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01
Church Trips
12:45 **Wii Bowling**
1:45 **Walking Club** AL
2:00 Scenic Ride
3:30 Sunday Movie AL
Girl Crazy
7:00 Music w/ M
"Ginger"

08
Church Trips
12:45 **Wii Bowling** AL
1:45 **Walking Club** AL
2:00 Scenic Ride
Going to Chuluota
3:30 Sunday Movie AL
Ziegfeld Girl
7:00 Music w/ Walter M

15
Church Trips
12:45 **Wii Bowling** AL
1:45 **Walking Club** AL
2:00 Scenic Ride
3:30 Sunday Movie AL
Let's Make Love
7:00 Music w/Nora M

22
Church Trips
12:45 **Wii Bowling** AL
1:45 **Walking Club** AL
2:00 Scenic Ride
3:30 Sunday Movie AL
The Road to Hong Kong
7:00 Music w/ M
Jazz Trio Band

29
Church Trips
12:45 **Wii Bowling** M
1:45 **Walking Club** AL
2:00 Scenic Ride
3:30 Sunday Movie AL
Take Me Out to the Ballgame
7:00 Music w/Charlie Russo M

02
9:30 **B Fit-Ageless Spirit**
10:30 *Allie Presents* M
Celebrating Independence
1:30 Chorus Practice M
2:00 **Flex Your Brain iPad**
3:00 Bingo Fun AL
7:00 Bingo \$1 a card M

09
9:30 **B Fit-Ageless Spirit** M
10:30 *Allie Presents* M
Route 66
1:30 Chorus Practice M
2:00 **Flex Your Brain iPad**
3:00 Music w/ Chris Bouille AL
7:00 Bingo \$1 a card M

16
9:30 **Zumba Chair Exercise** M
10:30 *Walking Club to Pool*
1:30 Chorus Practice M
2:00 **Flex Your Brain iPad** C
3:00 Bingo Fun AL
7:00 Bingo \$1 a card M

23
9:30 **B Fit-Ageless Spirit** M
10:30 *Allie Presents* M
1950's Trivia
1:30 Chorus Practice M
2:00 **Flex Your Brain iPad**
3:00 **Resident Chat** M
3:00 Music w/ Chris Bouille AL
7:00 Bingo \$1 a card M

30
9:30 **B Fit-Ageless Spirit** M
10:30 *Allie Presents* M
Classical Music
1:30 Chorus Practice M
2:00 **Flex Your Brain iPad**
3:00 Bingo Fun AL
7:00 Bingo \$1 a card M

03
10:00 **B-Fit Exercise** AL
10:40 Christian Bible Study M
11:00 Crafts Fun "Mosaic" AL
1:00 Meditation with Donna
1:30 Movie & Popcorn M
"What Women Want"
2:30 Sign Greeting Cards AL
3:15 Games AL

10
10:00 **B-Fit Exercise** AL
10:40 Christian Bible Study M
11:00 Craft Fun "Mosaic" AL
1:00 Meditation with Donna
2:30 Town Hall Meeting AL
3:00 Birthday Party w/Blanka

17
10:00 Mobility Repairs F
10:00 **B-Fit Exercise** AL
10:40 Christian Bible Study M
11:00 Out & About to AL
"TooJays"
1:00 Meditation with Donna
2:00 **Residents' Association** M
3:15 Games AL

24
9:30 **B Fit Yoga w/Donna** M
10:00 **B-Fit Exercise** AL
10:40 Christian Bible Study M
11:00 Cooking Demo AL
1:00 Meditation with Donna
2:30 Ice Cream Party FS
3:15 Games AL

31
9:30 **B Fit Yoga w/Donna** M
10:00 **B-Fit Exercise** AL
10:40 Christian Bible Study M
11:30 Lunch Outing
1:00 Meditation with Donna
2:00 Movietime
7:00 Games

04 **Independence Day**
OFFICES CLOSED
9:30 Exercise to Music M
2:30 Afternoon Matinee AL
...Monumental...
3:00 Christian Bible Study T
6:00 **Fourth Of July Concert** AL
"Tom Evans on Guitar"
7:00 Movie-Marigold Hotel

11
10:00 Calendar Updates AL
10:30 Mix Media Painting CR
10:30 Spiritual Music & AL
Exercise w/Terry
2:30 Seasonal Crafts CR
3:00 Christian Bible Study T
5:00 Chatterbox AL

18
10:00 **B-Fit Exercise** AL
10:30 Mix Media Painting CR
10:30 Morning Matinee AL
"Shall We Dance"
2:00 Sing Along W/MeMe
2:30 Men's Crafts CR
3:00 Christian Bible Study T
5:00 Chatterbox AL

25
9:00 Men's Breakfast M
10:00 Calendar Review AL
10:30 Mix Media Painting CR
10:30 Spiritual Music/Exercise AL
with Terry
2:30 Beading CR
3:00 Christian Bible Study T
5:00 Chatterbox AL

05
10:00 **B-Fit Fun** AL
10:30 Christian Bible Study AL
11:30 Pokeno AL
1:30 Coffee Talk w/Joff M
2:00 Menu Planning M
2:45 Mix & Mingle-Patriotic
"Paul Mauro"
7:15 Cinema...Radio Flyer M

12
10:00 **B-Fit Fun** AL
10:30 Christian Bible Study AL
11:30 Trivia/Word Challenge AL
12:00 **My Life Story** AL
2:00 Menu Planning M
2:45 Mix & Mingle
"Funky Favorites"
7:15 Cinema..Dean M

