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October 2020

THE DAILY PATH

UPCOMING EVENTS

- 9:00 Breakfast
- 10:15 B-Fit Exercise
- 10:45 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

- AR - Activity Room
- KIT - Kitchen
- CY - Court Yard
- LIV - Living Room
- TS - Town Square
- C - Cafe
- LIB - Library 2nd Floor
- BT - Bus Trip
- O - Outdoors
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License Number

Brookdale Emerson

590 Old Hook Road

Emerson, NJ 07630

(201) 986-9009 | brookdale.com



04

- 10:15 B-Fit Exercise:Balance AR
- 11:00 Crossword Puzzles AR
- 11:00 Texture Match Game AR
- 2:00 Painting to Music AR
- 2:00 Coupon Clippers AR
- 3:00 Bend and Stretch AR
- 4:00 Dean Martin Music AR
- 6:15 Classic TV Dramas AR

11

- 10:15 B-Fit: Upper Body AR
- 11:00 Entertainment Trivia AR
- 11:00 Nature Discussion AR
- 2:00 Traveling Treat Cart AR
- 2:00 Table Games AR
- 3:00 Hit the Target AR
- 4:00 Spiritual Music Hour AR
- 6:15 Good News Network AR

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- 10:15 B-Fit:Breathing/Relax AR
- 11:00 Trivia Challenge AR
- 11:00 Daily Devotions AR
- 2:00 Dominoes Games AR
- 2:00 Simple Crafts AR
- 3:00 Leg Stretches AR
- 4:00 Name That Tune AR
- 6:15 Favorite Past Times AR

25

- 10:15 B-Fit:Lower Body AR
- 11:00 Guess What? AR
- 11:00 Animal Photo Books AR
- 2:00 Penny Ante Game AR
- 2:00 Table Puzzles AR
- 3:00 Walk and Talk O
- 4:00 Rat Pack Music AR
- 6:15 Radio Shows AR

05

- 10:15 B-Fit Exercise:Cardio AR
- 11:00 Family Feud Game AR
- 11:00 Magazine Search & FindAR
- 2:00 French Fry Day! KIT
- 2:00 Jewelry and Fashion AR
- 3:00 Target Toss Game AR
- 4:00 Julie Andrews Music AR
- 6:15 Arm Chair Travel AR

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- Columbus Day**
- 10:15 B-Fit Exercise: Balance AR
 - 11:00 Columbus Day Facts AR
 - 11:00 Travel Box Memories AR
 - 2:00 Apple Cider Social KIT
 - 2:00 Laughing Babies AR
 - 3:00 Horseshoe Game AR
 - 4:00 Big Band Music AR
 - 6:15 Good News Network AR

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- 10:15 B-Fit:Upper Body AR
- 11:00 Entertainment Trivia AR
- 11:00 Celebrity Photo Search AR
- 2:00 Donut Day! KIT
- 2:00 Guess the Scent KIT
- 3:00 Tai Chi Movements AR
- 4:00 Rat Pack Music AR
- 6:15 Classic Comedies AR

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- 10:15 B-Fit:Breathing/Relax AR
- 11:00 Starts With... AR
- 11:00 Card Sequencing AR
- 2:00 Halloween Treats KIT
- 2:00 Social Hour KIT
- 3:00 Twister Toss AR
- 4:00 Tom Jones Music AR
- 6:15 Nature Slideshows AR

06

- 10:15 B-Fit:Coordination AR
- 11:00 Brain Teasers AR
- 11:00 Nostalgic Postcards AR
- 2:00 Wreath Making Craft AR
- 2:00 Animal Web Cameras AR
- 3:00 Upper Body Stretching AR
- 4:00 Sammy Davis Jr. Music AR
- 6:15 Travel to Gremany AR

13

- 10:15 B-Fit Exercise:Cardio AR
- 11:00 Word Games AR
- 11:00 Fall Fun Memories AR
- 2:00 Crafter's Corner AR
- 2:00 Uno Card Game AR
- 3:00 Walk and Talk O
- 4:00 Andrew Sisters Songs AR
- 6:15 Chicken Soup for Soul AR

20

- 10:15 B-Fit Exercise: Balance AR
- 11:00 TV Trivia Game AR
- 11:00 Table Puzzles AR
- 2:00 Arts and Crafts AR
- 2:00 Texture Sort and MatchAR
- 3:00 Golfing AR
- 4:00 Judy Garland Music AR
- 6:15 Short Stories AR

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- 10:15 B-Fit: Upper Body AR
- 11:00 Name 10 Trivia AR
- 11:00 Jewelry Box Finds AR
- 2:00 Sand Sculptures AR
- 2:00 Simple Crafts AR
- 3:00 Leg Stretches AR
- 4:00 Piano Music AR
- 6:15 Good News Network AR

07

- 10:15 B-Fit Exercise: Core AR
- 11:00 Arm Chair Travel Time AR
- 11:00 Daily Chronicle AR
- 2:00 Fall Crafting AR
- 2:00 Hi Lo Card Game AR
- 3:00 Simple Stretching AR
- 4:00 Country Music Hour AR
- 6:15 Down Memory Lane AR

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- 10:15 B-Fit:Coordination AR
- 11:00 Virtual Trip to Italy AR
- 11:00 Coupon Clipping AR
- 2:00 Dominoes Game AR
- 2:00 Yarn Art AR
- 3:00 Yoga Stretching AR
- 4:00 Frank Sinatra Music AR
- 6:15 Audio Books AR

21

- 10:15 B-Fit Exercise: Cardio AR
- 11:00 Fashion Trivia AR
- 11:00 Virtual Zoo Tour AR
- 2:00 Snack Attack! KIT
- 2:00 Penny Ante Game AR
- 3:00 Bullseye! AR
- 4:00 Songs from the MusicalsAR
- 6:15 Audio Books AR

