



# AVENIDALIFE



### October Birthdays

Byron K.	10/7
Mary Pat M.	10/7
Irene M.	10/8
Queen Robinson B.	10/22
Joseph J.	10/25
Elinore P.	10/30
Sharon R.	10/30

### October Incentive

A new approach to 62+ active lifestyle has arrived, located just minutes away from Downtown Naperville! Invite your friends and family to make Avenida Naperville their new apartment home and get double the perks—fabulous new neighbors coupled with \$1,500 for every referral.

### ACTIVE AGING WEEK 2020

Started in 2003 by the International Council on Active Aging, Active Aging Week celebrates aging and active living each year. Host organizations engage older adults in their local communities with wellness activities and events provided in a safe, friendly, and fun atmosphere. Active aging is about much more than just exercise. It’s about broader engagement—physically, socially, cognitively, spiritually, professionally, and civically. Active aging is about engaging with family, friends, and/or community, learning and trying new things, volunteering, mentoring, pursuing further professional development or entrepreneurial endeavors, traveling, maintaining an active spiritual/religious life, and leading a healthy lifestyle with good nutrition, exercise, mindfulness and other forms of stress-management.

Started by ICAA in 2003 as a grassroots initiative to celebrate, promote and support healthy aging at the hometown level, Active Aging Week has grown into a global movement that recognizes the social, economic, and personal/public health dynamics that come with changes in age demographics.

Responding to an unprecedented reality, Active Aging Week 2020, presented by Humana and spanning Oct. 5-11, expands this year to include virtual, as well as in-person, events and activities to celebrate older-adult health and wellness, and those who support an engaged lifestyle. As Presenting Sponsor, Humana helps make this year’s Active Aging Week possible. “COVID-19 and social distancing are presenting many challenges, yet they also highlight the importance of an active lifestyle and social connections to health and well-being. We applaud Active Aging Week for adapting and offering creative solutions to keep people moving and safe.”

Avenida Partners encourages you to stay informed of programs and events happening in your community. Join us and participate in this year’s Active Aging Week as we highlight a different dimension of wellness each day starting on Monday, October 5th.

## YOUR AVENIDA TEAM



**Michele Clemen**  
*Executive Director*



**Kathy Fezzuoglio**  
*Sales & Marketing Director*



**Tom Vander Velde**  
*Sales & Marketing Director*



**Hyacinth Waranimman**  
*Business Office Director*



**Alan Reyes**  
*Maintenance Director*



**Jane Abe**  
*Resident Enrichment Director*



**Pat Powers**  
*Concierge/Move-In Coordinator*



ACTIVE AGING WEEK OCT. 5<sup>th</sup> to 11<sup>th</sup>

All Week Walking Challenge

We are asking residents to track the time they spend walking during the week. Track the minutes each day that you are intentionally exercising through walking. Turn your time sheet into the Concierge Desk by 4 PM on Sunday, October 11. We will recognize those who accumulated the most walking minutes with fun prizes.

Monday, Oct. 5<sup>th</sup> Live Confidently

*Warning! It Might be a Scam* will be presented by Jim Pacetti, Crime Prevention Specialist with the Naperville Police Department. He will discuss the latest scams targeting the area and learn what you can do to protect yourself from fraud. Join us via Zoom.

Tuesday, Oct. 6<sup>th</sup> Live & Learn

Moyra J. Gorski, RN, BSN will show how to make Quick and Easy Healthy Smoothies that can serve as a meal replacement or a snack. Two demonstrations to choose from 11:30 AM or 12:20 PM.

Learn about *One Day University* available to the community and how you can access from your own home. Each session will also show a brief excerpt from a current lecture. Two sessions to choose from 1:30 PM or 2:15 PM.

Wednesday, Oct. 7<sup>th</sup> Live Life

Enjoy a guided Meditation at 11 AM to help relax, improve your focus and reduce stress.

Join other residents as you get to know each other with fun questions during Coffee & Conversations at 4 PM.

Thursday, Oct. 8<sup>th</sup> Live In Motion

Join James Stallman, Taijiquan Advanced Fifth Level instructor for a Tai Chi Demonstration Class. See what it's all about and the benefits of practicing Tai Chi. Choose from two demonstrations: 10 AM or 11 AM.

Friday, Oct. 9<sup>th</sup> Live Connected

Become more active in the Avenida Naperville community. Find out what groups and clubs are available and how you can get involved. Join us in the Great Room for *Live Connected at Avenida Naperville Expo* from 10:30 to 11:30 AM.

*We will recognize those residents who participate in the most programs during Active Aging Week and we will compete against our sister communities for the largest percentage of participation.*

*Let's Go Avenida Naperville!*



Book Groups for October

We will discuss *Eleanor Oliphant is Completely Fine* by Gail Honeyman. RSVP and join this group on Monday, Oct. 12 at 3 PM.

We continue to follow along with the nine-session *Growing Older & Wiser* by Dale and Sandy Larsen - LifeGuide® Bible Study helps the reader discover the Bible's perspective on aging. This group will meet on Tuesday, Oct. 5 at 2:30 PM. You can't change the fact that you are getting older but age brings many gifts and opportunities for continued growth.

