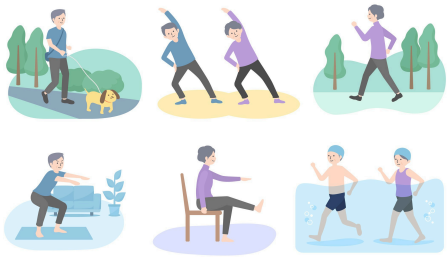
The Savvy Seniors Journal



Managing Your Health: Focus on Balance and Flexibility!

As we age, our risk of falls and related injuries increases dramatically. After age 60, focusing on strength and flexibility become essential—not just to prevent falls but also to preserve independence and quality of life. Building muscle strength supports joints and improves mobility, while improved flexibilit reduces stiffness and increases range of motion. Together, these qualities help older adults stay active, complete daily tasks with confidence, and ecover more effectively if a fall does occur.

We focus on three core areas:

Strength
Balance
Flexibility

Incorporate resistance exercises, stretching, yoga, or tai chi to build muscle, improve stability, and maintain the agility necessary to avoid dangerous falls. Prioritizing these areas after age 60 helps individuals stay active, independent, and engaged in the activities they enjoy.

"We don't stop moving because we grow old; we grow old because we stop moving."

— Satchel Paige

This article is for informational purposes only and is not a substitute for professional medical advice.

Monthly Musings

Current Favorite Book *I am loving:*

If You Find This Letter
Author: Hannah Brencher

A memoir that captures a woman's journey to New York City and through depression.

The book tells the true story of how she used handwritten notes to fight dep ession and connect with strangers. It is whimsical, moving, and inspiring. A beautiful true story about how one simple act can change you and the world.

What is making me laugh?

Silly "Dad" jokes! I love a simple, funny joke. Enjoy a chuckle on me:

Why does everyone love October?

Because it is the month everyone falls for each year.

Current Food Obsession: Butternut Squash!!!

Butternut squash is a nutrient-dense winter squash that supports eye health, immunity, digestion, and heart function.

Bonus: Butternut squash also provides:
Vitamin A
Vitamin C
Potassium
Magnesium

STAY *active*

October Tip for Movement!

Do seasonal activities!

Staying active doesn't have to mean hitting the gym or following a rigid exercise routine. Try apple picking, hiking local trails, or visiting corn mazes to get steps in without feeling like a traditional workout. These fun, seasonal activities let you enjoy the outdoors, connect with friends or family, and boost your physical health at once. By choosing enjoyable ways to move your body, you're more likely to stay consistent and make fitness a natu al part of your lifestyle.

"Orchards teach us patience and the joy of simple pleasures." Unknown

Brain Health Tip

Challenge Your Mind: Read books, do puzzles, or learn a completely new hobby to build cognitive reserve.

Love your brain!

Inspirational Thought

Do one small task you have been delaying.

October Birth Flower is the Marigold

Marigolds are tough, resilient autumn flowers often used in celebrations and remembrance traditions like *Día de los Muertos*.

NFL Crash Course

Football season is officially i full swing! With an action-packed 60 games scheduled this month and the international series playing in London and France, fans won't run out of football content. Baseball may be America's pastime, but football has quickly overtaken it as the nation's favorite spectator sport. By Week 2 of this year's season, more than 20 million fans had already tuned in, demonstrating the game's immense and growing popularity. To celebrate this phenomenon, here's a quick "Crash Course" on the NFL's history and structure—perfect for anyone looking to better understand the sport's roots and enduring appeal. Let's dive in: How did football become the powerhouse it is today?

History Blitz

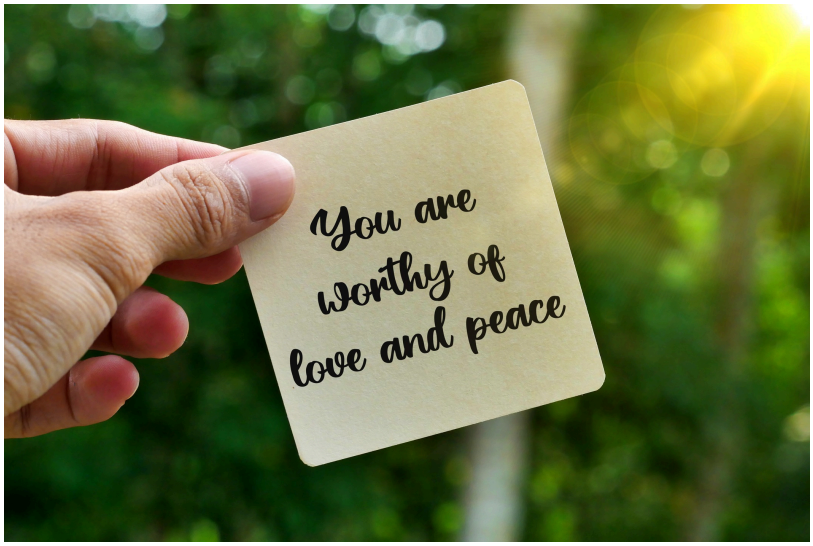
American football became a professional sport in 1892, but for decades, it was played mostly in regional pockets.

