-Pad	TR
1:00	Country Ride w/Daniel Stop for "Happy Meals"	L
1:30	Men's Health Chat w/Eric	CR
2:30	Quarter Bingo	DR
3:00	Country Ride w/Daniel	L

12

10:00 B Fit Cardio

10:30	Grace Kelly Day	TR
10:45	Skits N Giggles (bring your glasses)	CR
1:30	Men's Health Chat w/Eric	CR
1:30	Virtual Tour/ Jamestown	TR
2:45	Quarter Bingo	DR

19

10:00 Country Ride

10:00	B Fit Cardio	DR
10:45	Flex your Brain w/I-Pad	CR
11:30	Happy Meal*Country Ride	L
1:30	You be the Judge Chat	CR
2:30	Quarter Bingo w/Holly	DR
3:00	Country Ride	L

26

Thanksgiving

1:30	Family Visits	
1:30	Afternoon Matinee'	TR

F

06 9:30 RED DOOR STORE is open

10:00	B Fit Balance & Flex	DR
10:30	Womens' Bowling	TR
11:00	Wizard of OZ Trivia	CR
1:30	"Strikers" Bowling Club	
1:30	Corn Hole Game	GR
2:45	Happy Hour Wagon	

13

10:00 Country Ride w/Daniel L

10:00	B Fit Balance & Flex	DR
10:45	Flex your Brain w/I-Pad	TR
12:00	Country Ride w/Daniel Stop for Happy Meals	L
2:30	Spelling Bee	DR
3:00	Country Ride w/Daniel	L

20

10:00 BFit Balance & Flex

10:30	Womens' Bowling	TR
11:00	Health Chat w/Kim	CR
1:30	"Strikers" Bowling Club	TR
1:30	Hand Made Cards	CR
2:30	Cider & Snacks Room to Room	

27

10:00 Country Ride w/Daniel L

10:00	B Fit Exercise	DR
10:45	Flex your Brain w/I-Pad	TR
1:00	Country Ride	L
2:45	Let's make a deal Game w/Tracy & Daniel	DR

S

07 9:00 In Stride" Walking Club L

10:30	Busy Hands Knitting Club (Bring your own project)	GR
1:30	The Wizard of OZ -Video	TR

14

9:00 In Stride" Walking Club L

10:15	Womens' Bowling w/Tracy	TR
1:30	My Life Story Chat	CR
3:00	Pokeno Game	DR

21

9:00 In Stride" Walking Club L

10:30	Busy Hands Knitting Club (bring your own project)	GR
1:30	Travelogue "Great Train Rides"	TR

28

9:00 In Stride" Walking Club L

10:15	Womens' Bowling w/Tracy	TR
1:30	Crossword Puzzle	CR
2:30	Quarter Bingo	DR

LOCATION KEY

- GR Game Room (2nd Fl)
- TR Theater Room
- L Lobby
- DR Dining Room
- CR Craft RM (1st FL)
- PD Private Dining Room

Brookdale Eddy Pond West
 669 Washington Street
 Auburn, MA 01501
 (508) 832-4458 | 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.