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30

10:00 Catholic Communion MR
 11:00 Roswell United Methodist MR
 Airs
 2:30 **Sunday Social & Trivia** L
 4:00 Sunday Drive SU

Brookdale Big Creek Roswell
 655 Mansell Rd
 Roswell, GA 30076
 (770) 643-9433 | brookdale.com



LOCATION KEY

CR Craft Room
 WC Wellness Center
 Lbr Library
 Caf Cafe
 L Lobby

01

10:00 Fun & Fitness W/ Jon WC
 11:00 I-Pad Trivia L
 1:30 Chocolate Bingo CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

02

10:00 Catholic Communion MR
 11:00 Roswell United Methodist MR
 Airs
 1:30 **Praise & Worship W/ Joe Farrell** L
 2:30 **Sunday Social & Trivia** L
 4:00 Sunday Drive SU

03

Labor Day

10:00 Exercise W/ Donna WC
 10:30 Menu Chat w/ Marty CR
 11:00 **Word in a Word** L
 1:30 **Chocolate Bingo** CR
 2:30 **Spades Card Game** CAF
 3:00 Kroger Shopping SU
 6:00 Card Games Caf

04

10:00 B-Fit W/ Donna WC
 10:45 Banking SU
 11:00 **Taco Tuesday** CR
 12:30 **Lovely Nails** CR
 2:30 Flex Your Brain L
 3:30 **Spade Card Games** CAF
 6:30 **Movie & Popcorn** MR
 Resident Choice

05

10:00 B-Fit W/ Donna WC
 10:30 Catholic Mass MR
 11:00 **Word in a Word** L
 1:00 Watercolor W/ Pat CR
 2:30 **Wind Down Wednesday W/ Dazzling Dame** L
 3:00 Publix Shopping SU
 6:30 Spade Card Game CAF

06

10:00 Exercise w/ Karen WC
 (Pilates & Cardio)
 11:00 Flex Your Brain L
 2:30 **Smoothie Run** SU
 3:30 Black Jack Games "21" Caf
 6:30 **Bible Study W/ Gordon** MR

07

License Number

10:00 Fun & Fitness W/Shellane WC
 12:00 Shopping Trip SU
 1:30 Card Game W/ Shellane CAF
 2:30 **Friday Festivities** L
RootBeer Float & Trivia
 6:30 Nickel Bingo CR

08

10:00 Fun & Fitness WC
 11:00 **I-Pad Trivia** L
 1:30 **Chocolate Bingo** CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

09

Rosh Hashanah (start)

10:00 Catholic Communion
 11:00 Roswell United Methodist MR
 Airs
 1:30 **Gospel Singing W/ Mt Pisgah** L
 2:30 **Sunday Social & Trivia** L
 4:00 Sunday Drive SU

10

10:00 Exercise W/ Jodi WC
 10:30 Menu Chat w/ Marty CR
 11:00 **Word in a Word** L
 1:30 **Chocolate Bingo** CR
 3:00 Kroger Shopping SU
 6:00 Card Games Caf

11

Rosh Hashanah (end)

10:00 B-Fit W/ Donna WC
 10:45 Banking SU
 11:00 **Lovely Nails & Massages** CR
 1:00 **Optimum Health Chat W/ Valerie** L
 1:30 Flex Your Brain L
 4:00 **Out to Dinner** SU

12

10:00 B-Fit W/ Jon WC
 11:00 **Atlanta City Tour W/ Jim Howe** SU
 1:00 Watercolor W/ Pat CR
 3:00 Publix Shopping SU
 6:30 Movie & Popcorn MR

13

10:00 Exercise w/ Karen WC
 (Pilates & Cardio)
 11:00 Flex Your Brain L
 12:00 **Out For Lunch** SU
Popeyes
 3:00 **Resident Program Chat** CR
 6:30 **Kings In The Corner**

14

10:00 Fun & Fitness W/Donna WC
 11:00 **Word in a Word** L
 12:00 **Shoppng Trip (Resident Choice)** SU
 1:30 Card Game W/ Shellane CAF
 2:00 **Friday Festivities** L
Banana Split & Trivia
 6:30 Nickel Bingo CR