28

- 10:15 B-Fit Exercise:Balance AR
- 11:00 Guess What? AR
- 11:00 Jokes and Riddles AR
- 2:00 Pumpkin Decorating KIT
- 2:00 Color Sort KIT
- 3:00 Walk and Talk O
- 4:00 Sing Along AR
- 6:15 Chicken Soup for Soul AR

01

- 10:15 B-Fit: Flexibility AR
- 11:00 Name 10 Trivia AR
- 11:00 Nature Cameras AR
- 2:00 Plant Care O
- 2:00 Would You Rather? AR
- 3:00 Paddle Ball Game AR
- 4:00 Sing-Along with Susie AR
- 6:15 New York Slide shows AR

08

- 10:15 B-Fit Exercise: Core AR
- 11:00 Famous Slogans Trivia AR
- 11:00 Virtual Aquariums AR
- 2:00 Card Making Craft AR
- 2:00 Table Puzzles AR
- 3:00 Scarf Dancing AR
- 4:00 Johnny Cash Tunes AR
- 6:15 Autumn Memories AR

15

- 10:15 B-Fit:Coordination AR
- 11:00 Music Trivia AR
- 11:00 Photo Match Game AR
- 2:00 Hot Pretzel Social KIT
- 2:00 Travel to Germany KIT
- 3:00 Kickball O
- 4:00 Octoberfest Music AR
- 6:15 Dear Abby AR

22

- 10:15 B-Fit Exercise:Cardio AR
- 11:00 Family Feud Game AR
- 11:00 Hat Chat AR
- 2:00 Resident Council AR
- 2:00 Simple Crafts AR
- 3:00 "Bicycle" Riding AR
- 4:00 1960's Music AR
- 6:15 Current Events AR

29

- 10:15 B-Fit: Coordination AR
- 11:00 Fall Trivia AR
- 11:00 What's in the Bag AR
- 2:00 Mask Making AR
- 2:00 Painting with Music AR
- 3:00 Target Toss AR
- 4:00 Name That Tune AR
- 6:15 Arm Chair Travel AR

02

- 10:15 B-Fit:Lower Body AR
- 11:00 World Smile Day Fun AR
- 11:00 Coupon Sorting AR
- 2:00 Make Someone Smile! AR
- 2:00 Color Match Game AR
- 3:00 Outdoor Stroll O
- 4:00 Classical Jazz Hour AR
- 6:15 Remember When? AR

09

- 10:15 B-Fit: Flexibility AR
- 11:00 Hollywood Crosswords AR
- 11:00 Match the Fabrics AR
- 2:00 Tea Time! KIT
- 2:00 Fall Scenery Tour AR
- 3:00 Dance to the Music AR
- 4:00 Judy Garland Hit TunesAR
- 6:15 Daily Devotions AR

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- 10:15 B-Fit Exercise: Core AR
- 11:00 A to Z Word Game AR
- 11:00 Down Memory Lane AR
- 2:00 Fall Crafting Group AR
- 2:00 Sand Sculptures AR
- 3:00 Move to the Music AR
- 4:00 Dean Martin Music AR
- 6:15 Discussion Group AR

23

- 10:15 B-Fit:Coordination AR
- 11:00 Name the Sound GameAR
- 11:00 Favorite Past times AR
- 2:00 Afternoon Social HourKIT
- 2:00 Recipe Finds KIT
- 3:00 Dance, Dance, Dance AR
- 4:00 Karaoke Hour AR
- 6:15 Relaxation Hour AR

30

- 10:15 B-Fit: Core AR
- 11:00 Crossword Puzzles AR
- 11:00 Table Puzzles AR
- 2:00 Pumpkin Bread SocialKIT
- 2:00 Aromatherapy KIT
- 3:00 Chip Pitch AR
- 4:00 Karaoke Hour AR
- 6:15 Halloween Memories AR

03

- 10:15 B-Fit:Breathing/Relax AR
- 11:00 Word Search Puzzles AR
- 11:00 Color Matching Game AR
- 2:00 Crafts Corner AR
- 2:00 Classic TV Memories AR
- 3:00 Chair Dancing AR
- 4:00 Songs of the Musicals AR
- 6:15 Movie Memories AR

10

- 10:15 B-Fit:Lower Body AR
- 11:00 Card Games AR
- 11:00 Bird Watching AR
- 2:00 Table Talk Card Game AR
- 2:00 Mix and Match Games AR
- 3:00 Sit and Be Fit AR
- 4:00 Elvis Presley Music AR
- 6:15 Aromatherapy AR

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- 10:15 B-Fit:Flexibility AR
- 11:00 Numbers Challenge AR
- 11:00 Table Puzzles AR
- 2:00 Hi Lo Card Game AR
- 2:00 Adult Color Crew AR
- 3:00 Dance to the Music AR
- 4:00 Songs from the 1950's AR
- 6:15 Evening Devotions AR

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- 10:15 B-Fit Exercise: Core AR
- 11:00 Which Came First TriviaAR
- 11:00 Jokes and Riddles AR
- 2:00 BINGO AR
- 2:00 Nature Books AR
- 3:00 Simple Stretches AR
- 4:00 Songs from the 1940's AR
- 6:15 Funny Baby Videos AR

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- Halloween**
- 10:15 B-Fit:Cardio AR
 - 11:00 Halloween Facts AR
 - 11:00 Texture Boxes AR
 - 2:00 Halloween Social Hour AR
 - 2:00 Table Puzzles AR
 - 3:00 Walk and Talk AR
 - 4:00 Ghost Bowling AR
 - 6:15 Best Halloween Treats AR

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!