

November 2018

Brookdale North Scottsdale
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 Scottsdale, AZ 85254
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Assisted Living
 All activities are subject to change.

1 THURSDAY	<i>Happy Birthday Harriett</i> 9:00 B-Fit 2L 10:00 Yoga w/Melanie 2L 11:00 Menu Chat LI 1:00 Arm Chair Travel 2L 1:30 Bridge GR 2:30 Workout w/ Gym Guyz 1L 3:30 Choir Practice 1L 6:00 Working Puzzles GR 6:30 Rosary LI 6:30 Evening Movie 2L	2 FRIDAY	<i>Happy Birthday Aubrey D.</i> 9:00 B-Fit 2L 10:15 Group Crossword Puzzle 1L 11:00 Jewish Service w/ Hannah 1L 1:30 Canasta 2L 2:30 Mix and Mingle 1L w/ Kristin O'Boyle 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L	3 SATURDAY	<i>Alzheimer's Walk</i> 9:00 B-Fit 2L 10:00 Dollar Tree Shopping FL 1:30 Matinee Movie 2L 2:00 Bingo with George 1L 2:30 DJ Jones Sings FL 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L
4 SUNDAY	Daylight Saving Time Ends <i>Happy Birthday Jack S.</i> Church Outings FL 10:30 Walking Club FL 1:30 Ageless Spirit LI 3:00 La Casa Church Service 1L 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L	5 MONDAY	9:00 Communion 2L 9:30 B-Fit 2L 10:30 You Be The Judge LI 10:30 Yoga w/ Melanie 2L 1:30 Beading w/ Sharon LI 2:00 Bingo with George 1L 6:00 Working Puzzles GR 6:30 Poker GR 6:30 Evening Movie 2L	6 TUESDAY	Election Day 9:00 B-Fit 2L 10:30 Flex Your Brain Trivia LI 1:30 Bridge GR 2:30 Dave Swaim FL 2:30 Workout w/ Gym Guyz 1L 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L
7 WEDNESDAY	9:00 B-Fit 2L 10:00 Danielle Plays Harp FL 10:00 Fry's Shopping Trip FL 11:30 Birthday Celebration DR 12:00 Bobby Z. Sings DR 2:00 Bingo 1L 2:30 America Says... LI 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L	8 THURSDAY	9:00 B-Fit 2L 10:00 Yoga w/ Melanie 2L 11:00 Menu Chat 1L 1:30 Movie Star and More 2L 1:30 Bridge GR 2:30 Veteran's Day Bash and Belly Dancers FL 3:30 Choir Practice 1L 6:00 Working Puzzles GR 6:30 Evening Movie 2L 6:30 Rosary LI	9 FRIDAY	<i>Happy Birthday Barry K.</i> 9:00 B-Fit 2L 10:15 Group Crossword Puzzle 1L 11:30 New Comer's Lunch DR 1:30 Canasta 2L 2:30 Mix and Mingle 1L w/ Chris Hansen 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L
10 SATURDAY	9:00 B-Fit 2L 10:00 Shopping Trip Target FL 1:30 Matinee Movie 2L 2:00 Bingo with George 1L 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L	11 SUNDAY	Veterans Day Church Outings FL 10:30 Walking Club FL 1:30 Veteran Day Social FL 3:00 Emanuel Bible Church 1L 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L	12 MONDAY	9:00 Communion 2L 9:30 B-Fit 2L 10:30 Men Poker Group GR 10:30 Yoga w/Melanie 2L 2:00 Bingo with George 1L 6:00 Working Puzzles GR 6:30 Poker GR 6:30 Evening Movie 2L
13 TUESDAY	9:00 B-Fit 2L 10:00 Community Outing to Discount Day at Saver FL 10:30 Flex Your Brain Trivia LI 11:00 Hearing Aid Clinic LI 1:30 Bridge GR 2:30 Paul Lubben plays Piano FL 6:00 Working Puzzles 2L 6:30 Games of Plenty GR 6:30 Evening Movie 2L	14 WEDNESDAY	<i>Happy Birthday Ruth T.</i> <i>Happy Birthday Dolores H</i> 9:00 B-Fit 2L 10:00 Fry's Shopping Trip FL 11:30 Men's Pizza & Beer CA 2:00 Bingo 1L 2:30 America Says... LI 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L	15 THURSDAY	9:00 B-Fit 2L 10:00 Yoga w/Melanie 2L 10:30 Resident Council Meeting CR 1:00 Arm Chair Travel 2L 1:30 Bridge GR 3:30 Family Night Autumn Fest and Bake Sale FL 6:00 Working Puzzles GR 6:30 Evening Movie 2L 6:30 Rosary LI
