

September 2015			1 T U E S D A Y 9:00 Coffee & News L 10:30 Chair Exercises ACT 1:00 Games of Choice ACT 2:00 Puzzles ACT 3:00 Bible Study T 4:00 Fact or Fiction ACT 5:00 Word Search DR	2 W E D N E S D A Y 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 1:30 Laughter Club & Snacks ACT 2:30 Ice Cream Social DR 3:30 Ship Captain Crew ACT 6:30 Movie & Popcorn T	3 T H U R S D A Y 8:00 Doctor Visits L 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Wii Games ACT 1:00 Soak n’ Polish ACT 1:00 Ladies Social ACT 2:00 Bingo ACT 3:00 Crafting with Amanda ACT 7:00 Hillview Baptist Church ACT	4 F R I D A Y 9:00 Coffee & News L 9:30 Banking L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 12:00 Trivia DR 12:00 Word Search DR 1:00 History of Philippines ACT 2:00 Scenic Drive L	5 S A T U R D A Y 9:00 Coffee & News L 9:30 Walk About L 10:30 Prize Bingo ACT 1:00 Billiards ACT 1:30 Cookie Social ACT 2:00 Saturday Matinee T 5:30 Lawrence Welk T
6 S U N D A Y 9:00 Coffee & News L 9:30 Emotional Sharing L 10:00 Fun & Humor L 12:00 Word Search DR 1:00 Walk About With Taci L 2:30 First Landmark Church ACT 4:00 Wii Games ACT	7 M O N D A Y Labor Day 9:00 Coffee & News L 9:30 Shopping At Walmart L 2:00 Resident Council T 3:00 Threes Away ACT 3:30 Ship Captain Crew ACT 4:00 Bingo ACT 5:00 Word Search DR 6:30 Movie & Popcorn T	8 T U E S D A Y 9:00 Coffee & News L 9:45 Music Jam/ Pot Luck L 10:30 Chair Exercises ACT 1:00 Crafts ACT 3:00 Bible Study T 4:00 Fact Or Fiction ACT 5:00 Word Search DR	9 W E D N E S D A Y 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 11:30 Lunch Out With Abby L 2:30 Ice Cream Social DR 3:30 Western Show ACT 1:30 Garden Club DR 4:00 Show Time Chat ACT 6:30 Movie & Popcorn T	10 T H U R S D A Y 8:00 Doctor Visits L 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Wii Games ACT 1:00 Ladies Beauty Hour ACT 2:00 Bingo ACT 3:00 Crafting with Amanda ACT 7:00 Hillview Baptist Church ACT	11 F R I D A Y 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 12:00 Trivia DR 12:00 Word Search DR 2:00 Springfield Museum L	12 S A T U R D A Y 9:00 Coffee & News L 9:30 Walk About L 10:30 Prize Bingo ACT 1:00 Billiards ACT 2:00 Saturday Matinee T 5:30 Lawrence Welk T	
13 S U N D A Y Grandparent’s Day / Rosh Hashanah Begins 9:00 Coffee & News L 9:30 Emotional Sharing L 10:00 Fun & Humor L 12:00 Word Search DR 1:00 Walk About With Taci L 2:30 Parkway B Church ACT 4:00 Wii Games ACT	14 M O N D A Y 9:00 Coffee & News L 9:30 Shopping At Cash King L 1:00 Ship Captain Crew ACT 2:00 Food Council Meeting T 3:00 Bingo ACT 4:00 Bean Bag Toss ACT 5:00 Word search DR 6:30 Movie & Popcorn T	15 T U E S D A Y 8:00 Let’s go to Breakfast! L 9:00 Coffee & News L 10:30 Chair Exercises ACT 3:00 Bible Study T 4:00 Crafts ACT 4:30 Fun & Humor ACT 5:00 Word Search DR	16 W E D N E S D A Y 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 1:30 Laughter Club & Snacks DR 2:30 Birthday/Welcome Social DR 3:30 Ship Captain Crew