15

10:00 Fun & Fitness W/ Jon WC
 11:00 **I-Pad Trivia** L
 1:30 **Chocolate Bingo** CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

16

10:00 Catholic Communion MR
 11:00 Roswell United Methodist MR
 Airs
 2:30 **Sunday Social & Trivia** L
 4:00 Sunday Drive SU

17

10:00 Exercise W/ Donna WC
 10:30 Menu Chat w/ Marty CR
 1:30 **Chocolate Bingo** CR
 2:30 **Make Your Own Flower Pen** CR
 3:00 Kroger Shopping SU
 6:00 Card Games Caf

18

10:00 B-Fit W/ Donna WC
 10:45 Banking SU
 11:15 **Taco Tuesday** CR
 1:30 Flex Your Brain L
 2:30 **Lovely Nails** CR
 6:30 **Kings In The Corner** CAF

19

Yom Kippur

10:00 B-Fit W/ Jon WC
 11:00 **My Life Stories** L
 1:00 Watercolor W/Pat CR
 2:30 **Wind Down Wednesday W/ Al Urezzio** L
 3:00 Publix shopping SU
 6:30 **Kings In The Corner** CAF

20

10:00 Exercise w/ Karen WC
 (Pilates & Cardio)
 1:00 Flex Your Brain L
 2:00 **Dining/Food Service Meeting** DR
 3:00 **X-Treme Gaming W/ David** MR
 4:00 Men's Meeting MR
 6:30 **Bible Study W/ Gordon** MR

21

10:00 Fun & Fitness W/ Donna WC
 11:00 **Penny Auction W/ Darlene** L
 12:00 Shopping Trip SU
 1:30 Card Games W/ Shellane CAF
 2:30 **Birthday Bash with Fred Jones** L
 6:00 Nickel Bingo CR

22

Fall begins

10:00 Fun & Fitness W/ Jon WC
 11:00 **I-Pad Trivia** L
 1:30 **Chocolate Bingo** CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

23

10:00 Catholic Communion MR
 11:00 Roswell United Methodist MR
 Airs
 1:30 **Gospel Singing W/ Dirk** L
 2:30 **Sunday Social & Trivia** L
 4:00 Sunday Drive SU

24

10:00 Exercise W/ Jodi WC
 10:30 Menu Chat w/ Marty CR
 11:00 **Bowling & Lunch** SU
 1:30 **Chocolate Bingo** CR
 3:00 Kroger Shopping SU
 6:00 Card Games Caf

25

10:00 B-Fit W/ Donna WC
 10:45 Banking SU
 11:15 **Lovely Nails & Massages** CR
 1:30 Flex Your Brain L
 2:30 **Ambassador's Meeting** CR
 4:00 **Out To Dinner** SU

26

10:00 B-Fit W/ Jon WC
 11:00 **Word in a Word** L
 1:00 Watercolor w/Pat CR
 2:30 **Wine Down Wednesday w/ Al Wisenburg** L
 3:00 Publix Shopping SU
 6:30 **Kings In The Corner** CAF

27

10:00 Exercise w/ Karen WC
 (Pilates & Cardio)
 1:00 Flex Your Brain L
 2:30 **Butter Bean Auction** L
 3:30 Black Jack Games "21" Caf
 6:00 **Family Fun Night w/ Ben & Pam** L

28

10:00 Fun & Fitness W/ Donna WC
 12:00 Shopping Trip SU
 1:30 **Card Game W/ Shellane** CAF
 2:30 **Friday Festivities** MR
 (Movie & Popcorn)
 6:00 **Courtyard Concert W/ Elvis/Michael Jackson** CY

29

10:00 Fun & Fitness W/ Jon WC
 11:00 **I-Pad Trivia** L
 1:30 **Chocolate Bingo** CR
 3:30 Community Walk SU
 6:00 Saturday Night Movie MR

Health and Wellness

Live Your Optimum Life®: Volunteering – Let’s Get Involved!



Let’s explore the health benefits of volunteering as an older adult and the positive impact it can have on your brain health and well-being.

