

S M T W Th F S

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

01 **New Year's Day**

9:30 Yoga w/Donna M
10:00 Exercise Fun AL
10:45 Christian Bible Study M
11:00 Crafts Fun AL
1:00 Meditation with Donna

02

10:00 B-Fit Exercise AL
10:30 Quiet Art CR
2:00 Sing with MeMe M
2:30 Arts & Crafts for All CR
3:00 Christian Bible Study TH
4:00 I Pad fun AL
7:00 Games, Poker, Rummikub M

03

9:30 B Fit Exercise M
10:00 Stretchercise AL
10:30 Christian Bible Study AL
1:30 Coffee Talk w/Joff M
2:00 Menu Planning M
2:45 Mix & Mingle- "Chris Obouille" FS
7:15 Movie-Catcher was a Spy M

04

9:30 B-Fit M
10:30 Terry "Spiritual Tunes" AL
10:00 I Pad Games/Coloring AL
10:30 Therapy Dogs AL
10:30 Brain Games M
1:30 Popcorn Time FS
4:00 Shabbat Service M
7:00 Dance Club M

05

Funny Money Bingo AL
9:15 Synagogue Trip
9:30 Prayer Service M
10:30 Bingo
7:00 Bingo Mania \$1 per card M

06

Church Trips
12:45 Wii Bowling
1:45 Walking Club AL
2:00 Scenic Ride
3:30 Sunday Movie AL
7:00 Musicale- "Billy D." M

07

9:30 B Fit-Ageless Spirit
10:30 Allie Presents- M
11:30 Allie Presents AL
1:30 Chorus Practice M
2:15 Seasonal Crafts AL
7:00 Bingo \$1 a card M

08

9:30 Yoga with Donna M
10:00 Exercise Fun AL
10:45 Christian Bible Study M
11:00 Craft Fun AL
1:30 Meditation with Donna
2:30 Town Hall Meeting AL
3:00 Birthday Party AL

09

9:00 B -Fit Exercise M
10:30 Spiritual Music & Exercise w/Terry AL
10:30 Quiet Art CR
2:15 Seasonal Crafts AL
3:00 Christian Bible Study Th
7:00 Games M

10

9:30 B Fit M
10:00 Stretchesize AL
10:30 Christian Bible Study AL
11:00 Ipad Fun AL
2:00 Menu Planning M
2:45 Mix & Mingle - "Elvis" FS
7:15 Cinema - Sky Scrapper M

11

9:30 B-Fit M
10:30 Word Challenge M
10:30 I Pad Games AL
10:30 Therapy Dogs AL
1:30 Popcorn Friday FS
4:00 Shabbat Service M
7:00 Dance Club M

12

Funny Money Bingo AL
9:15 Synagogue Trip
9:30 Prayer Service M
10:30 Bingo
7:00 Bingo Mania \$1 per card M

13

Church Trips
12:45 Wii Bowling
1:45 Walking Club AL
2:00 Scenic Ride
3:30 Sunday Movie AL
7:00 Musicale- "David Capp" M

14

9:30 B Fit-Ageless Spirit
10:30 Allie Presents M
11:30 Allie Presents AL
1:30 Chorus Practice M
2:15 Seasonal Crafts AL
7:00 Bingo \$1 a card M

15

9:30 Yoga w/Donna
10:00 Mobility Repairs F
10:00 Exercise Time AL
10:45 Christian Bible Study M
1:00 Meditation with Donna
2:00 Residents' Association

16

10:00 B-Fit Exercise AL
10:30 Quiet Art
2:00 Sing Along W/MeMe
2:30 Men's Crafts CR
3:00 Christian Bible Study

17

10:00 Nosh of Yiddish
10:30 Christian Bible Study AL
10:30 Terry Tunes - Exercise AL
11:30 Board Games AL
1:30 Coffee Talk w/ Joff M
2:00 Menu Planning M
2:45 Mix & Mingle- Homer M
7:15 Cinema-Can Only Imagine M

18

9:30 B-Fit M
10:30 Stretchesize AL
10:30 Word Challenge M
10:30 Therapy Dogs
1:30 Popcorn Time FS
2:00 Butterfly Lady - Owls M
4:00 Shabbat Service M
7:00 Dance Club M

19

Funny Money Bingo AL
9:15 Mass M
9:15 Synagogue Trip
10:30 Bingo
7:00 Bingo Mania \$1 per card M

20

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

21 **Martin Luther King Jr.**

9:30 B Fit-Ageless Spirit
10:30 Allie Presents M
11:30 Allie Presents AL
1:30 Chorus Practice M
2:15 Seasonal Crafts AL
7:00 Bingo \$1 a card M

22

9:30 Yoga w/Donna M
10:30 Terry Tunes - Exercise AL
10:45 Christian Bible Study M
1:00 Meditation with Donna Th
2:30 Ice Cream Party M
7:00 Bridge Club M

23

9:00 Men's Breakfast M
10:30 Christian Music/Exercise AL
10:30 Quiet Art
2:30 Beading Class CR
3:00 Christian Bible Study

24

9:30 B Fit Stretchercise M
10:00 Exercise Time AL
10:30 Christian Bible Study AL
2:00 Menu Planning M
2:45 Mix & Mingle-Birthday "Sean on Piano" M
7:15 Cinema-Operation Finale M

25

9:30 B-Fit F
10:30 Ballroom Dancing F
10:30 Word Challenge M
10:30 Therapy Dogs AL
1:30 Popcorn Time F
4:00 Shabbat Service M
7:00 Dance Club M