Tech Tuesdays – Sagely Set-Up

Every Tuesday morning at 11:30 AM meet Resident Enrichment Director, Jane, in the Great Room to get set-up on Sagely, to view daily programming and learn the RSVP feature. Jane will also assist you in any issue or glitches using your account. Please bring your Smartphone, iPad, and/or laptop with you.

Creative Arts Wednesdays

Get creative every Wednesday with a different creative art project: Oct. 7 - Rock Painting; Oct. 14 - Ribbon & Beads Jewelry; Oct. 28 - Art of Your Choice all at 1 PM; Oct. 21 - Pumpkin Painting at 12:30 PM

Oktoberfest Happy Hour!

Let us celebrate Oktoberfest Avenida style with a special Oktoberfest Happy Hour on Friday, Oct. 2<sup>nd</sup> at 3:30 PM. Don your lederhosen or dirndl and celebrate a Deutschland tradition.

Weekly Happy Hours

Join your fellow Avenida Naperville neighbors for socializing, tasty refreshments and cool beverages from 3:30 to 4:30 PM on Tuesdays.

Celebrate Halloween early with a Spook-tacular Halloween themed Happy Hour on Tuesday, Oct. 27 at 3:30 PM. Wear orange and black or your best costume.

Information Gatherings

Mark your calendar for the following informational gatherings:

*New Resident Orientation* will be held on Thursday, Oct. 1<sup>st</sup> at 1 PM.

*Resident Forum* will be held on Thursday, Oct. 15 at 2 PM.







I'm so glad I live in a world where there are  
Octobers.

- Anne of Green Gables

### Special Programs

*Warning! It Might be a Scam* will be presented by Jim Pacetti, Crime Prevention Specialist with the Naperville Police Department will discuss the latest scams targeting the area and learn what you can do to protect yourself from fraud. Join us via Zoom at 2 PM on Monday, Oct. 5.

*Fall Prevention* Presentation: Wednesday, Oct. 13 at 2 PM. Learn useful tips on how to keep your balance and stability in check. Presented by Assisting Hands.

*So That's Where That Superstition Comes From* presented by Paul Beach. Learn about superstitions and their roots on Wednesday, Oct. 21 at 2:30 PM. Just in time for Halloween!

*Coffee & Donuts with State Rep. Grant Wehrli:* Hear about the hot issues going on at our State Capital. Bring your questions to this open talk on Friday, Oct. 23 at 9:30 AM.

*Western U.S. Trip* Travel Presentation by Resident John Menard on Tuesday, Oct. 27 at 1:30 PM.

### Mealtime Gatherings

Men's Lunch Bunch: Friday, Oct. 2 at 12:30 PM.

Ladies' Lunch Bunch: Friday, Oct. 9 at 1:00 PM.

One Day University Lunch & Learn: Friday, Oct. 16 at 12:30 PM

All Avenida Lunch Bunch: Friday, Oct. 23 at 12:30 PM

### Friday Night Movie Club

Movie starts at 7:00 PM with a variety of movies shown each Friday. RSVP Required.

Movies to be shown:

*October 2: Dracula (1931)*

*October 9: Along Came a Spider (2001)*

*October 16: Dead of Night (1945)*

*October 23: WarGames (1983)*

*October 30: The Silence of the Lambs (1991)*



### Live in Motion Classes

Water Walking: Monday, Oct. 5 and 12 between 10 and 11:30 AM. RSVP for a ½ hour slot.

Water Yoga: Fridays, Oct. 2, 9 and 16 from 10 to 10:30 AM.

Chair Yoga: Wednesdays from 9 to 9:45 AM and 10 to 10:45 AM.

Saturday Morning Chair Yoga from 9:30 to 10:15 AM.

Balance & Stability: Tuesdays from 10:30 to 11 AM.

Walk & Stretch: Thursdays from 10 to 10:30 AM.

### Live Life

Coffee & Conversations: Wednesday, Oct. 7 at 4 PM and Friday, Oct. 16 at 3 PM.

Creative Writing/Journaling: Monday, Oct. 12 at 1:00 PM.

Recipe Exchange Club: Monday, Oct. 19 at 1:30 PM

Mahjong Club: Thursday, Oct. 22 at 11 AM.

Genealogy: Monday, Oct. 26 at 1:30 PM.

### Live & Learn

Team Trivia: Thursdays at 3 PM.

One Day University: Wednesday, Oct. 7 at 3 PM, Friday, Oct. 16 at 12:30 PM and Thursday, Oct. 29 at 11 AM.

Western U.S. Trip Travel Presentation: Tuesday, Oct. 27 at 1:30 PM.

Chess Playing Tips: Wednesday, Oct. 28 at 4 PM

### Live Confidently

Coffee & News: Mondays at 10 AM

Finance & Fun: Derek McDaniel from Merrill Lynch for a roundtable discussion on Friday, Oct. 30 at 9:30 AM.

### Live Connected

Team Charades: Wednesday, Oct. 14 at 3 PM.

Team Pictionary: Wednesday, Oct. 21 at 4 PM and Wednesday, Oct. 28 at 3 PM

Sunday Evening Firepit: Sundays at 6:30 PM