16 FRIDAY	9:00 B-Fit 2L 10:15 Group Crossword Puzzle 1L 11:30 Welcome Committee Lunch CR 1:30 Canasta 2L 2:30 Mix and Mingle FL w/ Jay Farris 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L	17 SATURDAY	9:00 B-Fit 2L 10:00 Shopping Trip Goodwill FL 1:30 Matinee Movie 2L 2:00 Bingo with George 1L 2:30 Broadway Babies FL Song and Dance Show 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L	18 SUNDAY	Church Outings FL 10:30 Walking Club FL 1:30 Let's talk sports w/Alex CA 3:00 La Casa Church Service 1L 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L
19 MONDAY	9:00 Communion 2L 9:30 B-Fit 2L 10:30 Coffee Chat 2L 10:30 Yoga w/ Melanie 2L 11:00 Brookdale Health Chat LI 2:00 Bingo with George 1L 6:00 Working Puzzles GR 6:30 Poker GR 6:30 Evening Movie 2L	20 TUESDAY	9:00 B-Fit 2L 10:30 Flex Your Brain Trivia LI 1:30 Bridge GR 2:00 Town Hall Meeting LI 2:30 Workout w/ Gym Guyz 1L 3:00 Michael Elijah/ Keyboard FL 4:00 Remy Day FL 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L	21 WEDNESDAY	9:00 B-Fit 2L 10:00 Fry's Shopping Trip FL 11:30 Los Reyes De La Tortas FL Mexican Restaurant Outing 2:00 Bingo 1L 2:30 America Says... LI 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L
22 THURSDAY	Thanksgiving Day 9:00 B-Fit 2L 10:00 Yoga w/Melanie 2L 11:3 Thanksgiving Lunch DR 1:30 Bridge GR 3:30 Choir Practice 1L 6:00 Working Puzzles GR 6:30 Rosary LI 6:30 Evening Movie 2L	23 FRIDAY	9:00 B-Fit 2L 10:15 Group Crossword Puzzle 1L 1:30 Canasta 2L 2:30 Mix and Mingle FL w/ Peter Davis 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L	24 SATURDAY	9:00 B-Fit 2L 10:00 Shopping Trip Walmart FL 1:30 Matinee Movie 2L 2:00 Bingo with George 1L 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L
25 SUNDAY	Church Outings FL 10:30 Walking Club FL 1:30 My Life Story CA 3:00 Emanuel Bible Church 1L 6:00 Working Puzzles GR 6:30 Games of Plenty GR 6:30 Evening Movie 2L	26 MONDAY	9:00 Communion 2L 9:30 B-Fit 2L 10:30 You Be The Judge LI 10:30 Yoga w/ Melanie 2L 2:00 Bingo with George 1L 2:30 Encore Choir Performs FL 6:00 Working Puzzles GR 6:30 Poker GR 6:30 Evening Movie 2L	27 TUESDAY	Decor by Cactus High Sch 9:00 B-Fit 2L 10:30 Flex Your Brain Trivia LI 11:00 Casino Outing FL 1:30 Bridge GR 2:30 Dave Keller Performs FL 2:30 Workout w/ Gym Guyz 1L 6:00 Working Puzzles GR 6:30 Poker GR 6:30 Evening Movie 2L
28 WEDNESDAY	9:00 B-Fit 2L 10:30 Movie Outing FL 2:00 Bingo 1L 2:30 Baking w Lisa/ Lois CB 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L	29 THURSDAY	9:00 B-Fit 2L 10:00 Fry's Shopping FL 10:30 Yoga w/ Melanie 2L 11:00 Menu Chat LI 11:30 All Ladies Luncheon 1L 1:30 Bridge GR 2:30 Workout w/ Gym Guyz 1L 3:30 Choir Practice 1L 6:00 Working Puzzles GR 6:30 Evening Movie 2L 6:30 Rosary LI	30 FRIDAY	9:00 B-Fit 2L 10:15 Group Crossword Puzzle 1L 1:30 Canasta 2L 1:30 Calendar Planning LI 2:30 Mix and Mingle FL w/Dan the Music Man 6:00 Working Puzzles GR 6:30 Hand n Foot Play & Learn GR 6:30 Evening Movie 2L

LOCATION KEY	2L - 2nd Floor Lounge 1L - 1st Floor Lounge CA - Cantina GR - Game Room DR - Dining Room AR - Activity Room LI - Library CY - Courtyard FL - Front Lobby CB - Clare Bridge BL - Billiards Room -
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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.