19
10:00 **B-Fit Fun** AL
10:30 Nosh of Yiddish
10:30 Christian Bible Study AL
11:30 Skipbo AL
1:30 Coffee Talk w/ Joff
2:00 Menu Planning M
2:45 **Mix & Mingle-Chris O.**
7:15 Cinema: Forever My Girl M

26
10:00 **B-Fit Fun** AL
10:30 Christian Bible Study AL
11:30 Calendar Review AL
2:00 Menu Planning M
2:45 Mix & Mingle-Birthday
"Sean Muir"
7:15 Cinema...The Pianist M

06
9:30 **B-Fit** M
10:30 **Brain Fit** M
2:30 Candy Bingo AL
4:00 Shabbat Service M
7:00 Dance Club M

13
9:30 **B-Fit**
10:00 **Nuuddle Fun** AL
10:30 **Brain Fit Games**
11:00 Horse Races AL
2:30 Candy Bingo AL
4:00 Shabbat Service M
7:00 Dance Club M

20
9:30 **B-Fit** M
10:30 **Brain Fit** M
2:00 Butterfly Lady-
"Shark Bite"
4:00 Shabbat Service M
7:00 Dance Club M

27
9:30 **B-Fit**
10:30 **Brain Fit in**
"Ballroom Dancing" F
2:30 Candy Bingo AL
4:00 Shabbat Service M
7:00 Dance Club M

07
Funny Money Bingo AL
9:15 Synagogue Trip
9:30 Prayer Service M
10:30 Northland Pet Pals AL
10:30 Funny Money Bingo AL
2:00 Hall Walking Club
3:30 Social Hour AL
7:00 Bingo Mania \$1 per card M

14
9:15 Synagogue Trip
9:30 Prayer Service M
10:30 Funny Money Bingo AL
2:00 Hall Walking Club
2:30 I-Pad Games AL
7:00 Bingo Mania \$1 per card M

21
9:15 Mass M
9:15 Synagogue Trip
10:30 Funny Money Bingo
10:30 Havurah Friends Meet C
2:00 Hall Walking Club
2:00 Fresh Baked Cookies AL
2:30 I-Pad Games AL
7:00 Bingo Mania \$1 per card M

28
9:15 Synagogue Trip
9:30 Prayer Service M
10:30 Funny Money Bingo
2:00 Fresh Baked Cookies AL
2:00 Hall Walking Club
2:30 I-Pad Games AL
7:00 Bingo Mania \$1 per card M

LOCATION KEY

AL Assisted Living	FL Front Lobby
M Multipurpose	FP Front Porch
BP Back Porch	SU Bus
CR Craft Room	CO Computer Room
F Fireside	DIY Do It Yourself
CC Cozy Corner AL	T Therapy/Meeting Room

License Number

Brookdale Island Lake
160 Islander Court
Longwood, FL 32750
(407) 767-6600 | brookdale.com

Health and Wellness

Live Your Optimum Life®: Reducing Your Risk of Falling



According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor. A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the problems associated with falling and a proactive plan.

Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

Interventions that Can Increase Safety and Reduce the Risk of Falls

Medication Plan of Care: Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

Therapy: Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

Wellness Challenge

10 Tips to Prevent Falls:

Avoiding falls requires a pro-active approach. Below are 10 tips to help prevent falls:

1. Stay physically active
2. Have annual eye and hearing exams
3. Review your medications with your health care provider
4. Talk with your doctor regarding your Vitamin D level
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls
8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Inaugural Film Festival Named Best of the Best



Brookdale residents are taking center stage on a national level. Argentum, a leading senior trade organization, recently honored Brookdale with its “Best of the Best” award for Brookdale’s innovative Celebrate Aging Film Festival.

“We established the Celebrate Aging Film Festival to change the perception of aging, and it is doing just that,” said Carol Cummings, senior director of Optimum Life at Brookdale.

The film festival showcased short films created entirely by Brookdale residents and associates using iPads. Each film’s focus was to challenge the stereotypes of senior living and aging.

A total of 74 films were submitted in the inaugural year, and nine received nominations for Best Acting, Best Technical Design, Best Writing, Best Picture and the Courage Award.

The second annual Celebrate Aging Film Festival is scheduled for October 3, 2018 at the historic Franklin Theatre in Franklin, Tennessee.

To learn more, see your Resident Programs or Clare Bridge Programs leader.



Wishes of a Lifetime

Brookdale is proud to honor our residents’ wishes and dreams through our partnership with Wish of a Lifetime®



Resident Hopes To Inspire Others With New Skill

It’s never too late to pick up a new talent. Just ask Judy Moore from Brookdale Murray in Kentucky. This lifelong volunteer, who dedicated her life to helping underprivileged children, recently found herself on the receiving end of a little extra kindness.

Wish of a Lifetime partnered with Brookdale Murray to provide Judy with the opportunity to pick up a skill she’d wanted for years: playing the piano.

Through her weekly lessons, Judy learned several carols on the piano. Her dream became a reality, and she even shared her newly developed talents with friends in a Christmas recital.

As with her volunteer efforts earlier in life, learning this skill was about lifting up the people around her. “My friend Sue wants me to teach her if I learn how,” she said.

Judy hopes that her efforts will inspire others that it is never too late to try a new hobby or learn a new skill.