A national organization was elusive until 1920, when teams from the Ohio and New York Leagues joined forces to create the American Professional Football Association (APFA). After a few formative years and some membership shakeups, the league rebranded as the National Football League (NFL) in 1922—a name that would soon become synonymous with American sports culture. Remarkably, two original teams still exist today: the Arizona Cardinals (formerly the Chicago Cardinals) and the Chicago Bears (originally the Decatur Staleys).

Many teams adopted their city's baseball club names to leverage established fan bases. By 1933, the NFL split into Eastern and Western Divisions and introduced a championship game between division winners, setting the stage for the high-stakes showdowns we know and love.

Today, the NFL stands as a cultural phenomenon, bringing together fans from all walks of life. Its games are more than just sporting events—they're weekly traditions, social gatherings, and national spectacles. Whether you're a seasoned fan or just starting to learn the game, the NFL's rich history and evolving legacy offer something for everyone. So grab your favorite jersey, join the excitement, and enjoy the season!

October positive affirmatio

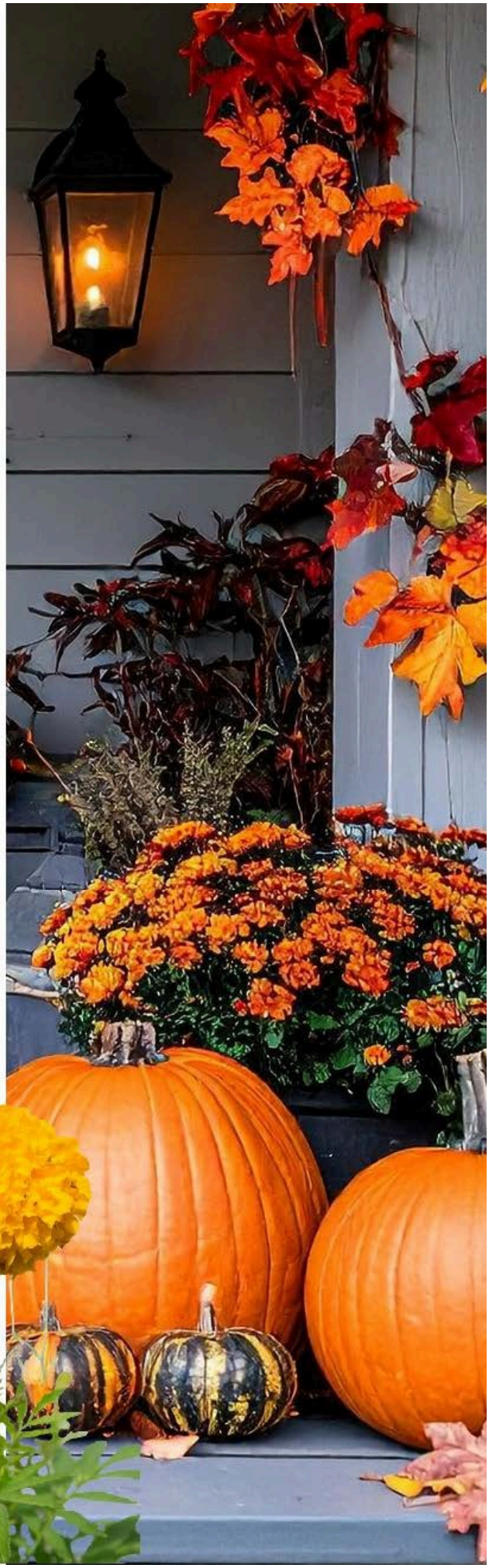


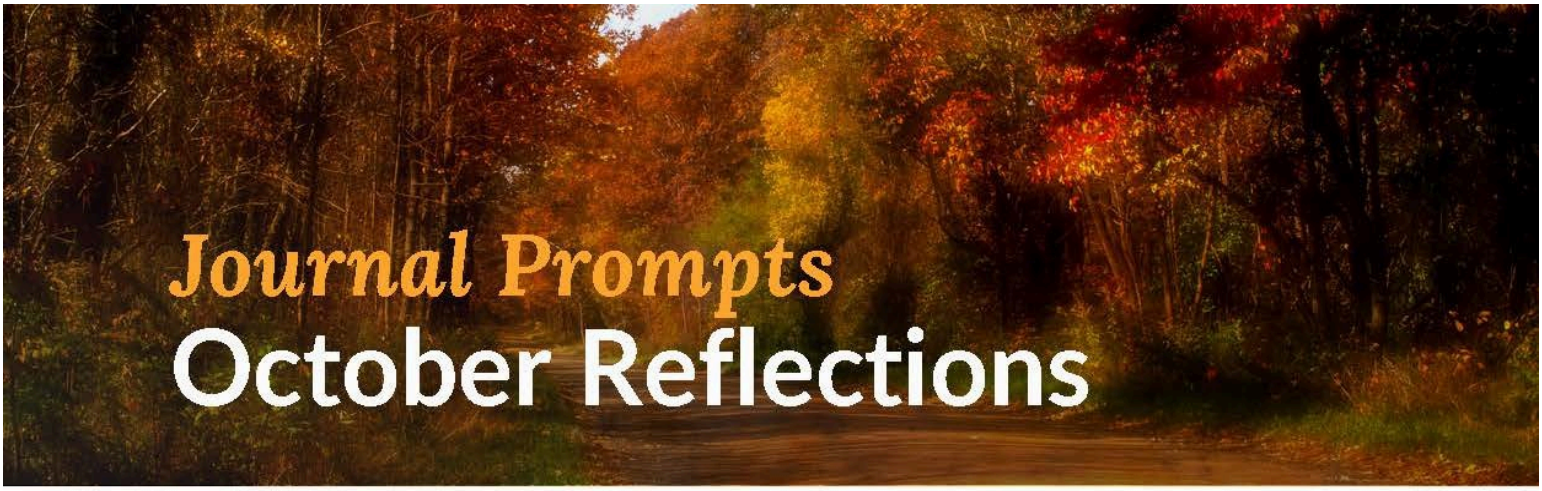
Behind the Name
October

Like September, October's name doesn't match its place on the calendar. It comes from the Latin word octo, meaning "eight," because it was the eighth month on the old Roman calendar, long before January and February were added to the front of the year.

October is the heart of autumn in the Northern Hemisphere. Leaves reach their peak color, harvests wrap up, and the air turns crisp and cool.

