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THE IMPORTANCE OF PROPER REST

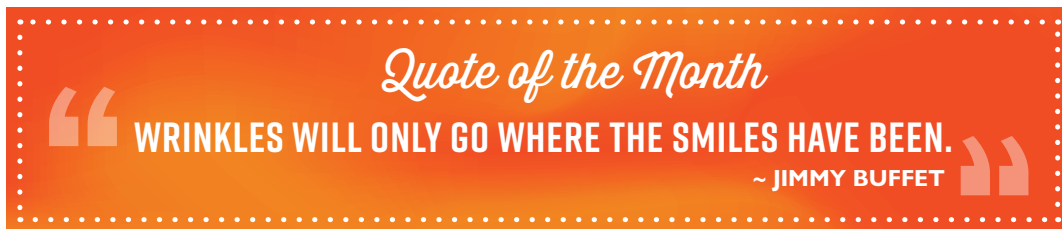
Sleep is a time of rejuvenation. A good night's sleep is essential for successful aging, no matter how old you are. We spend about a third of our lives sleeping and quality sleep is a vital indicator of health and well-being, especially for older adults. Here are just a few of the benefits of quality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

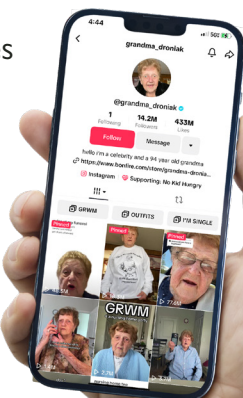


MEET "GRANFLUENCER" GRANDMA DRONIAK

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 LIGHTHOUSE AND BAYPOINTE

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.



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NOVEMBER 2024 EVENTS!

- Day of the Dead
- Men's Appreciation Day
- National Author's Day
- Diabetes Day
- Happy Hour
- Pumpkin Pie Day
- Dr. Pepper Day



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																			
Sue R. 11/2 Elke B. 11/5 Lynda F. 11/7	<table style="font-size: 0.8em; border: none;"> <tr> <td>AR Activity Room</td> <td>F Foyer</td> <td>OUT Outing</td> </tr> <tr> <td>AMN All Manors</td> <td>ILD IL Dining</td> <td>O Outside</td> </tr> <tr> <td>ALD AL Dining</td> <td>MB In Mailboxes</td> <td>SD Sandy Cove</td> </tr> <tr> <td>BT Baypointe</td> <td>LK Lakeshore</td> <td>THR Theater</td> </tr> <tr> <td>BD Beachside</td> <td>LIB Library</td> <td>APT Your Apartment</td> </tr> <tr> <td>BK Boardwalk</td> <td>LH Lighthouse</td> <td></td> </tr> <tr> <td>DR Dining Room</td> <td>LR Living Room</td> <td></td> </tr> </table>	AR Activity Room	F Foyer	OUT Outing	AMN All Manors	ILD IL Dining	O Outside	ALD AL Dining	MB In Mailboxes	SD Sandy Cove	BT Baypointe	LK Lakeshore	THR Theater	BD Beachside	LIB Library	APT Your Apartment	BK Boardwalk	LH Lighthouse		DR Dining Room	LR Living Room		9:00a Movement to Music LH 10:00a Word Searches BT 1:00p Read along BT 2:00p Happy hour BT 3:00p Card games LH 5:00p Movie Night LH	9:00a Morning Movement LH 10:00a This or That BT 1:00p Craft BT 2:00p Hangman LH 3:00p Bucketball LH 5:00p Manicures LH
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03 DAYLIGHT SAVING TIME	04	05 ELECTION DAY	06	07	08	09
9:00a Scarf Dancing LH 10:00a Board games BT 1:00p Reminiscing LH 2:00p Cup Tower BT 3:00p Fall word unscramble LH 5:00p Question Ball BT	9:00a Cornhole LH 10:00a Would you rather BT 1:00p What I am thankful for LH 2:00p Golf BT 3:00p Sensory Box BT 5:00p Movie Night LH	9:00a Air Hockey LH 10:00a Name 10 BT 11:00a Tai Chi with Chris LH 1:00p Baking LH 2:00p Dart Ball BT 3:00p Parachute BT 5:00p Manicures LH	9:00a Cup Pong LH 10:00a Alphabet game BT 1:00p Painting LH 2:00p Bean bag toss BT 3:00p Bracelet Making BT 5:00p Art Book LH	9:00a Balloon Ball LH 10:00a Puzzles BT 1:00p Craft LH 2:00p Bingo LH 3:00p Bowling BT 5:00p Hand Massages LH	9:00a Movement to Music LH 10:00a Word Searches BT 1:00p Read along BT 2:00p Happy hour BT 3:00p Card games LH 5:00p Movie Night LH	9:00a Word games LH 1:00p Puzzles BT 3:00p Sensory Box BT

