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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

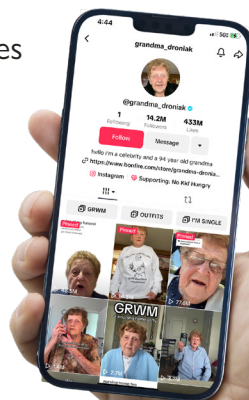
“WRINKLES WILL ONLY GO WHERE THE SMILES HAVE BEEN.”
~ JIMMY BUFFET

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!”



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SENIOR LIVING COMMUNITIES

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

MURFREESBORO MEMORY CARE

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.



f FOLLOW US ON FACEBOOK

NOVEMBER 2024 EVENTS!

- Weekly Bus Outings
- Weekly Live Entertainment
- Family Night
- Fun & Games
- Art & Design
- Cooking Demo
- Family Thanksgiving 11/21 @ 5p

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!

**LIVING WELL
IS BEING WELL.**
American House Senior Living Communities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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BIRTHDAYS	LOCATION KEY	01	DIWALI	02	DAY OF THE DEAD
	AR Activity Room DR Dining Room F Foyer LIB Library				
		LO Lobby OUT Outing S Salon	8:30a Jazzercise 10:00a Table Talk/Trivia Time 11:00a Sing Fit 3:00p Enjoy Outdoors 6:00p Movie Time	8:30a Balloon Toss 11:00a Buzzword Trivia 6:00p Movie Time	

03 DAYLIGHT SAVING TIME	04	05 ELECTION DAY	06	07	08	09
8:30a Balloon Toss 10:00a Music Madness 11:00a Coffee & Chronicles 11:00a Buzzword Trivia 6:00p Movie Time	8:30a Chair Yoga 10:00a Art With A Twist 11:00a Patio Time 1:00p Cooking In The Kitchen 6:00p Movie Time	8:30a Sweating To The Oldies 10:00a Hand Massage & Aromatherapy 1:00p Patio Time 2:30p Entertainment with Pastor Jim 6:00p Movie Time	8:30a Dancing Fitness 10:00a Scenic Drive 1:00p Game Of Choice 3:00p Bingo 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 12:30p Let's Get Crafty 3:00p Live Entertainment! 6:00p Movie Time	8:30a Jazzercise 10:00a Prepare For Our Picnic 11:00a Sing Fit 2:30p Let's Have A Picnic 6:00p Movie Time	8:30a Balloon Toss 11:00a Buzzword Trivia 2:00p Hydration/Snack And Music and Dance 4:00p Bingo 6:00p Movie Time

10	11 VETERANS DAY	12	13	14	15	16
8:30a Balloon Toss 10:00a Music Sing Along 11:00a Coffee & Trivia 11:00a Buzzword Trivia 11:00a Buzzword Trivia 12:00p National Vanilla Cupcake Day! AR 2:00p Hydration/Snack And Music and Dance 6:00p Movie Time	8:30a Chair Yoga 10:00a Art With A Twist 1:00p Cooking In The Kitchen 2:00p Sing Fit 6:00p Movie Time	8:30a Sweating To the Oldies 10:00a Hand Massage & Aromatherapy 11:00a Got To Keep It Separated 12:00p National French Dip Day! DR 2:30p Entertainment with Pastor Jim 6:00p Movie Time	8:30a Dancing Fitness 10:00a Scenic Drive 1:00p Game Of Choice 3:00p Bingo 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 12:30p Let's Get Crafty 3:00p Live Entertainment! 6:00p Movie Time	8:30a Jazzercise 10:00a Around the World Trivia 11:00a Sing Fit 1:30p Monthly Birthday Party 6:00p Movie Time	8:30a Balloon Toss 11:00a Buzzword Trivia 2:00p Hydration/Snack And Music and Dance 4:00p Bingo 6:00p Movie Time

17	18	19	20	21	22	23
8:30a Balloon Toss 11:00a Buzzword Trivia 2:00p Hydration/Snack And Music and Dance 6:00p Movie Time	8:30a Chair Yoga 10:00a Art With A Twist 1:00p Cooking In The Kitchen 2:00p Sing Fit 6:00p Movie Time	8:30a Sweating To the Oldies 10:00a Hand Massage & Aromatherapy 11:00a Got To Keep It Separated 2:30p Entertainment with Pastor Jim 6:00p Movie Time	8:30a Dancing Fitness 10:00a Scenic Drive 1:00p Game Of Choice 3:00p Bingo 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 12:30p Let's Get Crafty 3:00p Live Entertainment! 5:00p Family Night: Bountiful Harvest Feast DR	8:30a Jazzercise 10:00a Around the World 11:00a Sing Fit 3:00p Enjoy Outdoors 6:00p Movie Time	8:30a Balloon Toss 11:00a Buzzword Trivia 2:00p Hydration/Snack And Music and Dance 4:00p Bingo 6:00p Movie Time

24	25	26	27	28 THANKSGIVING	29	30
8:30a Balloon Toss 11:00a Buzzword Trivia 2:00p Hydration/Snack And Music and Dance 4:00p Bingo 6:00p Movie Time	8:30a Chair Yoga 10:00a Art With A Twist 1:00p Cooking In The Kitchen 2:00p Sing Fit 6:00p Movie Time	8:30a Sweating To the Oldies 10:00a Hand Massage & Aromatherapy 11:00a Got To Keep It Separated 2:30p Entertainment with Pastor Jim 6:00p Movie Time	8:30a Dancing Fitness 10:00a Scenic Drive 1:00p Game Of Choice 3:00p Bingo 6:00p Movie Time	8:30a Morning Start UP 10:00a Gospel Gal 12:30p Let's Get Crafty 3:00p Live Entertainment! 6:00p Movie Time	8:30a Jazzercise 10:00a Around the World 11:00a Sing Fit 3:00p Enjoy Outdoors 6:00p Movie Time	8:30a Balloon Toss 11:00a Buzzword Trivia 2:00p Hydration/Snack And Music and Dance 4:00p Bingo 6:00p Movie Time