

S M T W Th F S

**31** **October** **Halloween**

- 9:30 Winning Walk Ch 14
- 9:30 Catholic Mass Ch 57
- 10:00 Joel Osteen Ch 11
- 10:00 B-Fit!

**Brookdale Shadowlake**  
2835 Shadowbriar Drive  
Houston, TX 77077  
(281) 759-6700 | brookdale.com

**LOCATION KEY**

- #2 Building #2
- #3 Building #3
- #4 Building #4
- All All Buildings

License Number

**01**

- 9:30 Shopping @ Target
- 10:15 B-Fit #4
- 1:30 Cookie Bake #3
- 2:45 BINGO #4
- 5:30 Movie Night #2

**02**

- 10:00 B-Fit!
- 1:30 Crafts with Antwain

**03**

- 9:30 Winning Walk Ch 14
- 9:30 Catholic Mass Ch 57
- 10:00 Joel Osteen Ch 11
- 10:00 B-Fit!

**04**

- 10:15 B-Fit #4
- 11:00 Ipad-pod 1on1 #2
- 2:00 Brookdale Store #3
- 3:30 JENGA #3

*HAPPY BIRTHDAY  
NURIA ALAMO*

**05**

- 10:15 Book Club Meet #2
- 11:00 Flex Your Brain #3
- 1:00 Chef Talk with Marcus #4
- 2:00 B-Fit #4
- 2:45 BINGO #3

**06**

- 9:15 Non Denominational #3
- Catholic Mass
- 9:45 Shoppng @ T.J. Maxx
- 10:15 B-Fit #4
- 1:30 Crafts with Martina #3
- 3:30 Music Hour #3

**07**

- 11:00 Flex Your Brain #3
- 1:30 Chocolate Covered Pretzel #3
- 2:00 B-Fit #4
- 2:30 Resident Council #4
- 5:30 Dominos #2

**08**

- 9:30 Shopping @ Walmart
- 10:15 B-Fit #4
- 1:30 Happy Hour #4
- 2:45 BINGO #4
- 5:30 Movie Night #2

**09**

- 10:00 B-Fit!
- 1:30 Mens Club w/ Antwain

**10**

- 9:30 Winning Walk Ch 14
- 9:30 Catholic Mass Ch 57
- 10:00 Joel Osteen Ch 11
- 10:00 B-Fit!
- 1:30 Afternoon Walk

**11**

**Columbus Day**

- 10:15 B-Fit #4
- 1:00 Manicure Monday #3
- 2:30 National Sausage Pizza Day #4
- 6:00 Movie Monday #3

**12**

- 10:45 Flex Your Brain #3
- 11:00 Lunch Served Early All
- 2:00 B-Fit #4
- 2:45 BINGO #3
- 3:30 Poetry Hour #3

**13**

- 9:15 Non Denominational #3
- Catholic Mass
- 10:15 B-Fit #4
- 10:15 Zumba with T-Fits #4
- 1:00 Live Music with Jim Conners #2
- 3:30 Wine Wednesday #4
- 5:30 Dominos #2

**14**

- 10:00 Bible Study w/ Alice #2
- 11:00 Flex Your Brain #3
- 2:00 B-Fit #4
- 2:30 Welcome Ambassadors #4
- 3:30 JENGA #3

**15**

- 9:30 Shopping @ H E B
  - 10:15 B-Fit #4
  - 10:45 Coffee Social
  - 2:00 Birthday Celebration
  - 2:45 BINGO #4
- HAPPY BIRTHDAY  
ROBERT LOWREY*

**16**

- 10:00 B-Fit!
- 1:30 Movie & Popcorn

**17**

- 9:30 Winning Walk Ch 14
- 9:30 Catholic Mass Ch 57
- 10:00 Joel Osteen Ch 11
- 10:00 B-Fit!
- 1:30 Movie Time

**18**

- 10:15 B-Fit #4
- 1:00 Ted Talk with Joanna #4
- 2:30 Brookdale Store #3
- 6:00 Movie Monday #2

**19**

- 10:15 Tanks Gardening Club #2
- 11:00 Flex Your Brain #3
- 1:30 My Life Story #3
- 2:00 B-Fit #4
- 2:45 BINGO #3

**20**

- 9:15 Non Denominational #3
  - Catholic Mass
  - 10:15 B-Fit #4
  - 1:30 New Neighbor Welcome and Social #4
  - 2:30 Game Day #3
- HAPPY BIRTHDAY  
ROSA PEREZ*

**21**

- 11:00 Flex Your Brain #2
- 2:00 B-Fit #4
- 2:30 Resident Engagement Chat #4
- 3:00 Thirsty Thursday #3

**22**

- 9:30 Shopping @ Target
  - 10:15 B-Fit #4
  - 1:30 Happy Hour #2
  - 1:30 Knitting with Linda #4
  - 2:45 BINGO #4
- HAPPY BIRTHDAY  
JANOLYN WITHROW*

**23**

- 10:00 B-Fit!
- 1:30 Mens Club w/ Antwain

**24**

- 9:30 Winning Walk Ch 14
- 9:30 Catholic Mass Ch 57
- 10:00 Joel Osteen Ch 11
- 10:00 B-Fit!