October's birthstones are the opal and the tourmaline, known for their flashes of color. Its birth flowers are the marigold and the cosmos, and its zodiac signs are Libra and Scorpio.





Journal Prompts
October Reflections

October brings a certain kind of nostalgia — crisp air, changing leaves, the return of sweaters and warm drinks. It's a season that tends to bring old memories bubbling back up, sometimes when you least expect it. Take a few quiet minutes with the questions below.

What is a favorite memory of fall as a child?

What was Halloween like in the town where you grew up?

What was your favorite candy as a kid?

MEMORY MATTERS

Surround yourself with supportive people.

You don't need to be alone in this journey

FREE MONTHLY SUPPORT GATHERING

For Family and Friends of individuals experiencing memory loss and/or needing assistance.

Presented by

Hollie Kemp, CDP CADDCT

Reserve Your Spot

SCAN TO REGISTER

Must RSVP and sign up for gathering – Attendees can watch on Zoom at home or gather at the community.

After registering, you will receive a confirmation email containing information about joining the meeting.

Hollie Kemp CDP CADDCT

Award-winning Memory Care educator and Certified Dementia Practitioner

COMPASSION • CONNECTION • COMMUNITY

Second Tuesday

OF EACH MONTH

11:30 AM

PACIFIC TIME

12:30PM – MT

1:30PM – CT

2:30PM – ET

Meet at the community

OR

watch at home via ZOOM

The Gardens of Sun City

Is a proud sponsor of the Savvy Senior Journal

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Sun City, AZ 85373

Contact us if you would like to receive a monthly copy of the SS Journal or would like to visit our beautiful community!

Quote of the Month

"October, crisp, misty, golden October, when the light is sweet and heavy."
— **Angela Carter**