

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																								
1 10:00 B-Fit Program 3A 10:30 iPad Fun News 3A 1:00 GERMANY DVD 3A BROOKDALE CELEBRATES! 2:00 OKTOBERFEST!! 3A Join Us for A Lively, Fun Program w/ Jim Scherz! 3:00 Coffee and Conversation PDR 4:30 Shelly Torman Live Music for your Dining Pleasure 6:00 Monday Musical-Chicago 3A	2 9:30 Shopping Trip/Publix OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 Bridge Players UNITE 2A 2:00 HORATIO'S DRIVE America's First Road Trip/DVD/PBS Special Trail Mix Served! 3A 2:30 Creative Ceramics 3A 6:00 Juke Box Callie- Live Fun Music! 3A	3 10:00 B-Fit Program 3A 10:30 Flex your Brain & Mind Joggers 3A 1:00 That's Entertainment! 3A 1:00 Autumn Leaves Door Decor Craft 3A 2:30 Celtic Women/" Songs From the Heart" 3A Apple Pie and Ice Cream Everyone is Invited! 6:00 Western Wednesday Movie Liberty Valance 3A	4 10:00 B-fit Program 3A 10:30 Resident Program Chats 3A 1:00 Bingo! 3C 1:00 Bridge Players UNITE 2A 1:30 Movement Magic! Fun, Gentle Exercise to Music!w/ Mike! 3A 2:00 Movie & Popcorn! The Greatest Showman 3A 6:00 Ultimate World Guide Australia, UK and China Globe Trekker 3A	5 10:00 B-Fit Program 3A 10:30 Laughs & Life! 3A Fall Fun! 1:00 BINGO! 3C 2:00 Special Music DVD Tom Jones 3A 3:15 Live Music Happy Hour with Melanie Massell 3A 6:00 Resident's Choice Evening Movie A League of their Own 3A	6 9:45 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:15 BINGO! 3C 11:00 ipad! My Favorite Things! Autumn Memories 3A 2:00 Barry Plowman Live Music Live Beautiful Music 3A 3:00 Sentimental Reflections 3A 6:00 Resident's Choice Movie Smokey and the Bandits 3A	7 9:45 Christian Church Service 3C 10:00 Ageless Spirit - Yoga and Meditation 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 2:00 Sunday Matinee The King and I 3A 3:30 Vespers Service Landings 6:00 Marty Stouffer's Wild America Specials 3A	8 Columbus Day 10:00 B-Fit Program 3A 10:30 iPad Exploration Fun-News & America's Explorers & Pioneers 3A 1:00 White Board Games Columbus 3A 2:00 Artie & Floyd Banjo Duo Lively Fun Music! Please Join Us! 3A 3:00 Coffee and Conversation PDR 6:00 Natinal Geographic-America before Columbus 3A	9 9:30 Shopping Trip/Walgreens OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 Crafter's Corner Pumpkin Painting Fun! 3A 1:00 Bridge Players UNITE 2A 2:00 PUMPKIN PATCH FUN SOCIAL-TRIVIA & PIE Come join the FUN!! 3A 2:45 Visions of Italy 3A 6:00 Beverly Hillbillies 3A	10 10:00 Resident Council/Menu Chats- be Informed! 3A 11:00 Lunch outing /Samuri! 3A 1:00 That's Entertainment! 3A 2:00 ACTIVE MINDS-Live Lecture!" All Welcome!! "All about Beer!" Serving treats & Beer! 3A 3:00 Magic Moments- The Best of 50's Pop 3A 6:00 Western Wednesday Movie Lonesome Dove (1) 3A	11 10:00 B-fit Program 3A 10:30 Monthly Theme Chat Celebrations Around the World 3A 1:00 Bingo! 3C 1:00 Bridge Players UNITE 2A 2:00 Movie & Popcorn! Mister Roberts 3A 6:00 Ultimate World Guide Middle East, Mexico and India Globe Trekker 3A	12 10:00 B-Fit Program 3A 10:30 Chat Pack! 3A 1:00 BINGO! 3C 2:00 Special Music DVD Judy Garland 3A 3:15 Live Music Happy Hour Birthday Bash! Fun with Jim Wood! Please Join Us !! 3A 6:00 Resident's Choice Evening Movie Arsenic and Old Lace 3A	13 9:45 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:15 BINGO! 3C 11:00 ipad! My Favorite Things! Celebrations Around the World 3A 2:00 Matinee- Phantom of the Opera 3A 6:00 Resident's Choice Movie a Knight's Tale 3A	14 9:45 Christian Church Service 3C 10:00 Ageless Spirit - Yoga and Meditation 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 1:45 Vera and Company Live Beautiful Music- Join Us 3A 3:00 Sunday Matinee Pink Panther 3A 3:30 Vespers Service Landings 6:00 Marty Stouffer's Wild America Specials 3A	15 10:00 Outing! Ringling Museum of Art-Lunch provided OC 10:00 B-Fit Program 3A 10:30 iPad Exploration Fun! 3A 1:00 White Board Games Autumn 3A 2:00 Timeless Trivia-Cartoons, Comic Books and Funny Papers 3A 3:00 Coffee and Conversation PDR 6:00 Monday Musical-West Side Story 3A	16 9:30 Shopping Trip Kmart OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 Bridge Players UNITE 2A 1:30 Brookdale Celebrates! Celebrations of the World DRUM CIRCLE EVENT! Join Us Interactive and Energetic Fun! 3A 2:30 The Barkleys of Broadway 3A 6:00 Juke Box Callie- Live! 3A	17 10:00 B-Fit Program 3A 10:30 Resident Social- Join Us for Coffee and Donuts! 