**25**

- 10:15 B-Fit #4
- 11:00 Manicure Monday #2
- 2:00 Music & Magic Show #4
- 3:30 Good News Monday #3
- 6:00 Movie Monday #2

**26**

- 11:00 Flex Your Brain #2
- 2:00 B-Fit #4
- 2:45 BINGO #3
- 3:30 Muisc Hour #3

**27**

- 9:15 Non Denominational #3
- Catholic Mass
- 10:15 B-Fit #4
- 10:15 Yoga with T-Fits #4
- 1:30 Wine Wednesday #3
- 4:30- Fall Festival ALL
- 6:00

**28**

- 10:00 Bible Study with Alice #2
- 11:00 Flex Your Brain #3
- 2:00 B-Fit #4
- 3:00 JENGA #3

**29**

- 9:30 Shopping @ Walmart
- 10:15 B-Fit #4
- 1:00 Puzzle Time #3
- 2:45 BINGO #4
- 5:30 Dominos #2

**30**

- 10:00 B-Fit!

# Health and Wellness

Movement is Medicine



Regular physical activity is the closest thing we have to the fountain of youth. The frailty of old age is reversible, age related changes can be slowed or even reversed. It does not matter how old you are or what shape you are in now.

## Benefits of Exercise

Regular exercise and movement are critical to your health and well-being. A consistent exercise routine can help you to:

- **Lower your risk of heart disease** - Exercise elevates your heart rate, increasing blood flow and oxygen levels in your body. If you consistently exercise you'll help lower your blood pressure and cholesterol which helps lower your overall risk of heart diseases.
- **Control blood sugar and insulin** - Exercise can lower blood sugar levels and if you follow a consistent routine your body will have an improved response to insulin, reducing the risk of Type 2 diabetes or making it easier to manage if you have it.
- **Improve your mood** - Exercise causes your body to produce endorphins which make you feel more relaxed, making it easier for you to manage stress and helps to reduce emotional challenges such as depression.
- **Maintain brain health as you get older** - Proteins and chemicals released during exercise help improve the brain's structure and function, which can aid your ability to think, learn, and remember things as you get older.
- **Increase and maintain muscle strength and bone density** - Regular strength training exercises help improve your strength and prevent bone density loss and muscle atrophy associated with getting older.

Source: MedlinePlus: <https://medlineplus.gov/benefitsofexercise.html>

## Wellness Challenge

### Exercise Safely

If you're new to exercise or getting back into it after a long break, it's important to start slow and increase your intensity gradually. If you exercise too intensely you can cause injury. Be mindful of how you feel during exercises and keep track of your progress. If exercises are difficult, consider lowering the intensity. If they are easy to complete, consider challenging yourself by slowly building up your intensity.

Exercising can be a feel-good experience when you discover the kind of motions that your body enjoys. May you find exercise that brings you health, happiness, and the pure joy of moving with ease!

*Be Well on Purpose!*

## Brookdale News

### A New Flu Season



Although last year's influenza season was one of the mildest on record, this year could tell a different story. As states loosen mask and social distancing guidelines, and in-person activities resume, health experts are expecting a more typical season and urging everyone to get their flu shots.

This year, the timing of recommended COVID-19 booster doses is expected to intersect with flu clinic timing. You may notice community clinics scheduled sooner to ensure that both vaccines can be administered.

Kim Elliott, SVP and Chief Nursing Officer at Brookdale says, "As COVID-19 cases rise throughout the country, driven by the highly contagious delta variant, it's more important than ever to protect yourself from any potential illness." Health experts have confirmed that COVID-19 booster doses can be co-administered with influenza vaccines.

Pharmacists will be available on site to deliver the senior-dose flu vaccine specific for people over 65 years old. Additionally, if residents qualify for a COVID-19 booster (third dose), CVS can provide those on clinic-day as well. Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans.

Whether your community has had its vaccine clinic, or is in the process of planning one, please make plans to receive your vaccine(s) to protect yourself, your family and your fellow residents from illness this season.

## An Engaged Life



Ann and Jerry Zbraneks have always been passionate about living an engaged life. Married for 65 years, the philosophy of cultivating one's interests and strengths each day shows up in everything they do, including their love of gardening, which both learned from their mothers.

When the couple moved to Brookdale Northshore in Portland, Texas, four years ago, they wasted no time getting fully engaged in community life. They combined their shared passion for gardening with their respective professional skills, Ann's nurturing skills as a retired nurse, and Jerry's business skills from his professional management role to grow relationships throughout the community. The result is a revitalized courtyard area with a beautiful garden that the entire community can enjoy.

From their gardening, Ann and Jerry made so many new friendships in the community. They have since expanded their engagement by becoming members of the welcoming committee and playing poker with their many friends.

Ann and Jerry continue each year to nurture the garden for all to enjoy and have recently received the Portland Garden Club's Garden of the Season Award for their garden oasis.

Living an engaged life can have many rewards, and Ann and Jerry have discovered that the reward lies in bringing joy to themselves and others.