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# August 2018

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

**01**  
 10:30 B-Fit exercise DA  
 11:00 spell that word MR  
 1:15 afternoon movie MR  
 2:15 let's play Golf DA  
 3:15 Music and Sensory DA  
 4:15 IN2L trivia DA  
 6:30 night time reading DA

**02**  
 10:15 Bible Study DA  
 11:00 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 cooking club DA  
 3:15 Karaoke DA  
 4:15 daily chronicle MR  
 6:30 classic movie night MR

**03**  
 10:30 B-Fit exercise DA  
 11:00 Price is right MR  
 1:15 afternoon movie MR  
 2:15 corn hole DA  
 3:15 afternoon outing O\*  
 6:30 classic movie night MR

**04**  
 10:30 B-Fit exercise DA  
 11:00 IN2L games MR  
 1:30 afternoon movie MR  
 2:15 walking club MR  
 3:15 art of the heart DA  
 4:15 shooting hoops DA  
 6:30 night time reading DA

**05**  
 10:15 daily chronicle DA  
 10:30 B-Fit exercise DA  
 11:00 toss ball questions DA  
 1:15 afternoon movie DA  
 2:15 walking club DA  
 3:00 sundae social DA  
 4:00 IN2L exercise DA  
 6:30 classic movie night DA

**06**  
 10:30 B-Fit exercise DA  
 11:00 Family Fued MR  
 1:15 afternoon movie MR  
 2:15 creative arts DA  
 3:15 move to the music DA  
 4:15 crossword puzzle DA  
 6:30 evening movie DA

**07**  
 10:30 B-Fit exercise DA  
 11:00 missing letter word DA  
 1:15 afternoon movie MR  
 2:15 Spa Day DA  
 3:15 let's bowl! DA  
 4:15 jeopardy DA  
 6:30 news & views DA

**08**  
 10:30 B-Fit exercise DA  
 11:00 Family Fued MR  
 1:15 afternoon movie MR  
 2:15 let's play Golf DA  
 3:15 Music and Sensory DA  
 4:15 IN2L trivia DA  
 6:30 night time reading DA

**09**  
 10:15 Bible Study DA  
 11:00 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 travel Club MR  
 3:15 Karaoke DA  
 4:15 daily chronicle MR  
 6:30 classic movie night MR

**10**  
 10:30 B-Fit exercise DA  
 11:00 spell that word MR  
 1:15 afternoon movie MR  
 2:15 corn hole DA  
 3:15 afternoon outing O\*  
 6:30 classic movie night MR

**11**  
 10:30 B-Fit exercise DA  
 11:00 IN2L games MR  
 1:30 afternoon movie MR  
 2:15 walking club MR  
 3:15 art of the heart DA  
 4:15 shooting hoops DA  
 6:30 night time reading DA

**12**  
 10:15 daily chronicle DA  
 10:30 B-Fit exercise DA  
 11:00 toss ball questions DA  
 1:15 afternoon movie DA  
 2:15 walking club DA  
 3:00 sundae social DA  
 4:00 IN2L exercise DA  
 6:30 classic movie night DA

**13**  
 10:30 B-Fit exercise DA  
 11:00 missing letter word DA  
 1:15 afternoon movie MR  
 2:15 creative arts DA  
 3:15 move to the music DA  
 4:15 crossword puzzle DA  
 6:30 evening movie DA

**14**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 Spa Day DA  
 3:15 let's bowl! DA  
 4:15 jeopardy DA  
 6:30 news & views DA

**15**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 let's play Golf DA  
 3:15 Music and Sensory DA  
 4:15 IN2L trivia DA  
 6:30 night time reading DA

**16**  
 10:15 Bible Study DA  
 11:00 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 cooking club DA  
 3:15 Karaoke DA  
 4:15 daily chronicle MR  
 6:30 classic movie night MR

**17**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 corn hole DA  
 3:15 afternoon outing O\*  
 6:30 classic movie night MR

**18**  
 10:30 B-Fit exercise DA  
 11:00 IN2L games MR  
 1:30 afternoon movie MR  
 2:15 walking club MR  
 3:15 art of the heart DA  
 4:15 shooting hoops DA  
 6:30 night time reading DA

**19**  
 10:15 daily chronicle DA  
 10:30 B-Fit exercise DA  
 11:00 toss ball questions DA  
 1:15 afternoon movie DA  
 2:15 walking club DA  
 3:00 sundae social DA  
 4:00 IN2L exercise DA  
 6:30 classic movie night DA

**20**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 creative arts DA  
 3:15 move to the music DA  
 4:15 crossword puzzle DA  
 6:30 evening movie DA

**21**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 Spa Day DA  
 3:15 let's bowl! DA  
 4:15 jeopardy DA  
 6:30 news & views DA

**22**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 let's play Golf DA  
 3:15 Music and Sensory DA  
 4:15 IN2L trivia DA  
 6:30 night time reading DA

**23**  
 10:15 Bible Study DA  
 11:00 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 travel Club DA  
 3:15 Karaoke DA  
 4:15 daily chronicle MR  
 6:30 classic movie night MR