According to Senior Corps, over 26 million senior citizens in this country have already discovered the sense of purpose and accomplishment that comes from volunteering; whether it’s reading books to children, knitting blankets for hospitals or organizing a food drive at your community.

According to researchers at the University of Michigan,

older adults who volunteer may actually add years to their lives along with the satisfaction of helping others and making a difference in their community.

Research tells us the health benefits of volunteering are due to the increased physical, social and mental activity resulting from being a volunteer. Other studies have shown that volunteers experience increased brain activity, preservation of cognitive function and lower rates of depression.

Volunteering also helps with grief and stress reduction.

So how can you get started?

At your community, reach out to your Resident Programs associate for a list of available volunteer opportunities in and around your community. If you are looking to find volunteer opportunities in

your community at-large you can start by reaching out to your church, synagogue or community center as a starting point. You can also find volunteer opportunities with some of the following national organizations:

Administration on Aging:

<http://www.aoa.gov>

Telephone: 202-619-0724

Volunteers of America:

<http://www.voa.org>

Telephone: 800-899-0089

Senior Corps:

<http://seniorcorps.gov>

Telephone: 202-606-5000

University of California Berkeley psychologist Bruce Linton says it best, “By volunteering and helping others, we’re able to enjoy the greatest of all human pleasures: caring for others and being cared about.”

Wellness Challenge

Stay Independent with Age.

Research indicates that those who maintain a sense of purpose as they age have a reduced risk of developing dementia and have a higher quality of life. This month’s challenge is to evaluate how well you are doing in this area. Do you feel you have a sense of purpose? If not, explore ways to give back or learn a new hobby. For example, volunteer to greet new residents. Offer to show new residents around, eat a meal together or invite them to attend a club or group that you may be a part of. Let’s all get involved!

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Second Annual Celebrate Aging Film Festival



The nominations are in for the Brookdale’s Second Annual Celebrate Aging Film Festival! Back in January, we launched the film festival and asked our communities to create a film that changes the perception of aging using nothing but an iPad. The films had to be written, directed, acted and edited by Brookdale residents and associates.

Brookdale communities had until July 1 to submit their film. From there, the 62 submitted films were narrowed to nine in the Best Picture, Best Writing, Best Acting and Best Technical Design categories. The nine finalists are all eligible

for the Ecolab’s People Choice Award, with voting soon to be open to the public. In addition to these awards, one film will claim the Courage Award. This category highlights courageous older adults who are living life to the fullest in the face of significant challenges

Charles Richardson, Brookdale’s senior director of resident programs summed up this year’s nominees by saying, “This year’s films, created by our elders, impart wisdom to all of us. They remind us to treasure each moment, challenge our assumptions, face difficult times with determination, laugh, and fall in love!”

The 2018 Celebrate Aging Film Festival Red Carpet awards show, sponsored by Ecolab, will be held at the Franklin Theatre on October 3 at 3 PM CST in Franklin, TN and will be streamed live to participating communities. Good luck to all of the nominees.

Wishes of a Lifetime

Brookdale is proud to honor our residents’ wishes and dreams through our partnership with Wish of a Lifetime®



Resident Proves You are Never Too Old to Make a Discovery

Jackie “Jackie” Kelsey was born in England in 1931. Fascinated by the history around her, she developed an appreciation for the past that matured into a desire to one day discover a piece of history herself.

Jackie and her husband moved to the United States in 1957, where she earned her undergraduate and graduate degrees while raising her children. While a dedicated nurse practitioner and a devoted mother of four, Jackie traveled as

often as possible, insatiably curious about the world and always ready to explore the unknown, including the Mexican and Egyptian pyramids and the Mediterranean.

Now a resident of Freedom Village, Jackie was thrilled to participate in an archaeological dig at the Gamble Plantation Historic State Park in Ellenton, Florida courtesy of the Wish of a Lifetime Foundation and University of South Florida’s Department of Anthropology, which was conducting a live excavation aimed to uncover artifacts of the plantation’s history.

On June 11, Jackie discovered her life’s wish: you are never too old to make a discovery.