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November 2020

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 9:30 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:30 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:00 Refreshments

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

LOCATION KEY

- AR - Activity Room
- GR - Gazebo Room
- 4FL - Fourth Floor
- bus - Outing
- Por - Porch
- BS - Beauty Shop
- LR2 - Living Room 2
- LR1 - Living Room 1
- LR - Living Room

License Number

01 Daylight Saving Time End

9:30 B-Fit Stretch LR
 10:00 Dawson Church LR
 11:00 Daily Chronicle LR
 2:00 Daily Devotion LR
 3:00 Let's Get Moving LR
 4:00 Hymns Sing Along LR
 6:30 News LR

02

9:30 B-Fit Lower Body LR
 11:00 Creative Expression LR
 2:00 BINGO LR
 3:00 Let's Get Moving LR
 4:00 Read The Paper LR
 6:30 Short Story LR

03 Election Day

9:30 B-Fit Flex LR
 11:00 Daily Chronicle LR
 2:00 Cooking AR
 3:00 Out for a Walk Por
 4:00 Jigsaw Puzzle LR
 6:30 Life Time LR

04

9:30 B-Fit Lower Body LR
 11:00 Bible Study LR
 2:00 Block Building LR
 3:00 Tai Chi LR
 4:00 Face Time LR
 6:30 The Golden Girls LR

05

9:30 B-Fit Flex LR
 11:00 Visits South America LR
 2:00 BINGO LR
 3:00 Dance On Beat LR
 4:00 Face Time Family LR
 6:30 Music & Draw 4 LR

06

9:30 B-Fit Core LR
 11:00 Card Games LR
 2:00 Arts & Crafts LR
 3:00 Let's Get Moving LR
 4:00 Show And Tell LR
 6:30 Current Events LR

07

9:30 B-Fit LR
 11:00 Menu Chat LR
 2:00 Collage Game Day LR
 3:00 Line Dance With RCA LR
 4:00 Jigsaw Puzzles LR
 6:30 Say The Missing Letter LR

08

9:30 B-Fit LR
 10:00 Joel Osteen LR
 11:00 Daily Bread LR
 2:00 Art Time LR
 3:00 Bean Toss Por
 4:00 Jazz on InTouch LR
 6:30 What Will You Do LR

09

9:30 B-Fit Upper Body LR
 11:00 Rice Hunting LR
 2:00 BINGO LR1
 3:00 Stop With The Music LR
 4:00 Easy Listing InTouch LR
 6:30 Movie Night LR

10

9:30 B-Fit Cardio LR
 11:00 Bible Word Sheet LR
 2:00 Cooking AR
 3:00 Pass The Ball Por
 4:00 Tic Tac Toe LR
 6:30 WBRC 6 News LR

11 Veterans Day

9:30 B-Fit Leg Toning LR
 11:00 Menu Chat LR
 2:00 Reminiscing LR
 3:00 Do The Hokey Pokey LR
 4:00 Face Time LR
 6:30 I Love Lucy LR

12

9:30 B-Fit Stretch LR
 11:00 Face Time LR
 2:00 BINGO LR
 3:00 Roll The Dice LR
 4:00 Witch One Different LR
 6:30 Fox And Friends LR

13

9:30 B-Fit Upper Body LR
 11:00 Card Games LR
 2:00 Crafts With Denise LR
 3:00 Let's Get Moving LR
 4:00 Show Tunes LR
 6:30 NBC News LR

14

9:30 B-Fit Legs Toning LR
 11:00 Line Dance Class DeniseLR
 2:00 Movie LR
 3:00 Kick The Ball LR
 4:00 Word Search LR
 6:30 Games Highlight LR

15

9:30 B-Fit Core LR
 10:00 Televised Worship LR
 11:00 Finish the Phrase LR
 2:00 Puzzle LR
 3:00 Afternoon Stroll Por
 4:00 Minder Binder LR
 6:30 Current Events LR

