

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																									
1 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:30 Flex Your Brain 1A 1:00 Between You and Me Visits/iPad Fun 1:1 1:00 Strolling Music Therapy 1:1 2:00 Brookdale Celebrates Monthly Theme Discussion 1A 3:00 Color Me Calm 1A 3:00 Shelly Torman Entertains 1A 6:00 Musical Monday! La La Land 1C	2 8:30 Daily Chronicle 1:1 9:30 Shopping Trip-Publix OC 9:30 Technology Learning Lab Your smartphone/our iPad 1C 10:00 B-Fit Program 1A 10:30 Catholic Service 3C 10:30 Creative Ceramics!! 1A 1:00 Bridge Players UNITE! 2A 1:00 Technology Learning Lab Play, Learn, Explore! 1C 3:30 Resident's Choice DVD 1A 6:00 Music with Friends! 3A	3 8:30 Daily Chronicle 1:1 9:30 Shopping Trip-Publix OC 9:30 Technology Learning Lab Your smartphone/our iPad 1C 10:00 B-Fit Program 1A 10:30 Catholic Service 3C 10:30 Creative Ceramics!! 1A 1:00 Bridge Players UNITE! 2A 1:00 Technology Learning Lab Play, Learn, Explore! 1C 3:30 Resident's Choice DVD 1A 6:00 Music with Friends! 3A	4 8:30 Daily Chronicle 1:1 10:00 Music With Marylyn! Autumn Memories HCD 10:30 Between You and Me 1:1 11:00 Chat Pack Fun! 1A 1:00 Autumn Holiday Door Decoration Crafts 1A 3:00 My Life Story Social Reminisce & Chat 1A 3:30 Frank Sinatra Music 1A 6:00 Western Wednesday Gun Smoke 1C	5 8:30 Daily Chronicle 1:1 9:30 Technology Learning Lab 1C 10:00 Therapy Health Talks & B-Fit Program 1A 10:30 Fall Jewelry Making 1A 1:00 BINGO! 3C 1:00 Between You and Me 1:1 1:00 Fall Word Game 1A 1:00 Technology Learning Lab 1C 2:15 Movement Magic! 1A 3:30 Comedy Classics 1A 6:00 Movie Classics 1C	6 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:30 White Board Games 1A 11:00 BrAiN bEnDeRs! 1A 1:00 BINGO! 3C 2:00 Happy Hour with Melanie Massell BEAUTIFUL MUSIC!!! HCD 3:00 Trivia and Word Games 1A 3:30 TV Classics 1A 6:00 World Explorer Brava Italia 1C	7 9:30 Christian Church Service 3C 9:30 Daily Chronicle 1:1 10:00 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:30 Table Top Gamers 1A 1:00 BINGO! 3C 2:45 Church Services 1A 3:00 Lawrence Welk Classics 1A 3:30 Vespers at the Landings AU 6:00 Life Nature Series 1C	8 Columbus Day 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:30 Columbus Day Trivia 1A 1:00 Between You and Me Visits/iPad Fun 1:1 1:00 Sing Along Social!! 1A 2:00 White Board Games 1A 3:00 Strolling Music Therapy 1:1 3:00 Color Me Calm 1A 3:00 Strolling Music Therapy Artie & Floyd Banjo Duo! 1:1 6:00 Musical- Oklahoma 1C	9 8:30 Daily Chronicle 1:1 9:30 Shopping Trip -Walgreens OC 9:30 Technology Learning Lab Your smartphone/Our iPad 1C 10:00 B-Fit Program 1A 10:30 Catholic Service 3C 10:30 Flex your Brain 1A 1:00 Technology Learning Lab Play, Learn, Explore! 1C 1:00 Live Music Therapy Fun 1A 3:00 Afternoon Matinee 1A 6:00 Resident Choice Movie 1C	10 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:30 Resident Program Chats 1A 11:00 Lunch Outing! Samurai Steak House OC 1:00 Ageless Spirit Sing Along 1A 2:00 Karaoke Fun with Jody HCD 3:00 Nostalgia Daily Fun AUTUMN MEMORIES 1A 3:30 Lawrence Welk Music 1A 6:00 Western Wednesday 1C	11 8:30 Daily Chronicle 1:1 9:30 Technology Learning Lab 1C 10:00 B-Fit Program 1A 10:30 Autumn Greeting Card Craft Class 1A 11:00 Flex your Brain 1A 1:00 BINGO! 