10	11 VETERANS DAY	12	13	14	15	16
9:00a Word games LH 1:00p Puzzles BT 3:00p Sensory Box BT	9:00a Cornhole LH 10:00a Would you rather BT 1:00p What I am thankful for LH 2:00p Golf BT 3:00p Sensory Box BT 5:00p Movie Night LH	9:00a Air Hockey LH 10:00a Name 10 BT 1:00p Baking LH 2:00p Dart Ball BT 3:00p Parachute BT 5:00p Manicures LH	9:00a Cup Pong LH 10:00a Alphabet game BT 1:00p Painting LH 2:00p Bean bag toss BT 3:00p Bracelet Making BT 5:00p Art Book LH	9:00a Balloon Ball LH 10:00a Puzzles BT 1:00p Craft LH 2:00p Bingo LH 3:00p Bowling BT 5:00p Hand Massages LH	9:00a Movement to Music LH 10:00a Word Searches BT 1:00p Read along BT 2:00p Happy hour BT 3:00p Card games LH 5:00p Movie Night LH	9:00a Morning Movement LH 10:00a This or That BT 1:00p Craft BT 2:00p Hangman LH 3:00p Bucketball LH 5:00p Manicures LH

17	18	19	20	21	22	23
9:00a Scarf Dancing LH 10:00a Board games BT 1:00p Reminiscing LH 2:00p Cup Tower BT 3:00p Fall word unscramble LH 5:00p Question Ball BT	9:00a Cornhole LH 10:00a Would you rather BT 1:00p What I am thankful for LH 2:00p Golf BT 3:00p Sensory Box BT 5:00p Movie Night LH	9:00a Air Hockey LH 10:00a Name 10 BT 1:00p Baking LH 2:00p Dart Ball BT 3:00p Parachute BT 5:00p Manicures LH	9:00a Cup Pong LH 10:00a Alphabet game BT 1:00p Painting LH 2:00p Bean bag toss BT 3:00p Bracelet Making BT 5:00p Art Book LH	9:00a Balloon Ball LH 10:00a Puzzles BT 1:00p Craft LH 2:00p Bingo LH 3:00p Bowling BT 5:00p Hand Massages LH	9:00a Movement to Music LH 10:00a Word Searches BT 1:00p Read along BT 2:00p Happy hour BT 3:00p Card games LH 5:00p Movie Night LH	9:00a Word games LH 1:00p Puzzles BT 3:00p Sensory Box BT

24	25	26	27	28 THANKSGIVING	29	30
9:00a Word games LH 1:00p Puzzles BT 3:00p Sensory Box BT	9:00a Cornhole LH 10:00a Would you rather BT 1:00p What I am thankful for LH 2:00p Golf BT 3:00p Sensory Box BT 5:00p Movie Night LH	9:00a Air Hockey LH 10:00a Name 10 BT 1:00p Baking LH 2:00p Dart Ball BT 3:00p Parachute BT 5:00p Manicures LH	9:00a Cup Pong LH 10:00a Alphabet game BT 1:00p Painting LH 2:00p Bean bag toss BT 3:00p Bracelet Making BT 5:00p Art Book LH	9:00a Balloon Ball LH 10:00a Puzzles BT 1:00p Craft LH 2:00p Bingo LH 3:00p Bowling BT 5:00p Hand Massages LH	9:00a Movement to Music LH 10:00a Word Searches BT 1:00p Read along BT 2:00p Happy hour BT 3:00p Card games LH 5:00p Movie Night LH	9:00a Morning Movement LH 10:00a This or That BT 1:00p Craft BT 2:00p Hangman LH 3:00p Bucketball LH 5:00p Manicures LH

All activities subject to change.