16

9:30 B-Fit Stretch LR
 11:00 Resident Council LR
 2:00 BINGO LR1
 3:00 Move Your Feet LR
 4:00 Sing Along With Jan LR
 6:30 Nightly New LR

17

9:30 B-Fit Arm Toning LR
 11:00 Two Choices LR
 2:00 Cooking By Lashun AR
 3:00 Out for a Walk Por
 4:00 50 Music LR
 6:30 CNN News LR

18

9:30 B-Fit LR
 11:00 Bible Study LR
 2:00 Face Time LR
 3:00 Afternoon Stroll LR
 4:00 Express Yourself LR
 6:30 The Golden Girls LR

19

9:30 B-Fit Breathing LR
 11:00 Express Yourself LR
 2:00 BINGO LR
 3:00 Move With The Music LR
 4:00 Face Time LR
 6:30 Current Events LR

20

9:30 B-Fit LR
 11:00 Card Games LR
 2:00 Arts With Lashun LR
 3:00 Let's Get Moving LR
 4:00 Menu Chat LR
 6:30 News LR

21

9:30 B-Fit Training Arms LR
 11:00 Current Events LR
 2:00 Saturday Football LR
 3:00 Afternoon Stroll Por
 4:00 Travel The World LR
 6:30 Deal Or No Deal LR

22

9:30 B-Fit Breathing LR
 10:00 Joel Osteen LR
 11:00 Mental Workout LR
 2:00 Daily Devotion LR
 3:00 Lap Time LR
 4:00 Name That Tune LR
 6:30 I Love Lucy LR

23

9:30 B-Fit Core LR
 11:00 Art Time LR
 2:00 BINGO LR
 3:00 Walk The Yard LR
 4:00 Opposite LR
 6:30 Wheel Of Fortune LR

24

9:30 B-Fit Flex LR
 11:00 Brain Aerobic LR
 2:00 Menu Chat AR
 3:00 Walk And Feed Birds Por
 4:00 Reading And Relax LR
 6:30 Game Night LR

25

9:30 B-Fit Toning Arms LR
 11:00 Bible Study LR
 2:00 Cooking LR
 3:00 Tai Chi LR
 4:00 Face Time LR
 6:30 I Love Lucy LR

26 Thanksgiving

9:30 B-Fit Moving LR
 11:00 Thanksgiving Parade LR
 2:00 BINGO LR
 3:00 Let's Get Physical LR
 4:00 Color Me Calm LR
 6:30 Music & A Paper LR

27

9:30 B-Fit Lower Body LR
 11:00 Card Games LR
 2:00 Around Town LR
 3:00 Let's Get Moving LR
 4:00 Manipulation Time LR
 6:30 What Happen In Town LR

28

9:30 B-Fit Cardio LR
 11:00 Football Game LR
 2:00 Movie LR
 3:00 Afternoon Stroll Por
 4:00 Dominos LR
 6:30 Head Line News LR

29

9:30 B-Fit LR
 10:00 Joyce Meyer LR
 11:00 Bible QA LR
 2:00 Jokes On InTouch LR
 3:00 Chair Dancing LR
 4:00 Hymn Singing InTouchLR
 6:00 Reading Sunday Paper LR

30

9:30 B-Fit Stretch LR
 11:00 Splash Of Art LR
 2:00 BINGO LR
 3:00 Pass The Ball LR
 4:00 Classical Music LR
 6:30 CBS News LR



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Health and Wellness

Emotional Well-Being



Older adults are logging onto social networking sites now more than ever. Studies have demonstrated that social media use can have benefits for seniors including reducing social isolation and improving cognitive performance. But many seniors have reservations about using social media because of privacy concerns or the feeling that it is a waste of time. It's true that most of our lives were lived without the modern gadgets of today, and we did just fine, but that doesn't mean you can't use technology.