ACT 4:00 Wii Games ACT 6:30 Movie & Popcorn T	17 T H U R S D A Y 8:00 Doctor Visits L 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Wii Games ACT 1:00 Bingo ACT 2:00 Crafting with Amanda ACT 3:00 Soak n’ Polish ACT 3:00 Men’s Hour with Tyler ACT 7:00 Hillview Baptist Church ACT	18 F R I D A Y 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 12:00 Trivia DR 12:00 Word Search DR 2:00 Scenic Drive L	19 S A T U R D A Y 9:00 Coffee & News L 9:30 Walk About L 10:30 Prize Bingo ACT 11:00 Ladies Beauty Hour ACT 1:00 Cookie Social ACT 2:00 Saturday Matinee T 5:30 Lawrence Welk T	
20 S U N D A Y 9:00 Coffee & News L 9:30 Emotional Sharing L 10:00 Fun & Humor L 12:00 Word Search DR 1:00 Walk About With Taci L 2:30 First Landmark Church ACT 4:00 Wii Games ACT	21 M O N D A Y 9:00 Coffee & News L 9:30 Shopping At Albertsons L 1:30 Ship Captain Crew ACT 2:30 Bingo ACT 3:30 Bean Bag Toss ACT 4:30 Puzzles ACT 5:00 Word Search DR 6:30 Movie & Popcorn T	22 T U E S D A Y Yom Kippur Begins 9:00 Coffee & News L 10:30 Chair Exercises ACT 1:30 Life Stories ACT 2:00 Game Of Choice ACT 3:00 Bible Study T 4:00 Fact OR Fiction ACT 4:30 Fun & Humor ACT 5:00 Family Casino Night DR	23 W E D N E S D A Y Fall Begins 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 1:30 Laughter Club & Snacks DR 2:30 Ice Cream Social DR 3:30 Shopping at Dollar Tree L 6:30 Movie & Popcorn T	24 T H U R S D A Y 8:00 Doctor Apts L 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Home-made Dog Treats! ACT 2:00 1st Avenue Shelter Visit L 3:30 Wii Games ACT 4:00 Bingo ACT 7:00 Hillview Baptist Church ACT	25 F R I D A Y 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 P0-Ke-No ACT 11:30 Scenic Drive & Lunch Out L 3:00 Pig Mania ACT 3:30 Fact or Fiction ACT 4:00 Puzzles ACT 5:00 Word Search DR	26 S A T U R D A Y 9:00 Coffee & News L 9:30 Walk About L 10:30 Prize Bingo ACT 1:00 Billiards ACT 1:30 Soak n’ Polish ACT 2:00 Saturday Matinee T 5:30 Lawrence Welk T	
27 S U N D A Y 9:00 Coffee & News DR 9:30 Emotional Sharing L 10:00 Fun & Humor L 12:00 Word Search L 1:00 Walk About With Taci L 2:30 Parkway B Church ACT 4:00 Wii Games ACT	28 M O N D A Y 9:00 Coffee & News L 9:30 Shopping At Bi-Mart L 1:30 Ship Captain Crew ACT 2:30 Bingo ACT 3:30 Bean Bag Toss ACT 4:30 Puzzles ACT 5:00 Word Search DR 6:30 Movie & Popcorn T	29 T U E S D A Y 9:00 Coffee & News L 1030 Chair Exercises ACT 12:00 Cruise The Philippines DR 1:30 Life Stories 2:00 Game Of Choice ACT 3:00 Bible Study T 3:30 Bean Bag Toss ACT 5:00 Word Search DR	30 W E D N E S D A Y 9:00 Coffee & News L 10:00 B-Fit ACT 10:30 Po-Ke-No ACT 1:30 Laughter Club & Snack DR 2:30 Ice Cream Social DR 3:30 Ship Captain Crew ACT 4:00 Wii Games ACT 6:30 Movie & Popcorn T	LOCATION KEY DR - Dining Room L - Lobby ACT - Activities Room T - Theater - - - - - -		Brookdale Springfield Woodside 4851 Main St Springfield, OR 97478 (541) 747-1887 brookdale.com	
Brookdale All activities are subject to change.							

