

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!

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

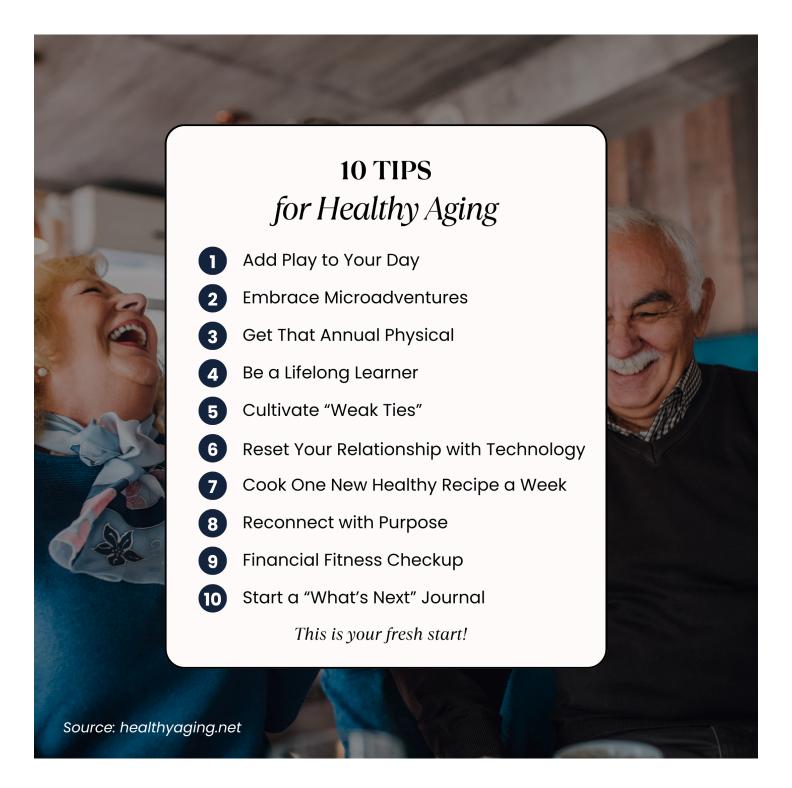
Recent Fun

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.

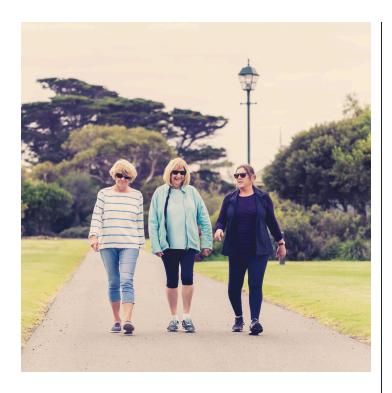


Fresh Tips for Healthy Aging in 2025

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



Get More Tips for Healthy Aging



5 Brain-Healthy Habits for Healthy Aging Month This September

September is Healthy Aging Month, and as part of that, the Alzheimer's Foundation of America (AFA) is providing 5 brain-healthy habits to promote healthy aging and reduce the risk of developing dementia.

Get These Brain-Healthy Habits



Why Healthy Aging Month?

"We saw a need to draw attention to the myths of aging, to shout out 'Hey, it's not too late to take control of your health, it's never too late to get started on something new.'

Why not think about the positive aspects of aging instead of the stereotypes and the negative aspects?"

Learn More About Healthy Aging Month

Live long, be well: Science-based tips for healthy aging

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

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



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



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