



## **Welcome to September!**

This month at Azalea Estates of Fayetteville, we celebrated National Assisted Living Week, September 7-13. Our theme was Ageless Adventure.



*Sunday - Dress Your Best:* We wore our Sunday best.

*Monday - Sports Day:* Everyone wore their favorite team hat or jersey.

*Tuesday - Cruise Day:* Vacation outfits, sunglasses, and hats!

*Wednesday - Crazy Socks Day:* We saw some crazy socks.

*Thursday - Western Day:* Western shirts, cowboy hats, and bandanas.

*Friday - Decades Day:* We wore our favorite 50's, 60's, or 70's attire.

***We are looking forward to more fun-filled themed adventures with our residents this fall!***

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## 10 Myths About Retirement Community Living

*Explore the most common hesitations seniors have about retirement community living, and why these concerns may not reflect reality. Along the way, we'll highlight features of independent living and share what makes senior living communities both supportive and empowering.*



[Discover These Retirement Community Myths](#)

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### Recent Fun

One of our most popular activities here at Azalea Estates is our Azalea Derby. The residents look forward to playing and seeing who our Azalea Derby winner will be each month. Our September Azalea Derby winner was Ollita Pendergrass.





## Fresh Tips for Healthy Aging in 2025

*Ready to redefine your next chapter? These tips with useful links blend physical, mental, social, and financial wellness to guide your wellness journey.*



## 10 TIPS *for Healthy Aging*

- 1 Add Play to Your Day
- 2 Embrace Microadventures
- 3 Get That Annual Physical
- 4 Be a Lifelong Learner
- 5 Cultivate “Weak Ties”
- 6 Reset Your Relationship with Technology
- 7 Cook One New Healthy Recipe a Week
- 8 Reconnect with Purpose
- 9 Financial Fitness Checkup
- 10 Start a “What’s Next” Journal

*This is your fresh start!*

Source: [healthyaging.net](https://healthyaging.net)

Get More Tips for Healthy Aging

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## Get These Brain-Healthy Habits



Learn More About Healthy Aging Month

*It's a time to celebrate getting older, but caring for your body, mind, mental health, and relationships has health benefits no matter your age.*



Get These Tips for Healthy Aging

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## **Meet Weyman Bryant**

Mr. Weyman Bryant is from Atlanta, Georgia. He was drafted into the Army and served in Tokyo in 1950. He graduated from Georgia State College in 1957 with a Bachelor of Business Administration degree. He went to work in a private law firm after having passed the bar exam in 1962.

Weyman has been a resident of Azalea for 2 ½ years. His favorite movie is One Special Night with James Garner & Julia Andrews, his favorite singers are Patsy Cline, Loretta Lynn, Marty Robbins, and Eddy Arnold, and Mr. Weyman enjoys Old Movies & Popcorn activities as well as the Karaoke Sing Along activities here at Azalea.

We are glad to have Mr. Weyman Bryant as a part of our community family!





**Our Pool and Fitness Center Help Keep Our Residents Active**



[Watch The Video](#)

**Visit us on Facebook and share your secret to Healthy Aging!**



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