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**01** Daylight Saving Time End  
 10:00 Morning Meditation MP  
 10:45 Church Services MP  
 1:00 Mail and Room Visits MP  
 3:00 Movie: Flyboy MP

**08**  
 10:00 Morning Meditation MP  
 10:45 Church Services MP  
 1:00 Mail and Room Visits MP  
 3:00 *Movie: Military Dog* MP  
*Megan Leavy*

**15**  
 10:00 Morning Meditation MP  
 10:45 Church Services MP  
 1:00 Mail and Room Visits MP  
 3:00 *Movie: Dances with* MP  
*Wolves*

**22**  
 10:00 Morning Meditation MP  
 10:45 Church Services MP  
 1:00 Mail and Room Visits MP  
 3:00 *Movie: Sliver Linings* MP  
*Playbook*

**29**  
 10:00 Morning Meditation MP  
 10:45 Church Services MP  
 1:00 Mail and Room Visits MP  
 3:00 *Movie: The Pixar Story* MP

**02**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 TED Talk: Science of Happiness MP  
 1:15 Mail & Room Visit 1:1  
 2:30 OneDay Videos To Family MP

**09**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 iPad Games! MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Craft: Fall Wreaths MP

**16**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 TED Talk: Water Rights MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Hand Writing Analysis MP

**23**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 *Documentary: Rising Phoenix* MP  
 1:15 Mail & Room Visit 1:1  
 2:30 *Craft: Handfull of Thanks* MP

**30**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 TED talk: The Art of Getting Inside your Head MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Brain Teasers & Brain Game Show MP

**03** Election Day  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 President & History Election Trivia MP  
 1:15 Mail & Room Visit 1:1  
 2:30 *Election Watch Party & Pick you Cookie Team* MP

**10**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Morning Patio Chat MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Google Earth Memory Lane MP

**17**  
 10:00 Music Therapy MP  
 10:30 B-Fit Exercise-Small Grp MP  
 1:15 Mail & Room Visit 1:1  
 2:30 *My Life Story: Life Lessons* MP

**24**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Morning Patio Chat MP  
 1:15 Mail & Room Visit 1:1  
 2:30 *One Day Videos to Family How Thankful We Are* MP

**04**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Air Planes and Aviation! MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Bingo! (Small Group) MP

**11** Veterans Day  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Who Am I? Famous Veteran MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Bingo! (Small Group) MP

**18**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Zen Coloring MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Bingo! (Small Group) MP

**25**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Wellness Talk MP  
 1:15 Mail & Room Visit 1:1  
 2:30 THANKFUL Bingo! MP

**05**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Painting Party MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Lyric Matching Game MP

**12**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 All About Bridges MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Marshmellow Bridge MP

**19**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Painting Party! MP  
 1:15 Mail & Room Visit 1:1  
 1:30 **Family Car Float Parade!** MP

**26** Thanksgiving  
 10:00 B-Fit Exercise-Small Grp MP  
 1:00 Smell That Spice 1:1  
 3:00 Thanksgiving Trivia & Doodle pages MP

**06**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Joporday Trivia MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Veganism in a Nutshell MP

**13**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Monthly Gazzette MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Resident Council & Program Chat MP

**20**  
 10:00 B-Fit Exercise-Small Grp MP  
 10:30 Native American Heritage Month MP  
 1:15 Mail & Room Visit 1:1  
 2:30 Indoor Bocce Ball Game MP

**27**  
 10:00 B-Fit Exercise-Small Grp MP  
 1:00 Mail & Room Visit 1:1  
 3:00 *A Charlie Brown Thanksgiving!* MP

**07**  
 10:00 B-Fit Exercise-Small Grp MP  
 1:00 Mail & Room Visit 1:1  
 3:00 Bingo! (Small Group) MP

**14**  
 10:00 B-Fit Exercise-Small Grp MP  
 1:00 Mail & Room Visit 1:1  
 3:00 Bingo! (Small Group) MP

**21**  
 10:00 B-Fit Exercise-Small Grp MP  
 1:00 Mail & Room Visit 1:1  
 3:00 Bingo! (Small Group) MP

**28**  
 10:00 B-Fit Exercise-Small Grp MP  
 1:00 Mail & Room Visit 1:1  
 3:00 Bingo! (Small Group) MP

### LOCATION KEY

- UL Upper Level Lounge
- MP Lower Level
- DR1 Dining Lower Level
- DR2 Dining Upper Level
- 1:1 In-Room Visits
- AL Assisted Living
- DRS Dining Rooms
- FL Front Lobby
- P Patio 1st floor

**Brookdale Lakeway**  
 1917 Lohmans Crossing  
 Lakeway, TX 78734  
 (512) 261-3211 | brookdale.com



# 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



brookdale.com

## 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.