3C 1:00 Technology Learning Lab 1C 1:00 i-Pad Around the World 1A 2:00 Outside Walk About 1:1 3:00 Cool Off with Ice Cream! 1A 6:00 League of Their Own 1C	12 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 3A 10:00 Songs of Worship HCD 11:00 BrAiN bEnDeRs! 1A 1:00 BINGO! 3C 2:00 Birthday Bash MUSIC with John Rinell HAPPY BIRTHDAY!!!! HCD 3:00 Trivia and Word Games 1A 3:30 TV Classics 1A 6:00 World Explorer Japan 1C	13 Therapy Pups Visit! 9:30 Daily Chronicle 1:1 9:45 Ageless Spirit - Yoga and Meditation 3A 10:00 Discovery "Planet Earth" 1A 10:15 BINGO BONANZA 3C 1:00 Terrific Trivia w/Mark 1A 2:00 Music DVD Benny Goodman 1A 3:00 Comedy Classics 1A 6:00 National Geographic Ultimate Nature Series 1C	14 9:30 Christian Church Service 3C 9:30 Daily Chronicle 1:1 10:00 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:30 Table Top Gamers 1A 1:00 BINGO! 3C 1:45 Vera and Company LIVE 3A 2:45 Church Services 1A 3:00 Lawrence Welk Classics 1A 3:30 Vespers at the Landings AU 6:00 Life Nature Series 1C	15 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:00 Trip to Ringling Museum and Lunch Outing OC 10:30 White Board Games 1A 1:00 Between You and Me Visits/iPad Fun 1:1 1:30 TV Classics 1A 2:00 Bare Plowman Live Music & Fun!! HCD 3:30 Color Me Calm 1A 6:00 Musical- State Fair 1C	16 9:30 Shopping Trip- Kmart OC 9:30 Technology Learning Lab Your Smartphone our iPad 1C 10:30 Resident Council & Menu Chats - Join Us! 1A 10:30 Catholic Service 3C 11:00 Autumn Words ScrAmBLE! 1A 1:00 Technology Learning Lab Explore!New Apps More! 1C 1:30 Drum Circle FUN!!! 3A 3:00 Afternoon Matinee 1A 6:00 Music with Friends! 3A	17 8:30 Daily Chronicle 1:1 10:00 Be Fit Program 3A 10:00 Sing Along With Sandy Please Join Us!!!! HCD 11:00 i-Pad Exploration 1A 1:00 Nails With Annie 1:1 2:00 Red Hat Tea & Social 1A 3:00 Daily Nostalgia 1A 3:30 Thats Entertainment 1A 5:00 Theme Dinner HCD 6:00 Western Wednesday Out of America 1C	18 8:30 Daily Chronicle 1:1 9:30 Technology Learning Lab 1C 10:00 B-Fit Program 1A 10:30 Jack O' Lantern Craft Make and Take 1A 11:00 Flex your Brain 1A 1:00 BINGO! 3C 1:00 Technology Learning Lab 1C 1:00 Blurt Game 1A 2:15 Movement Magic! 1A 3:30 Mind Joggers 1A 6:00 Movie- Turner & Hooch 1C	19 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 3A 10:00 Worship & Hymns HCD 11:00 BrAiN bEnDeRs! 1A 1:00 BINGO! 3C 2:00 Happy Hour with the Island Boys! LIVE ENTERTAINMENT! HCD 3:00 Trivia and Word Games 1A 3:30 TV Classics 1A 6:00 World Explorer Netherlands 1C	20 Therapy Pups Visit! 9:30 Daily Chronicle 1:1 9:45 Ageless Spirit - Yoga and Meditation 3A 10:00 Discovery "Planet Earth" 1A 10:15 BINGO BONANZA 3C 2:00 Music with Joe Thayer! HCD 3:00 Comedy Classics 1A 6:00 National Geographic Ultimate Nature Series 1C	21 9:30 Christian Church Service 3C 9:30 Daily Chronicle 1:1 10:00 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:30 Table Top Gamers 1A 1:00 BINGO! 3C 2:45 Church Services 1A 3:00 Lawrence Welk Classics 1A 3:30 Vespers at the Landings AU 6:00 Life Nature Series 1C	22 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:30 Famous Faces! 1A 1:00 Flex your Brain 1A 1:00 Between You and Me Visits/iPad Fun 1:1 1:30 TV Classics! 