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THE IMPORTANCE OF PROPER REST

Sleep is a time of rejuvenation. A good night's sleep is essential for successful aging, no matter how old you are. We spend about a third of our lives sleeping and quality sleep is a vital indicator of health and well-being, especially for older adults. Here are just a few of the benefits of quality sleep for older adults:



IMPROVES CONCENTRATION AND MEMORY. Rest keeps your brain healthy and your memory sharp. Sleep is the time your body and brain reboots.

BOOSTS YOUR MOOD. Sleep and mental health are closely related. Not getting enough sleep can lead to mental health issues like depression and anxiety. A good night's sleep is crucial for your mental well-being.

LOWERS YOUR RISK OF DISEASES. A lack of sleep increases your risk of serious health conditions like high blood pressure, cardiovascular disease, diabetes and obesity. Insufficient sleep puts added stress on the body, leading to inflammation and a weakened immune system.

Quote of the Month

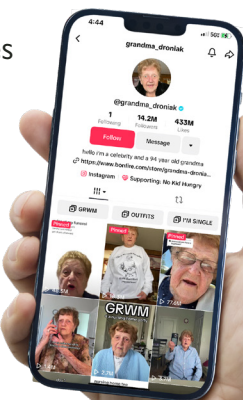
“WRINKLES WILL ONLY GO WHERE THE SMILES HAVE BEEN.”
~ JIMMY BUFFET

MEET “GRANFLUENCER” GRANDMA DRONIAK

A 94-year-old grandmother is taking TikTok by storm with her hilarious videos. Grandma Droniak has 14 million followers, nearly double those of Kim Kardashian. In a recent post, the self-described “celebrity” recorded herself from a hospital bed after breaking her leg. In her trademark upbeat attitude, she said she fell, “but I’m still slaying!” The response was immediate, with 20,000 people sending her get-well wishes.

She lives in Connecticut and has five grandchildren and two great-grandchildren. Grandma Droniak tripled her number of followers in the past two years, thanks to cheeky videos about her life as a single nonagenarian—and her string of ex-boyfriends.

One of her more popular categories on TikTok are Grandma Droniak’s “Get Ready with Me” videos, where she shares unconventional dating advice. One post showcased her outfit with a twirl as she prepared for her first date in more than two decades. Grandma Droniak stared into the camera and said with her now famous humor: “All I want is a free dinner!”



LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

HOLLAND HOLLAND BEACHSIDE, BOARDWALK, & LAKESHORE

NOVEMBER 2024

A SPECIAL PLACE IN OUR HEARTS

World War I, known at the time as “The Great War,” officially ended when the Treaty of Versailles was signed on June 28, 1919. Fighting, however, had ceased seven months earlier when a temporary end of hostilities between the Allied nations and Germany went into effect on the eleventh hour, of the eleventh day, of the eleventh month. That’s why November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on November 11, regardless of what day of the week it falls on. It’s a time for Americans to stand united in admiration for our veterans and a day to reflect on the heroism of those who died in our country’s service. Originally called Armistice Day in celebration of the signing of the cease-fire that ended the war, the federal holiday was changed on June 1, 1954, to Veterans Day as a tribute to American veterans of all wars. We honor our veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.



FOLLOW US ON FACEBOOK

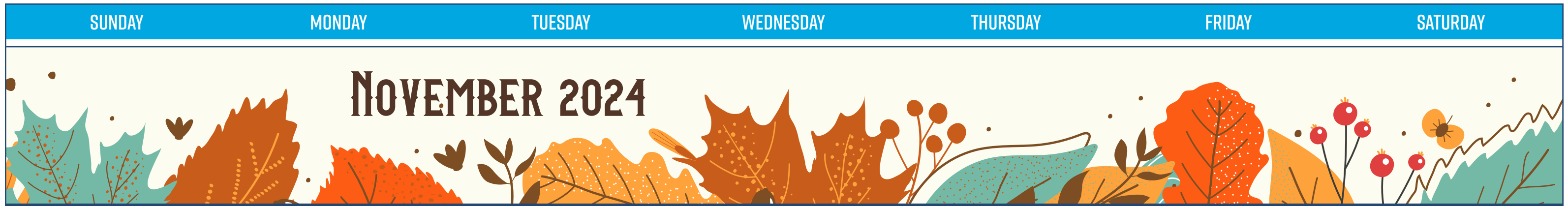
NOVEMBER 2024 EVENTS!

- National Author's Day
- National Donut Day
- Veterans Day
- National Sundae Day
- Pie Taste Testing
- Best Mustache Contest
- Entertainment Weekly
- Thanksgiving!

GRATITUDE FOR NOVEMBER IN AMERICA

November ushers in the holiday season and, this year, Americans will be choosing the 47th president of the United States. This will be the 60th presidential election in our nation’s history. The winner will be sworn into office on January 20, 2025. Thanksgiving Day originated as a day of gratitude and harvest festival. The centerpiece of the celebration has always been a dinner consisting of foods native to the Americas. This year, Americans will once again be celebrating with family, parades and football!





