

S M T W Th F S

Brookdale Jensen Beach
1700 Northeast Indian River Drive
Jensen Beach, FL 34957
(772) 225-1355 | brookdale.com

LOCATION KEY

LH	Langford Hall	P	Pool
SL	South Lobby	CR	Card Room
NL	North Lobby	PC	Piano Court
LN	Library North	DRS	Dining Room South
LS	Library South	DRN	Dining Room North
BT	Bus Trip	BC	Billiards Court

04 9:00 B-Fit Exercise Class LH 10:00 Daily Chronicle & Coffee LH 11:00 Carole's Piano Concert PC 1:30 Open Billiards BC 3:00 Swimming Club P 3:30 Open Card Game LH 6:00 Game Night: Yatzee LH	05 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Ice Cream Social! LH 3:00 Swimming Club P 3:30 Flex Your Brain LH 6:00 Game Night: Dominoes LH	06 10:00 Coffee & Daily Chronicle LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:30 Open Billiards 8 Ball BC 2:30 Resident Council LH 3:30 Flex Your Brain LH 6:00 Game Night: Rummikub LH	07 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Matinee Movie & Popcorn LH 3:00 Swimming Club P 6:00 Game Night: Checkers LH	08 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 Music and Movement LH 2:30 Cornhole Tournament LH 3:30 Open Billiards 8 Ball BC 6:00 Game Night: Dominoes LH	01 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Cornhole Tournament LH 3:30 Open Billiards BC 6:00 Game Night: Dominoes LH	02 10:00 Daily Chronicle & Coffee LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Flex Your Brain LH 3:30 Happy Hour! Music & Beverages NL	03 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Trivia Happy Hour! LH 3:30 Open Billiards BC 6:00 Game Night: Scrabble LH
11 9:00 B-Fit Exercise Class LH 10:00 Daily Chronicle & Coffee LH 11:00 Carole's Piano Concert PC 1:30 Open Billiards BC 3:00 Swimming Club P 3:30 Open Card Game LH 6:00 Game Night: Yatzee LH	12 Columbus Day 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Crafting Club LH 3:00 Swimming Club P 3:30 Flex Your Brain LH 6:00 Game Night: Dominoes LH	13 10:00 Coffee & Daily Chronicle LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:30 Open Billiards 8 Ball BC 2:30 Resident Engagement Chat LH 3:30 Flex Your Brain LH 6:00 Game Night: Rummikub LH	14 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:00 Menu Chat DRS 2:30 Armchair Travel Club LH 3:00 Swimming Club P 6:00 Game Night: Checkers LH	15 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 Karaoke! LH 2:30 Charades! LH 3:30 Open Billiards 8 Ball BC 6:00 Game Night: Dominoes LH	09 10:00 Daily Chronicle & Coffee LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Flex Your Brain LH 3:30 Happy Hour! Music & Beverages NL	16 10:00 Daily Chronicle & Coffee LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Flex Your Brain LH 3:30 Happy Hour! Music & Beverages NL	17 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Trivia Happy Hour! LH 3:30 Open Billiards BC 6:00 Game Night: Scrabble LH
18 9:00 B-Fit Exercise Class LH 10:00 Daily Chronicle & Coffee LH 11:00 Carole's Piano Concert PC 1:30 Open Billiards BC 3:00 Swimming Club P 3:30 Open Card Game LH 6:00 Game Night: Yatzee LH	19 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Crafting Club LH 3:00 Swimming Club P 3:30 Flex Your Brain LH 6:00 Game Night: Dominoes LH	20 10:00 Coffee & Daily Chronicle LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:30 Open Billiards 8 Ball BC 2:30 Ambassador Meeting LH 3:30 Flex Your Brain LH 6:00 Game Night: Rummikub LH	21 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Matinee Movie & Popcorn LH 3:00 Swimming Club P 6:00 Game Night: Checkers LH	22 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 Music and Movement LH 2:30 Cornhole Tournament LH 3:30 Open Billiards 8 Ball BC 6:00 Game Night: Dominoes LH	10 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Trivia Happy Hour! LH 3:30 Open Billiards BC 6:00 Game Night: Scrabble LH	23 10:00 Daily Chronicle & Coffee LH 10:30 B-Fit Walking Club LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Flex Your Brain LH 3:30 Happy Hour & October Birthday Celebration NL	24 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Trivia Happy Hour! LH 3:30 Open Billiards BC 6:00 Game Night: Scrabble LH
25 9:00 B-Fit Exercise Class LH 10:00 Daily Chronicle & Coffee LH 11:00 Carole's Piano Concert PC 1:30 Open Billiards BC 3:00 Swimming Club P 3:30 Open Card Game LH 6:00 Game Night: Yatzee LH	26 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Crafting Club LH 3:00 Swimming Club P 4:00 Flex Your Brain LH 6:00 Game Night: Dominoes LH	27 10:00 Coffee & Daily Chronicle LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:30 Open Billiards 8 Ball LH 2:30 Optimum Life Health Talk Women's Health LH 3:30 Flex Your Brain LH 6:00 Game Night: Rummikub LH	28 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:00 Menu Chat DRS 2:30 Armchair Travel Club LH 3:00 Swimming Club P 6:00 Game Night: Checkers LH	29 10:00 Daily Chronicle & Coffee LH 11:00 B-Fit Exercise Class LH 1:00 Karaoke! LH 2:30 Charades! LH 3:30 Open Billiards 8 Ball BC 6:00 Game Night: Dominoes LH	30 10:00 Daily Chronicle & Coffee LH 10:30 B-Fit B-Walking Club LH 11:00 B-Fit Exercise Class LH 1:00 BINGO! LH 2:30 Flex Your Brain LH 3:30 Happy Hour! Halloween Celebration! NL	31 Halloween HAPPY HALLOWEEN! 11:00 B-Fit Exercise Class LH 1:00 CANDY BINGO! LH 2:30 Trivia Happy Hour! LH 3:30 Open Billiards BC 6:00 Game Night: Scrabble LH	

Assisted Living - All activities are subject to change.

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!