

S M T W Th F S

**Brookdale Hilton Head**  
15 Main St Hilton Head  
Hilton Head Island, SC 29926  
(843) 342-6565 | brookdale.com

### LOCATION KEY

200	200 Hall	100	100 Hall
VS	Village Square	Bar	Bar
AH	Assembly Hall	300	300 Hall
Lib	Library	DR	IL Dining Room
FP	Front Porch	US	Upstairs Common Area
CH	Chapel	DSD	Downstairs Dining Room

*License Number*

**04 Daylight Saving Time Ends**

10:30	Worship Service	CH
11:00	Walking Club	200
2:00	Porch Social with MOD	FP
4:00	Sunday Evening Board Games	100
6:30	Movie Night	AH

**05**

10:30	B-Fit	DSD
11:00	Bible Study w/ Barbara	CH
1:30	Walmart	
2:00	Movie Matinee Monday	200
2:30	Sundaes on Mondays	VS
4:00	My Life Story	200
6:30	Cards with Friends	PVD

**06 Election Day**

9:30	Catholic Communion	CH
11:15	LB: Dockside	
2:00	Flex Your Brain	200
4:00	Happy Hour	DSD
4:00	Music with Desi P.	DSD

**07**

10:30	B-Fit	DSD
11:15	Flex Your Brain	200
1:30	Entertainment w/ Jim P.	US
2:30	Bingo	AH
3:15	Crosswords	AH

**08**

BREAKFAST BUFFET		
11:00	Music Therapy w/ Dana	100
11:15	Spiro100 Exercises	AH
4:15	Thursday Ted Talk:	AH

**09**

10:30	B-Fit	DSD
1:30	Publix	
3:00	Trivia with Lennie	AH
4:00	Happy Hour	Bar
6:30	Friday Night Flick	200

**10**

10:30	B Fit	AH
11:00	Current Events and Headline News	Bar
2:00	Bingo	AH
3:30	Cards with Friends	Lib
6:30	Resident's Choice: Movie	200

**11 Veterans Day**

10:30	Worship Service	CH
11:00	Walking Club	200
2:00	Porch Social with MOD	FP
4:00	Sunday Evening Board Games	100
6:30	Movie Night	AH

**12**

10:00	Hos-Pets	VS
10:30	B-Fit	DSD
11:00	Bible Study w/ Barbara	CH
1:30	Walmart	
2:00	Movie Matinee Monday	200
2:30	Sundaes on Mondays	VS
6:30	Cards with Friends	PVD

**13**

9:30	Catholic Communion	CH
11:15	LB: International Cafe	
2:00	Flex Your Brain	200
4:00	Happy Hour	BAR
4:00	Elvis	BAR

**14**

10:30	B-Fit	DSD
11:15	Flex Your Brain	200
2:00	Bingo	AH
3:15	Crosswords	AH
4:00	Music with Jim Seem	DSD
6:30	Poker Club	Bar

**15**

BREAKFAST BUFFET		
10:45	Cider w/ Jennifer	LOB
11:00	Music Therapy w/ Dana	100
3:30	Resident Council	AH
4:15	Thursday Ted Talk:	AH
6:15	Poker with Bruce	Lib

**16**

10:30	B-Fit	DSD
1:30	Publix	
3:00	Trivia with Lennie	AH
4:00	Happy Hour	Bar
4:00	Sing-Alongs with Brian Cossachi	Bar
6:30	Friday Night Flick	200

**17**

10:30	B Fit	AH
11:00	Current Events and Headline News	Bar
2:00	Bingo	AH
3:30	Cards with Friends	Lib
6:30	Resident's Choice: Movie	200

**18**

10:30	Worship Service	CH
11:00	Walking Club	200
2:00	Porch Social with MOD	FP
4:00	Sunday Evening Board Games	100
6:30	Movie Night	AH

**19**

10:30	B-Fit	DSD
11:00	Bible Study w/ Barbara	CH
1:30	Walmart	
2:00	Entertainment w/ Jim Peppers	DSD
2:30	Sundaes on Mondays	VS
6:30	Cards with Friends	PVD

**20**

9:30	Catholic Communion	CH
11:15	LB: Hickory Tavern	
2:00	Flex Your Brain	200
4:00	Happy Hour	DSD
4:00	Music with Elvis!	DSD

**21**

10:30	B-Fit	DSD
11:15	Flex Your Brain	200
2:00	Bingo	AH
3:15	Crosswords	AH
3:15	Music with SG	DSD

**22 Thanksgiving Day**

BREAKFAST BUFFET		
11:00	Music Therapy w/ Dana	100
11:15	Spiro100 Exercises	AH
4:15	Thursday Ted Talk:	AH

**23**

10:30	B-Fit	DSD
11:15	Programs Chat!	AH
1:30	Publix	
3:00	Trivia with Lennie	AH
4:00	Happy Hour	Bar
6:30	Friday Night Flick	200

**24**

10:30	B Fit	AH
11:00	Current Events and Headline News	Bar
2:00	Bingo	AH
3:30	Cards with Friends	Lib
6:30	Resident's Choice: Movie	200