**24**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 corn hole DA  
 3:15 afternoon outing O\*  
 6:30 classic movie night MR

**25**  
 10:30 B-Fit exercise DA  
 11:00 IN2L games MR  
 1:30 afternoon movie MR  
 2:15 walking club MR  
 3:15 art of the heart DA  
 4:15 shooting hoops DA  
 6:30 night time reading DA

**26**  
 10:15 daily chronicle DA  
 10:30 B-Fit exercise DA  
 11:00 toss ball questions DA  
 1:15 afternoon movie DA  
 2:15 walking club DA  
 3:00 sundae social DA  
 4:00 IN2L exercise DA  
 6:30 classic movie night DA

**27**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 creative arts DA  
 3:15 move to the music DA  
 4:15 crossword puzzle DA  
 6:30 evening movie DA

**28**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 Spa Day DA  
 3:15 let's bowl! DA  
 4:15 jeopardy DA  
 6:30 news & views DA

**29**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 let's play Golf DA  
 3:15 Music and Sensory DA  
 4:15 IN2L trivia DA  
 6:30 night time reading DA

**30**  
 10:15 Bible Study DA  
 11:00 B-Fit exercise DA  
 1:15 afternoon movie MR  
 3:15 Karaoke DA  
 4:15 daily chronicle MR  
 6:30 classic movie night MR

**31**  
 10:30 B-Fit exercise DA  
 1:15 afternoon movie MR  
 2:15 corn hole DA  
 3:15 afternoon outing O\*  
 6:30 classic movie night MR

## THE DAILY PATH

### UPCOMING EVENTS

- 8:00 Breakfast
- 10:15 B-Fit Exercise
- 10:45 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:15 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:45 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:45 Refreshments

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

### LOCATION KEY

- MR - media room
- DR - Dining Room
- L - Lobby
- OD - Outdoors
- DA - Day Area
- O\* - Outing



## COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

## Live Your Optimum Life®: Fruits &amp; Veggies – More Matters Month



Next month is “Fruits & Veggies – More Matters Month”. We can use this month to raise awareness about the importance of getting enough fruits and vegetables in our daily diet.

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, Type 2 Diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

However, many people don't eat enough fruits and vegetables:

- Fewer than 1 in 4 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 7 adults eat the recommended amount of vegetables every day.

The good news is communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables. Help spread the word about tips for healthy eating and encourage your family and friends to get involved.

**Get Involved**

- Post information about a different vegetable or fruit every week and include a quick and easy recipe in your community newsletter or bulletin.

- Help start or support a community garden.
- Conduct a cooking demonstration using recipes full of vegetables and fruits.
- Find a farmers market in your area.

More than 90 percent of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the ChooseMyPlate.gov nutrition guide. Try to remember these two helpful tips to add more fruits and veggies into your diet:

1. Fill half your plate with fruits and vegetables at each meal or eating occasion
2. All forms (fresh, frozen, canned, dried and 100% juice) count toward your daily intake

## Wellness Challenge

## Eating more fruits and veggies can be fun – and it's worth it!

Here are some ideas to help you fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy.
- When possible, cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge yourself to try a new fruit or vegetable each week.
- Buy vegetables and fruits in a variety of colors.

**Be Well on Purpose!**



## Brookdale News

## Brookdale Launches New Online Newsroom



Want to stay “in the know” on all things Brookdale? Check out Brookdale's new online newsroom at BrookdaleNews.com.

BrookdaleNews.com is your source for everything happening at Brookdale. From local community stories to corporate initiatives and expert blogs, BrookdaleNews.com is your one-stop-shop to get all the information you want. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Read blogs from Brookdale experts on topics relevant to you, such as advancements in Alzheimer's and dementia care, senior living industry insights and tips for living an Optimum Life.

BrookdaleNews.com brings stories from the field and corporate office to life. It is candid, genuine and beneficial to anyone wanting to know what life is really like at Brookdale. Click “subscribe for news alerts” at the top of the

screen to receive a notification when a new story posts. Do you have a story idea? Click on “submit a story” to share your idea with the Public Relations team.

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## Wishes of a Lifetime

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

**Helen Takes a Thrilling Ride**

Florida resident Helen Takagi has not tamed her wild streak. The 95-year-old may seem reserved, but this petite thrill seeker has always wanted to ride a Harley-Davidson motorcycle.

Helen spent most of her life raising four children and volunteering in their schools. Later, she spent her life travelling wherever the wind took her. Now she teaches exercise classes at her assisted living community within Lake Port

Square and plays pool on her off time.

Wish of a Lifetime and Brookdale were thrilled to grant Helen's unique and daring wish. She finally got a true Harley experience December 21. Leesburg's Gator Harley Davidson made sure that Helen was riding in style, supplying her with a black and white riding vest, sunglasses and riding gloves so that she looked “like a true biker babe,” Helen said.

Helen hit the road on a brand new 2018 Harley Davidson Ultra Limited driven by one of the company's employees, Johnny Malik. They took a scenic ride around Lake Harris and even swung by Lake Port Square to greet her friends.