3A 1:00 That's Entertainment! 3A 2:00 Music & Memories with Marylyn- Live! "Autumn Fun!" 3A 3:00 Sentimental Reflections 3A 4:30 Themed Dinner-Around the World Celebrations DR 6:00 Western Wednesday Movie Lonesome Dove (2) 3A	18 10:00 B-fit Program 3A 10:30 Optimum Life Wellness Event-Medicare Open Enrollment-What to Know 3A 1:00 Bingo! 3C 1:00 Bridge Players UNITE 2A 1:30 Movement Magic! Fun, Gentle Exercise to Music!w/ Mike! 3A 2:00 Movie & Popcorn! Mary Poppins 3A 6:00 Beautiful Greece DVD 3A	19 10:00 B-Fit Program 3A 10:30 Theme Chat/Celebrations Around the World 3A 1:00 BINGO! 3C 2:00 Special Music DVD Celine Dion 3A 3:15 Live Music Happy Hour with the Island Boys Come enjoy the FUN!! 3A 6:00 Resident's Choice Evening Movie-How to Lose a Guy in 10 Days 3A	20 9:45 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:15 BINGO! 3C 11:00 ipad! My Favorite Things! Oktoberfest 3A 1:00 Matinee You've Got Mail 3A 3:15 Joe Thayer Live Music Please Join Us 3A 6:00 Resident's Choice Movie Courageous 3A	21 9:45 Christian Church Service 3C 10:00 Ageless Spirit - Yoga and Meditation 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 2:00 Sunday Matinee A True Story- We Are Marshall 3A 3:30 Vespers Service Landings 6:00 Marty Stouffer's Wild America Specials 3A	22 10:00 B-Fit Program 3A 10:30 iPad Exploration Fun-News 3A 1:00 White Board Games Types of Beer! 3A 2:00 Fall Inspired Secret Garden 3A Make and Take Craft 3:00 Coffee and Conversation PDR 6:00 Monday Musical-The Best Little Whorehouse in Texas 3A	23 9:30 Shopping Bealls Outlet OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 Tom Jones Duets 3A 1:00 Bridge Players UNITE 2A 1:00 Veterans & Volunteers Coffee & Wine Social PDR 2:00 Celebrations Around the World! Tahja Entertains! Join Us for Lively Fun!! 3A 6:00 TV Classics!Green Acres 3A	24 10:00 B-Fit Program 3A 10:30 Mind Joggers 3A 1:00 Ice Cream Outing OC 1:00 That's Entertainment! 3A 2:00 Sentimental Sing Along & Social- Songs from the Heartland & Treats! Lots of FUN!! Join Us!! 3A 3:15 Chimes-Music Therapy Come & Play or Watch! 3A 6:30 Jim Scherz-Accordion Man LIVE Music 3A	25 FLU SHOT CLINIC 3A / 8:00AM-1:00PM 10:00 B-Fit Program 3C 10:30 Chat Pack! 3C 1:00 Bingo! 3C 1:00 Bridge Players UNITE 2A 2:00 Movie & Popcorn! CATS Music by Andrew Lloyd Webber/Broadway Play 3A 6:00 Documentary-Disappearing World-Indians of the Rain Forest-The KAYAPO 3A	26 10:00 B-Fit Program 3A 10:30 Laughs & Life! 3A 1:00 BINGO! 3C 2:00 Special Music DVD Frank Sinatra 3A 3:15 Live Music Happy Hour with Matt Coates! Please Join Us!! 3A 6:00 Resident's Choice Evening Movie The Long, Long Traylor-Lucy/Desi 3A	27 9:45 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:15 BINGO! 3C 11:00 ipad! My Favorite Things! Halloween 3A 2:00 Matinee Pirates of the Caribbean 3A 6:00 Resident's Choice Movie Remember the Titans 3A	28 9:45 Christian Church Service 3C 10:00 Ageless Spirit - Yoga and Meditation 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 2:00 Sunday Matinee E.T. 3A 3:30 Vespers Service Landings 6:00 Marty Stouffer's Wild America Specials 3A	29 10:00 B-Fit Program 3A 10:30 iPad Exploration Fun-News 3A 1:00 White Board Games Halloween terms 3A 2:00 Sing Along w/Susie Q "Movie Magic" Join Us! 3A 3:00 Coffee and Conversation 3C 6:00 Monday Musical-Beauty and the Beast 3A	30 9:30 Shopping Trip DollarTree OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 Bridge Players UNITE 2A 1:00 Crafter's Corner Cards for Veterans 3A 1:00 That's Entertainment! 3A 3:00 Just Us Duo LIVE! HALLOWEEN SHOW! 3A 6:00 Evening Movie-HOCUS POCUS 3A	31 Halloween 10:00 B-Fit Program 3A 10:30 Superstitions! -Halloween Celebrations- Join in the FUN!! 3A 1:00 Bewitched 3A 2:00 -4:00-Front Lobby Face Painting by Keiko! Treat Truck out front! 6:00 -7:00 in 3A and 2A GOBLINS VISIT! Give out Treats! Treats are provided!

