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October 2018



01

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

02

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

03

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

04

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

05

10:30 B-Fit exercise	DA
11:00 Price is right	MR
1:15 afternoon movie	MR
2:15 SAND BAG TOSS	DA
3:15 afternoon outing	O*
6:30 classic movie night	MR

06

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

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

License Number

07

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

08

Columbus Day

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 PLAY BALL	DA
6:30 evening movie	DA

09

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

10

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

11

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

12

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

13

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

14

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

15

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

16

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

17

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

18

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

19

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

20

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

21

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

22

10:30 B-Fit exercise	DA
1:15 afternoon movie	MR
2:15 play with clay	DA
3:15 move to the music	DA
4:15 crossword puzzle	DA
6:30 evening movie	DA

23

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

24

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

25

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

26

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

27

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

28

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

29

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

30

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

31

Halloween

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

Brookdale Big Creek Roswell

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COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®: Getting a Good Night's Sleep



Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of it won't just leave you tired and irritable, it can actually be dangerous and seriously deteriorate the quality of your life.

According to the National Institutes of Health (NIH) not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In

other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing

sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 9 hours each night.

8 Tips for Better Sleep

- Exercise
- Reserve your bed for sleep
- Keep your bedroom comfortable
- Start a sleep ritual
- Avoid alcohol and caffeine
- De-stress
- Get checked by your doctor

Wellness Challenge

Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

Be Well on Purpose!



Brookdale News

Flu Season



Flu Season will be here soon, and Brookdale wants to help you stay well. **Make plans to get vaccinated** to protect yourself, your family and your fellow residents from illness. Preparing is easy!

1. **Watch** for the flu clinic posters to inform you of date and time and place of the community flu clinic
2. **Attend** the community flu clinic and receive your annual influenza vaccine
3. **Stay healthy!**

Kim Elliot, SVP Clinical Services at Brookdale says, “we want it to be as easy as possible for you to be vaccinated in your own home.” She also adds that Brookdale has new opportunities for wellness this year. “We’re excited to be working with one of the nation’s top pharmacies for vaccines. CVS pharmacists will be on site to deliver the senior-dose vaccine specific for those over 65 years old. In addition, if you are eligible for a pneumonia 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 eligibility for the shingles or pneumonia vaccine.

Take advantage of these opportunities for a healthy start to the flu season.

Wishes of a Lifetime

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

**Cancer Survivor Tackles Fear, Inspires Others**

Vernie Burkett lives at Brookdale Missoula Valley in Montana. She is a tough woman who is committed to bettering herself and those around her. Five years ago, Vernie was diagnosed with breast cancer. She was also wheelchair-bound. Unwilling to give in to her situation, she says she “outgrew the fear of it” and found the courage to fight back.

Now in remission, Vernie realized she could tackle just about anything, and she turned her attention to her one life-long fear: water. At 72-years-old, Vernie wanted to try swimming lessons. Thanks to Wish of a Lifetime, her Brookdale community and the local YMCA, Vernie not only overcame her fears about the water, she now happily gets in the pool all on her own and starts her aquatic workouts without the prodding of her instructor.

Plus, she has inspired others to join her.

“I learned I’m stronger than I thought I was, and it’s wonderful to be able to do things that you never figured,” Vernie says. “You can’t just sit in a chair. You are wasting your life if you sit there in the chair and can’t do nothing. And the world profits from your experiences.”

Information courtesy of ABCFoxMontana.com