COMMUNITY CONNECTIONS



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Health and Wellness

Health Benefits of Yoga



September is Healthy Aging Month and National Yoga month. It turns out the two things are related. Exercise is essential to healthy aging. In fact regular exercise reduces the risk of death by a third and cuts the risk of chronic disease by 40 percent. The gentle movements of yoga are ideal for older adults as they cause less strain on joints and muscles than traditional exercises.

Yoga, often considered a form of meditation, originated in

India over 3,000 years ago as a spiritual practice. Today, yoga is practiced by many Western cultures as a form of exercise with many health and wellness benefits.

This multidimensional form of exercise combines physical, spiritual, and emotional relaxation techniques. The meditation

portion of yoga keeps the practitioner's attention centered in the present moment to keep an individual calm and focused without thinking of the past or future; being aware of these thoughts, but not dwelling on or stressing over them.

Studies have shown benefits of yoga in older adults for decreasing blood pressure and relieving pain. Yoga releases endorphins that help reduce pain. Additional benefits of

yoga include: increased balance, improved coordination, improved flexibility, increased range of motion, and increased strength.

Most yoga classes consist of a combination of physical exercises, breathing exercises and meditation. Physical exercises gently and slowly take the participant through a large range of motion, increasing flexibility, and balance. Breathing exercises help to oxygenate the blood and increase circulation. This may include slow breathing to relax the body. Meditation is about staying focused on the task at hand, relaxing, and moving your body in slow motions through the exercise. The combination of these practices can make for a very enjoyable and health enhancing experience.

Wellness Challenge

With all of the health benefits that yoga provides, it may be worth a try for older adults (younger ones too). This month's challenge is to participate in some form of yoga. This may mean getting a video tape and trying some at home or

participating in a class. If you are new to the practice of yoga, it is best to start with an experienced instructor who can make sure you are doing the movements safely. If you don't want to do the physical exercise part of yoga, at least try some deep

breathing and/or meditation. You don't need to do anything fancy. Simply sit alone quietly and focus on your breathing.



Brookdale News



Brookdale Skyline residents recently proved that you're never too old to break a world record. Sales and Marketing Director Ashley Mooney recently organized an event to top the Guinness record for the most people hand-jiving at one time.

"We thought it would be a great opportunity for the city of Colorado Springs to come out and support their local senior population and do something fun that every age group could participate in," said Ashley. "And showcase we are not the typical senior living community."

Several organizations came out to show their hand jive skills and to support our residents. Among others, the city's minor league baseball team's mascot, Sox the Fox, the Pro Bull Riders Association, numerous home care and hospice agencies, hospital employees, senior centers, the Pickle Ball Association, former commander of NORAD and many Veteran organizations joined the fun. KXRM, the local Fox News affiliate also covered the event.

Be sure to share your own creative ideas that demonstrate how Brookdale isn't your typical senior living experience with your resident programs associate. You never know, it could just become a world record!

Wishes of a Lifetime



Earl Simm, 91, is a resident at Brookdale Fountaingrove in California. He has had a curiosity for knowing what it feels like to fly since he was a child. It was his Wish of a Lifetime™ to see the world from a bird's eye view.

Earl is a very active member of his community in spite of some mobility challenges. He enjoys spending time watching the helicopters that fly by his community each week. He has served on the Resident Welcome Committee and the Resident Council for the past five years.

Brookdale and Wish of a Lifetime™ made Earl's wish a reality by sending him and his daughter, Carol, on a helicopter ride. The hour-long helicopter ride took them both down the scenic Sonoma County Coastline. Earl was very thankful for this experience and was truly happy that he was able to share it with his daughter.