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# October 2021

## THE DAILY Path

### UPCOMING EVENTS

- 08:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:30 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:00 Sensory/News and Reading Groups
- 7:00 Refreshments

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

### LOCATION KEY

- DR - Dining Room
- H - Hall
- IT - In Touch
- ALL - Assisted Living Library
- CY - Court Yard
- TVR - TV Room
- PT - Patio
- Zoom - Z

**Brookdale Sugar Land**  
 151 Commerce Green Blvd.  
 Sugar Land, TX 77478  
 (281) 491-6257 | brookdale.com



**31 October**  
**Halloween**  
 10:00 Breathing & Relaxation DR  
 11:00 Morning Devotion IT  
 2:30 Ice Cream Social DR  
 3:00 Kick Ball H  
 4:00 Piano Music IT  
 6:00 Houston Report DR

**01**  
 10:00 B-Fit Balance DR  
 11:00 Music Therapy H  
 2:15 Mix and Mingle DR  
 3:00 Chair Dancing DR  
 4:00 Piano Music IT  
 6:00 Houston Report DR

**02**  
 10:00 Lower Body Strength H  
 11:00 Brain Fitness IT  
 2:00 Toss Ball H  
 3:00 Chair Dancing IT  
 4:00 Therapeutic Music IT  
 6:00 Unlock Memories 1940's IT

**03**  
 10:00 Breathing & Relaxation DR  
 11:00 Life Story DR  
 2:30 Ice Cream Social DR  
 3:00 A Walk Outside CY  
 4:00 Smooth Jazz IT  
 6:00 Houston Report H  
*HAPPY DAY Wosilat*

**04**  
 10:00 B-Fit Flexibility DR  
 11:00 Bible Study w - Staff DR  
 2:30 Sing alone -w-Lisa DR  
 3:00 Indoor Stroll H  
 4:00 Jazz IT  
 6:00 News Room H

**05**  
 10:00 Upper Body Strength DR  
 11:00 October Trivia DR  
 2:15 Bingo DR  
 3:00 Gardening-w-Staff CY  
 4:00 Classical Sounds IT  
 6:00 Unlock Memories 1940 DR

**06**  
 10:00 B-Fit Core DR  
 11:00 State Trivia 1 DR  
 2:15 Baking Bread DR  
 3:00 Court Yard Walk CY  
 4:00 Smooth Jazz IT  
 6:00 Reminiscing with Staff H

**07**  
 10:00 B-Fit Coordination DR  
 11:00 Pet Therapy H  
 2:00 Art Appreciation DR  
 3:00 Toss Ball H  
 4:00 Jazz IT  
 6:00 Movie Night DR

**08**  
 10:00 B-Fit Balance DR  
 11:00 Brain Aerobics IT  
 2:00 Happy Hour DR  
 3:00 Court Yard Walk CY  
 4:00 Easy listen IT  
 6:00 Bible Reading H  
*Happy Birthday Betty*

**09**  
 10:00 Lower Body Strength H  
 11:00 Discover Texas DR  
 2:15 Table Games DR  
 3:00 Court Yard Walk CY  
 4:00 Piano Music IT  
 6:00 Ted Talks IT

**10**  
 10:00 B-Fit Cardio DR  
 11:00 Devotional Hour IT  
 2:30 Ice Cream Social DR  
 3:00 A walk in the Garden CY  
 4:00 Therapeutic Music IT  
 6:00 News Room DR

**11**  
**Columbus Day**  
 10:00 B-Fit Flexibility DR  
 11:00 Columbus Day Trivia DR  
 2:00 Sinh alone/with Lisa DR  
 3:00 Chair Dancing DR  
 4:00 Easy Listen IT  
 6:00 What Did it Cost IT

**12**  
 10:00 Upper Body Strength DR  
 11:00 Resident Council MT DR  
 2:15 Bingo DR  
 3:00 The Cheese Game DR  
 4:00 Easy Listen IT  
 6:00 Yes, I'll Cry Poem H

**13**  
 10:00 B-Fit Core DR  
 11:00 Round Table Discussion DR  
 2:15 Baking Cinnamon Roll DR  
 3:00 Indoor Walk H  
 4:00 Inspirational Music IT  
 6:00 Name that President H

**14**  
 10:00 B-Fit Coordination DR  
 11:00 Pet Therapy H  
 2:00 Complete the Phrase H  
 3:00 Make a Basket of Socks DR  
 4:00 Classical Radio IT  
 6:00 Movie Night DR  
 Support Meeting Z

**15**  
 10:00 B-Fit Balance DR  
 11:00 Hand Massage/w Staff DR  
 2:30 Happy Hour DR  
 3:00 Fit Express IT  
 4:00 Smooth Jazz IT  
 6:00 Bible Reading H

**16**  
 10:00 Lower Body Strength DR  
 11:00 Explore Galveston IT  
 2:15 Art Appreciation DR  
 3:00 Indoor Stroll H  
 4:00 Therapeutic Music IT  
 6:00 Tell Your Story DR

**17**  
 10:00 B-Fit Coordination DR  
 11:00 Bible Reading DR  
 2:30 Ice Cream Social DR  
 3:00 Bean Bag Toss H  
 4:00 Elvis Presley Music DR  
 6:00 Houston News DR

**18**  
 10:00 B-Fit Flexibility DR  
 11:00 Bible Study w - Staff H  
 2:30 Sing alone /with Lisa DR  
 3:00 Kick Ball H  
 4:00 Inspirational music H  
 6:00 Reminisce about Sports DR