LOCATION KEY

- 3C - 3rd Floor C-Wing
- 3A - 3rd Floor A-Wing
- RR - Resident Run
- PDR - 3rd Fl Private Dining Rm
- 2A - 2nd Floor A-Wing
- OC - Off Campus
- HCD - Health Center Dining Room
- PL - Palms Dining Room
- TH - Therapy Room 3rdFL
- 1A - 1st Floor A-Wing
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Assisted Living
All activities are subject to change.

Health and Wellness

Live Your Optimum Life®: Getting a Good Night's Sleep



Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of it won't just leave you tired and irritable, it can actually be dangerous and seriously deteriorate the quality of your life.

According to the National Institutes of Health (NIH) not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In other words, how well rested

you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing sleep—even a loss of just 1–2 hours per night, your ability

to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 9 hours each night.

8 Tips for Better Sleep

- Exercise
- Reserve your bed for sleep
- Keep your bedroom comfortable
- Start a sleep ritual
- Avoid alcohol and caffeine
- De-stress
- Get checked by your doctor

Wellness Challenge

Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

Be Well on Purpose!

Brookdale News

Flu Season



Flu Season will be here soon, and Brookdale wants to help you stay well. **Make plans to get vaccinated** to protect yourself, your family and your fellow residents from illness. Preparing is easy!

1. **Watch** for the flu clinic posters to inform you of date and time and place of the community flu clinic
2. **Attend** the community flu clinic and receive your annual influenza vaccine
3. **Stay healthy!**

Kim Elliot, SVP Clinical Services at Brookdale says, “we want it to be as easy as possible for residents to be vaccinated in their own home.” She also adds that Brookdale has new

opportunities for wellness this year. “We’re excited to be working with one of the nation’s top pharmacies for vaccines. CVS pharmacists will be on site to deliver the senior-dose vaccine specific for people over 65 years old. In addition, if residents are eligible for a pneumonia or shingles vaccine, CVS can provide those on clinic-day as well.” Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans. CVS will perform a pre-authorization to advise you of any co-pays and to determine eligibility for the shingles or pneumonia vaccine. Take advantage of these opportunities for a healthy start to the flu season.

Wishes of a Lifetime

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



Cancer Survivor Tackles Fear, Inspires Others

Vernie Burkett lives at Brookdale Missoula Valley in Montana. She is a tough woman who is committed to bettering herself and those around her. Five years ago, Vernie was diagnosed with breast cancer. She was also wheelchair-bound. But unwilling to give in to her situation, she says she “outgrew the fear of it” and found the courage to fight back.

Now in remission, Vernie realized she could tackle just about anything, and she turned her attention to her one life-long fear: water. At 72-years-old, Vernie wanted to try swimming lessons.

Thanks to the Wish of a Lifetime Foundation, her Brookdale community and the local YMCA, Vernie not only overcame her fears about the water, she now happily gets in the pool all on her own and starts her aquatic workouts without the prodding of her instructor.

Plus, she has inspired others to join her.

“I learned I’m stronger than I thought I was, and it’s wonderful to be able to do things that you never figured,” Vernie says. “You can’t just sit in a chair. You are wasting your life if you sit there in the chair and can’t do nothing. And the world profits from your experiences.”

Information courtesy of ABCFoxMontana.com