1A 3:00 Color Me Calm 1A 5:00 Paul Luther Smooth Guitar Dinner Music HCD 6:00 Musical Monday! Cinderella 1C	23 8:30 Daily Chronicle 1:1 9:30 Bealls Outlet Shopping OC 9:30 Technology Learning Lab Your Smartphone/Our iPad 1C 10:00 B-Fit Program 1A 10:30 Catholic Service 3C 10:30 Flex your Brain 1A 1:00 Technology Learning Lab Explore New Phone Apps 1C 1:30 Mache' Pumpkin Crafts 1C 3:00 Afternoon Matinee Fun 1A 6:00 Resident Choice Movie 1C	24 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:30 The Happy News! 1A 11:00 TV Classics 1A 1:00 Daily Nostalgia 1A 1:00 ICE CREAM OUTING!! OC 2:00 Chimes Music Therapy HCD 3:00 Crossword FUN 1A 3:30 Guess Who! 1A 6:00 Western Wednesday Spirit of the Eagle 1C	25 8:30 Daily Chronicle 1:1 9:30 Technology Learning Lab 1C 10:00 B-Fit Program 1A 10:30 Halloween Painting Class 1A 11:00 Flex your Brain 1A 1:00 BINGO! 3C 1:00 Technology Learning Lab 1C 1:30 Life is Sweet Social 1A 2:00 Celtic Woman Music 1A 3:00 Between You and Me 1:1 6:00 Movie Classics The Greatest Showman 1C	26 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 3A 10:00 Songs of Worship HCD 11:00 BrAiN bEnDeRs! 1A 1:00 BINGO! 3C 2:00 Oktoberfest with Matt Coates HCD 3:00 Trivia and Word Games 1A 3:30 TV Classics 1A 6:00 World Explorer Cuba 1C	27 Therapy Pups Visit! 9:30 Daily Chronicle 1:1 9:45 Ageless Spirit - Yoga and Meditation 3A 10:00 Discovery "Planet Earth" 1A 10:15 BINGO BONANZA 3C 1:00 Terrific Trivia w/Mark 1A 2:00 Music DVD Frank Sinatra 1A 3:00 Comedy Classics 1A 6:00 National Geographic Ultimate Nature Series 1C	28 9:30 Christian Church Service 3C 9:30 Daily Chronicle 1:1 10:00 Ageless Spirit Tai Chi and Meditation (RR) 3A 10:30 Table Top Gamers 1A 1:00 BINGO! 3C 2:45 Church Services 1A 3:00 Lawrence Welk Classics 1A 3:30 Vespers at the Landings AU 6:00 Life Nature Series 1C	29 8:30 Daily Chronicle 1:1 10:00 B-Fit Program 1A 10:30 Spooky Word Game 1A 11:00 Halloween Mask Making!! 1A 1:00 Between You and Me Visits/iPad Fun 1:1 2:00 Halloween Social with Spooky Treats!! 1A 3:00 Candy Bagging for Trick or Treaters 1A 3:30 Special Music DVD 1A 6:00 Musical- Walk the Line 1C	30 8:30 Daily Chronicle 1:1 9:30 Shopping to Dollar Tree OC 10:00 B-Fit Program 1A 10:30 Catholic Service 3C 1:00 Technology Learning Lab Whiteboard Game Fun! 1C 1:00 Whiteboard Game Fun! 1A 2:00 Timeless Trivia 1A 3:00 Just Us Duo!!!!!! Special Halloween Theme 3A 3:00 Afternoon Matinee 1A 6:00 Spooky Movie Night Practical Magic 1C	31 Halloween 8:30 Daily Chronicle 1:1 10:00 Be Fit Program 1A 10:30 How is Halloween Celebrated Around the World? 1A 1:00 Matinee - Hocus Pocus 1A 2:00 Akiko FacePainter & Kona Ice Truck Treats 1A 3:00 Halloween Trivia Game 1A 6:00 Halloween Trick Or Treat 7:00 Kiddie Goblins Visit! Candy Treats Provided	LOCATION KEY HCD - Health Center Dining Room PDR - 3rd Floor Private Dining OC - Off Campus 1:1 - Individual Visits 1A - 1st FL A-Wing 1C - 1st FL C-Wing 3C - 3rd FL C-Wing 3A - 3rd FL A-Wing AU - Landings Auditorium 2A - 2nd FL A-Wing - -

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 Skilled Nursing
 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!



COMMUNITY CONNECTIONS



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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