**19**  
 10:00 Upper Body Strength DR  
 11:00 Pet Therapy H  
 2:15 Hand Massage w-Staff DR  
 3:00 Indoor Walk H  
 4:00 Therapeutic Music IT  
 6:00 Recipes Reminiscing H

**20**  
 10:00 B-Fit Core DR  
 11:00 Brain Fitness Challenge IT  
 2:15 Baking Pig in a Blanket DR  
 3:00 Garden Walk CY  
 4:00 Smooth Jazz IT  
 6:00 Name that Tune DR

**21**  
 10:00 B-Fit Coordination DR  
 11:00 Reminiscing Vacations H  
 2:15 Bingo DR  
 3:00 Indoor Stroll H  
 4:00 Smooth Jazz IT  
 6:00 Movie Night DR  
 Support Meeting

**22**  
 10:00 B-Fit Balance DR  
 11:00 October Trivia DR  
 2:15 Nature Relaxation IT  
 3:00 Noodle Ball H  
 4:00 Easy Listen IT  
 6:00 Movie Night DR

**23**  
 10:00 Lower Body Strength DR  
 11:00 Brain Aerobics DR  
 2:15 Art Appreciation DR  
 3:00 Toss the Ball H  
 4:00 Easy Listen IT  
 6:00 Houston Chronicle DR

**24**  
 10:00 B-Fit Balance DR  
 11:00 Hymn Book DR  
 2:30 Ice Cream Social DR  
 3:00 Kick Ball H  
 4:00 Easy Listen IT  
 6:00 Short Stories DR

**25**  
 10:00 B-Fit Flexibility DR  
 11:00 Bible Study w - Staff DR  
 2:30 Sing alone/with Lisa DR  
 3:00 Indoor stroll H  
 4:00 Easy Listen IT  
 6:00 Sensory Jars H

**26**  
 10:00 Upper Body Strength DR  
 11:00 Indoor Bird Watching AL  
 2:15 Bingo DR  
 3:00 Bowling DR  
 4:00 Jazz IT  
 6:00 Dancing With Hope H  
*Happy B-Day Helena*

**27**  
 10:00 B-Fit Core DR  
 11:00 Birdwatching Words ALD  
 2:15 Baking with Staff DR  
 3:00 Bowling H  
 4:00 Blues Music IT  
 6:00 Short Topics H

**28**  
 10:00 B-Fit Coordination DR  
 11:00 Pet Therapy ALD  
 2:15 Art Appreciation DR  
 3:00 Indoor Walk H  
 4:00 Broadway Music IT  
 6:00 Movie Night DR  
*Happy B-Day Sandra*

**29**  
 10:00 B-Fit Balance DR  
 11:00 Happy Neuron IT  
 2:15 Birthday Celebration DR  
 3:00 Toss the Ball H  
 4:00 Smooth Jazz IT  
 6:00 Memory Bio IT

**30**  
 10:00 Lower Body Strength DR  
 11:00 Halloween Word Trivia DR  
 2:15 States and Capitals DR  
 3:00 Hall Walk H  
 4:00 Smooth Jazz IT  
 6:00 Sensory Jars DR

# 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.

## 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 help lower your blood pressure and cholesterol which helps lower your overall risk of heart diseases.
- **Control blood sugar and insulin** - Exercise can lower 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 helps to reduce emotional challenges such as depression.
- **Maintain brain health as you get older** - Proteins and chemicals released during exercise help improve the brain's structure and function, which can aid your 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: MedlinePlus: <https://medlineplus.gov/benefitsofexercise.html>

## 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!*

## Brookdale News

### A New Flu Season



Although last year's influenza season was one of the mildest on record, this year could tell a different story. As states loosen mask and social distancing guidelines, and in-person activities resume, health experts are expecting a more typical season and urging everyone to get their flu shots.

This year, the timing of recommended COVID-19 booster doses is expected to intersect with flu clinic timing. You may notice community clinics scheduled sooner to ensure that both vaccines can be administered.

Kim Elliott, SVP and Chief Nursing Officer at Brookdale says, "As COVID-19 cases rise throughout the country, driven by the highly contagious delta variant, it's more important than ever to protect yourself from any potential illness." Health experts have confirmed that COVID-19 booster doses can be co-administered with influenza vaccines.

Pharmacists will be available on site to deliver the senior-dose flu vaccine specific for people over 65 years old. Additionally, if residents qualify for a COVID-19 booster (third dose), CVS can provide those on clinic-day as well. Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans.

Whether your community has had its vaccine clinic, or is in the process of planning one, please make plans to receive your vaccine(s) to protect yourself, your family and your fellow residents from illness this season.

## An Engaged Life



Ann and Jerry Zbraneks have always been passionate about living an engaged life. Married for 65 years, the philosophy of cultivating one's interests and strengths each day shows up in everything they do, including their love of gardening, which both learned from their mothers.

When the couple moved to Brookdale Northshore in Portland, Texas, four years ago, they wasted no time getting fully engaged in community life. They combined their shared passion for gardening with their respective professional skills, Ann's nurturing skills as a retired nurse, and Jerry's business skills from his professional management role to grow relationships throughout the community. The result is a revitalized courtyard area with a beautiful garden that the entire community can enjoy.

From their gardening, Ann and Jerry made so many new friendships in the community. They have since expanded their engagement by becoming members of the welcoming committee and playing poker with their many friends.

Ann and Jerry continue each year to nurture the garden for all to enjoy and have recently received the Portland Garden Club's Garden of the Season Award for their garden oasis.

Living an engaged life can have many rewards, and Ann and Jerry have discovered that the reward lies in bringing joy to themselves and others.