Wellness Challenge

Optimum Life Inspiration

Never stop learning. Not only can social media make older adults aware of virtual educational opportunities, there are social media accounts dedicated to keeping the general population educated about scientific breakthroughs, historical accounts, current events, and more.

Types of Social Media

The big four social media platforms are - Facebook, Instagram, Twitter and Skype.

Facebook

This is the "long, detailed" version of your life. You can post long status updates, add tons of photos, share articles, etc. Facebook is also the most popular social media platform by more than double. If you are looking to reconnect with friends, you're most likely to find them on Facebook.

Instagram

Instagram is a free, online photo-sharing application and social network platform that was acquired by Facebook in 2012. Instagram allows users to edit and upload photos and short videos and include captions through a mobile app. Users also have the option of making their profile private so that only their followers can view their posts.

Twitter

Think of Twitter as a shorter version of Facebook. Like Facebook, Twitter is a way to stay connected and keep up with your friends and family. However, Twitter is the abbreviated version. There is actually a character limit to how much you can say. With Twitter, you have a maximum of 280 characters.

Skype

Skype is best described as software that "enables the world's conversations." It provides a platform for millions of individuals and businesses to make free video and voice calls, send instant messages and share files with other Skype users. Many people are using Skype to keep in touch with the people who matter most.

AARP provides a great tool for new users on its website, Social Media Education Center, which offers education on Facebook, Google+, Twitter, Social Video, Pinterest, and Blogging Basics.



COMMUNITY CONNECTIONS



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Brookdale News

Walk to End Alzheimer's®



While this year's Walk to End Alzheimer's® events will be different, they continue to be deeply meaningful to help raise awareness about the sixth-leading cause of death in the United States. Brookdale Senior Living Inc. continues to be one of the largest corporate supporters of the Walk to End Alzheimer's®. This year, thousands of Brookdale associates, residents, and patients are participating in or supporting virtual walks across the country. Many will share the impacts this disease has had on their families and friends. More importantly, they'll also show that those living with dementia still have much to live for.

In addition to November's designation as Alzheimer's Awareness Month, September 21st was World Alzheimer's Day, and people across the globe do what they can to raise awareness and challenge the common stigmas that surround Alzheimer's and other forms of dementia. "According to the World Health Organization, there are around 50 million people worldwide living with dementia and unfortunately Alzheimer's Disease International reports that two out of every three people globally believe there is little or no understanding of dementia in their countries," said Juliet Holt Klinger, gerontologist and expert on dementia care at Brookdale.

Since 2008, Brookdale's associates, residents, families and business partners have raised almost \$17 million for the Walk to End® program through the Alzheimer's Association. In many of these years, Brookdale surpassed an annual \$2 million mark for the Walk to End® program as a Diamond National Team. The company's efforts are not just about donations, they are about making a difference. Brookdale is the nation's largest operator of memory care communities, and has developed innovative programs that take a person-centered approach to care.

An Engaged Life

Finding Joy and Love through Sculpture



Robert Andrus believes in being joyful. Born in Ann Arbor, Michigan during the depression, he also lived in New York before planting roots in Chicago. A proud father of three sons, an Air Corp veteran, and a consultant who worked until age 80, Robert and his wife found joy traveling the world. He moved to Brookdale Vernon Hills in Illinois over 4 years ago after his wife's passing.

Faith, joy, and loving thy neighbor are the values that guide in his passion of creating beautiful sculptures. In January, he began a series of sunrise and sunset sculptures, including a piece inspired by the proverb "tomorrow never comes" and the lyrics of Garth Brooks' song, If Tomorrow Never Comes. As appreciation to the Vernon Hills team for helping residents get through difficult times, he shared this sculpture on display at the community's entrance.

In all, Robert has created over 500 sculptures that have been displayed in galleries, given to friends and family, and donated to charities. Robert's current work is of the heron who takes off from the pond behind the community every evening at sunset. He is a true example of living an engaged life.