**25**

10:30	Worship Service	CH
11:00	Walking Club	200
2:00	Porch Social with MOD	FP
4:00	Sunday Evening Board Games	100
6:30	Movie Night	AH

**26**

10:30	B-Fit	DSD
11:00	Bible Study w/ Barbara	CH
1:30	Walmart	
2:00	Movie Matinee Monday	200
2:30	Sundaes on Mondays	VS
6:30	Cards with Friends	PVD

**27**

9:30	Catholic Communion	CH
11:15	LB: New York City Pizza	
2:00	Flex Your Brain	200
2:30	Ginger Bread w/ Susan	AH
4:00	Happy Hour	DSD
4:00	Music With Bill Arno	DSD

**28**

10:30	B-Fit	DSD
11:15	Flex Your Brain	200
2:00	Bingo	AH
3:15	Crosswords	AH
6:30	Poker Club	Bar

**29**

BREAKFAST BUFFET		
11:00	Music Therapy w/ Dana	100
11:15	Spiro100 Exercises	AH
4:15	Thursday Ted Talk:	AH

**30**

10:30	B-Fit	DSD
1:30	Publix	
3:00	Trivia with Lennie	AH
4:00	Happy Hour	Bar
6:30	Friday Night Flick	200



## COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

## Live Your Optimum Life®: Laughter is the Best Medicine



Some researchers think laughter just might be the best medicine, and that laughter may help you feel better. While there is some evidence that laughter may help boost your immune system, overall research results have been mixed. One pioneer in laughter research, Dr. William Fry, professor of Psychology at Stanford University, claimed it took ten minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter!

In the last few decades, researchers have studied laughter's effects on the body and turned up some

potentially interesting information on how it affects us.

**Blood Flow**

Researchers at the University of Maryland studied the effects on blood vessels when people were shown either comedies or dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally -- expanding and contracting easily. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow.

**Immune Response**

Increased stress is associated with decreased immune system response. Some studies have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well.

**Blood Sugar Levels**

One study of 19 people with diabetes looked at the effects of laughter on blood sugar

levels. After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture.

**Relaxation and Sleep**

The focus on the benefits of laughter really began with Norman Cousins's memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like the Marx Brothers films and episodes of the television show *Candid Camera*, helped him feel better. He said that ten minutes of laughter allowed him two hours of pain-free sleep.

Regardless of whether laughter actually improves your health or boosts your energy, it undeniably improves your quality of life.

## Wellness Challenge

## Optimum Life Inspiration

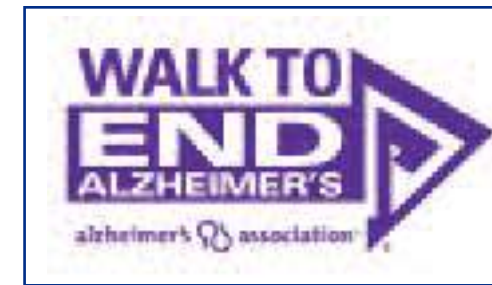
Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or someplace you will regularly see them. Keep funny movies or comedy albums on-hand for when you need an added humor boost. Make it a habit to spend time with friends who make you laugh.

*Be Well on Purpose!*



## Brookdale News

## Why We Walk



Brookdale has been caring for individuals living with dementia for more than 30 years. At Brookdale, we live our mission, "Enriching the lives of those we serve with compassion, respect, excellence and integrity," with passion. Fighting to find a cure for Alzheimer's and supporting those living with dementia and their caregivers closely aligns with this mission.

Last year marked the fourth year that we surpassed the \$2 million dollar mark for the Walk to End Alzheimer's® program as a Diamond National Team, and it's entirely because our residents, families, associates, and business partners truly believe in and support this cause.

We raise funds through associate, resident and family participation in local Walk to End Alzheimer's® events, from efforts of our home office associates in Nashville and Milwaukee and from company business partners. Since 2008, Brookdale has contributed nearly \$12 million to the Walk to End Alzheimer's®. These efforts are not just about donations, it's about making a difference, because we see how dementia impacts lives every day. Please join this nationwide effort as we walk to make a difference in the lives of those living with Alzheimer's, and the fight to find a cure. May we, all together, provide a future without Alzheimer's.

## Wishes of a Lifetime

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



## Resident reunites with family, meets newest member

Beverly Donelson a 85-year-old resident at Brookdale Altamonte Springs describes herself as "never being bored". Between her volunteering efforts and raising her family, she somehow found time to socialize as well. Beverly's No. 1 priority has always been her family, and a special bond with each of her five children, 10 grandchildren, and seven great-grandchildren. Although most of her children live in different places across the United States, Beverly never misses an opportunity to connect in unique ways with each of her family members. The family would always get together for Christmas holidays and go on family trips together, creating memories that Beverly cherishes dearly. Unfortunately, it was becoming more of a challenge for Beverly to see all her grandchildren due to her declining health.

When an associate at Beverly's community overheard that one of her granddaughters, Kristi, was soon to give birth, they knew a family reunion was in order.

Beverly was able to travel to North Carolina to not only meet and welcome the newest member of the family, baby Zeb but to also create a new family connection and lasting memories.