BIRTHDAYS **LOCATION KEY** **01** **DIWALI** **02** **DAY OF THE DEAD**

Patricia W. 11/05 Grace C. 11/06 Carla B. 11/13 Frank B. 11/15	AR Activity Room AMN All Manors ALD AL Dining BT Baypointe BD Beachside BK Boardwalk DR Dining Room	F Foyer ILD IL Dining MB In Mailboxes LK Lakeshore LIB Library LH Lighthouse LR Living Room	OUT Outing O Outside SD Sandy Cove THR Theater APT Your Apartment	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Literary Legends: National Authors Day 2024 3:30p Afternoon Movie	DR AR DR DR LR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR
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03 DAYLIGHT SAVING TIME **04** **05 ELECTION DAY** **06** **07** **08** **09**

10:00a Coffee Chat 11:00a Streamed Church Service 1:00p Puzzles 2:00p Ammie B @ Sandy Cove 3:30p Walking Club	DR LR AR SD O	10:00a Balloon Ball 11:00a Cards 1:00p Craft Sale 1:30p National Mindfulness Day - Stress Balls 2:30p Manicures 3:00p Wii Games 6:00p Movie	LR AR SD AR AR LR LR	10:00a Bingo! 11:00a Walking Club 1:30p Brain Teasers 2:00p Music with Chris S 3:30p Baking Club 6:00p Mindful Meditation	DR O AR SD AR LR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 3:30p Memory Lane	LR AR AR AR LR	10:00a Mindfulness and Murals 11:00a Trivia 1:00p Active Adventures 1:30p Scenic Drive 2:00p Music with Koul Band	AR LR O OUT SD	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Coffee Bar 3:30p Afternoon Movie 5:30p Walking Club	DR AR DR DR LR AR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR
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10 **11 VETERANS DAY** **12** **13** **14** **15** **16**

10:00a Coffee Chat 11:00a Streamed Church Service 1:00p Puzzles 2:00p Skip Bo 3:30p Walking Club	DR LR AR AR O	10:00a Balloon Ball 11:00a Cards 1:00p Manicures 2:00p Veterans Day - Sundae Bar 3:00p Wii Games 6:00p Movie	LR AR AR AR LR LR	10:00a Bingo! 11:00a Walking Club 1:30p Brain Teasers 2:00p Music with Fred W 3:30p Zen Coloring 6:00p Mindful Meditation	DR O AR SD AR LR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 3:30p Memory Lane	LR AR AR AR LR	10:00a Mindfulness and Murals 11:00a Trivia 1:00p Active Adventures 1:30p Scenic Drive 2:00p Nancy B 4:00p Cooking Demo	AR LR O OUT SD SD	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p National Cider Day 3:30p Afternoon Movie 5:30p Walking Club	DR AR DR DR LR AR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR
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17 **18** **19** **20** **21** **22** **23**

10:00a Coffee Chat 11:00a Streamed Church Service 1:00p Puzzles 2:00p Skip Bo 3:30p Walking Club	DR LR AR AR O	10:00a Balloon Ball 11:00a Cards 1:00p Zen Coloring 2:00p Manicures 3:00p Wii Games 6:00p Movie	LR AR AR AR LR LR	10:00a Bingo! 11:00a Walking Club 1:30p Brain Teasers 2:00p Music with Paul C 3:30p Baking Club 6:00p Mindful Meditation	DR O AR SD AR LR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 3:30p Movie	LR AR AR AR LR	10:00a Mindfulness and Murals 11:00a Trivia 1:00p Active Adventures 1:30p Scenic Drive 6:00p Music with the Greater Joy Trio	AR LR O OUT SD	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Pie Taste Testing 2:30p Pie Taste Testing 3:30p Afternoon Movie 5:30p Walking Club	DR AR DR DR LR AR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR
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24 **25** **26** **27** **28 THANKSGIVING** **29** **30**

10:00a Coffee Chat 11:00a Streamed Church Service 1:00p Puzzles 2:00p Skip Bo 3:30p Walking Club	DR LR AR AR O	10:00a Balloon Ball 11:00a Cards 1:00p Zen Coloring 2:00p Manicures 3:00p Wii Games 6:00p Movie	LR AR AR AR LR LR	10:00a Bingo! 11:00a Walking Club 1:30p Brain Teasers 2:00p Music with Wilma Quist 3:30p Baking Club 6:00p Mindful Meditation	DR O AR SD AR LR	10:00a Virtual Cycle 11:00a Uno 1:30p Crafting Corner 2:30p Brain Games 3:30p Memory Lane 4:30p Music with Ty & Nat	LR AR AR AR LR SD	10:00a Mindfulness 11:00a Thanksgiving Day Parade 1:00p Active Adventures 1:30p Movie	AR LR O LR	10:00a Balloon Volleyball 11:00a Table Games 1:30p Bingo Bash 2:30p Social 3:30p Afternoon Movie 5:30p Walking Club	DR AR DR DR LR AR	8:30a Coffee Chat 10:00a Virtual Cycles 11:00a Brain Games 1:30p Uno 2:30p Weekend Documentary	DR LR AR AR LR
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All activities subject to change.