26

Funny Money Bingo AL
9:15 Synagogue Trip
9:30 Prayer Service M
10:30 Bingo
7:00 Bingo Mania \$1 per card M

27

Church Trips
12:45 Wii Bowling
1:45 Walking Club AL
2:00 Scenic Ride
3:30 Sunday Movie AL
7:00 Music w/ "David Witte" M

28

9:30 B Fit-Ageless Spirit
10:30 Allie Presents M
10:30 Allie Presents AL
1:30 Chorus Practice M
2:00 Hearing Aid Factory
2:15 Seasonal Crafts AL
3:00 Resident Chat M
7:00 Bingo \$1 a card M

29

9:30 B Fit Yoga - Donna M
10:45 Christian Bible Study M
11:00 Reader's Club AL
1:00 Meditation with Donna C
2:00 Cooking Demo AL
7:00 Bridge Club M

30

9:30 B-Fit Music Exercise M
10:30 Stretchercise AL
10:30 Quiet Art M
11:00 Creative Projects AL
2:30 Arts/Crafts for Everyone C
3:00 Christian Bible Study Th
7:00 Games M

31

9:30 B-Fit Stretchesize
10:30 Christian Bible Study AL
2:00 Menu Planning M
2:45 Mix & Mingle- "Mike Madawi" F
7:15 Cinema- Mission Impossible M

LOCATION KEY

AL Assisted Living
M Multipurpose
CR Craft Room
F Fireside

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®



Happy New Year! According to StatisticBrain.com, a research institute, 41% of Americans usually make New Year's Resolutions and approximately 9% of those people are successful in achieving their resolution. The most common types of resolutions are:

- Self-Improvement or education related – 44%
- Weight related – 32%
- Money related – 42%
- Relationship related – 23%

What is your New Year's resolution? If you are out of ideas and open to a suggestion, how about focusing on living your Optimum Life? Optimum Life isn't a program, it is the way we define wellness at Brookdale. Everyone can live an Optimum Life by focusing on the six dimensions of wellness: purposeful, emotional, physical, social, spiritual and intellectual.

- **Purposeful:** Purpose provides motivation and improves well-being

- **Emotional:** Happiness and joy lead to better health
- **Physical:** Exercise helps you stay healthy and functional
- **Social:** Social connections are vital to health for older adults
- **Spiritual:** Spiritual wellness brings meaning
- **Intellectual:** Brain health is supported by challenges and new learning

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year; incorporating healthy behavior into your everyday life.

Wellness Challenge

Optimum Life Inspiration - Choose one dimension to focus on and incorporate one or more of the activities below.

Exercise helps the brain form new brain cells and reduces the risk of dementia, so try to build more activity into your day. Here are a few suggestions: attend a B-Fit class, engage in gardening or knitting, walk briskly or engage in some form of aerobic exercise at least three times a week.

Good food helps maintain healthy emotional and cognitive function. Here are a few

suggestions: eat 8-ounces of fish rich in Omega-3 fats weekly; eat unsalted nuts, beans and green leafy vegetables daily; eat seven fist-size servings of fruits and vegetables daily; reduce intake of processed foods and celebrate meals with others.

Social well-being leads to purposeful and emotional well-being. Here are a few suggestions: remain involved in your community in personally

meaningful ways, build new relationships, laugh more and have fun.

Spiritual activity helps to turn down the emotional brain and relieve stress. Here are a few suggestions: learn how to meditate, pray daily, practice forgiveness or engage in yoga.

Cheers to your health!



Brookdale News

Friends For Life



It's a new year and with that comes new opportunities for you! Throughout the year we will invite you and your friends to engage in a variety of educational and social events designed to deepen the bonds of friendship. Our current program "Friends For Life" will expand to take on topics like:

- Creative For Life
- Balance For Life
- Good Deeds For Life
- Wellness For Life

These are just a few of the many to come.

In January the focus will be on nutrition, with the theme "Eat Right For Life". We expect great recipes from both you and your friends, perhaps even a willingness to share with us a cooking demonstration. Here is a sample of the educational component that will be incorporated into the event.

Try to 'eat the rainbow' when it comes to fruits and vegetables. Incorporate foods of all colors, especially red (tomatoes, strawberries), orange (sweet potatoes, carrots) and green (spinach, broccoli). The brighter the color the better! These fruits and veggies will provide fiber, antioxidants and nutrients like vitamin C, vitamin A and potassium.

Join us this year as we celebrate friendships and journey down a monthly path of exciting themes filled with fun and joy, nurturing friends, for life!

Wishes of a Lifetime

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



Virtual Reality Made Adventures Possible for Florida Residents

Freedom Village Bradenton resident Gwen Baker has always been a woman with a zeal for life and a remarkable passion for adventure. From golfing, traveling, to engaging in many physical activities, she has immersed herself in a wealth of experiences.

While recovering from a movement-limiting stroke, the 77-year-old was watching television. And she saw a commercial showing how virtual reality was

helping people with prosthetic limbs experience physical activities they no longer were capable of. Gwen never fathomed that such technology even existed. She began dreaming about how this advanced science could provide to reclaim the independence and excitement she felt when she had full use of her body. Gwen wanted to learn more about virtual reality and the positive impact it could make in her life.

An innovative company, Mynd VR, developed original virtual reality content geared towards people age 55-plus through its senior-friendly goggles. Thanks to them and Wish of a Lifetime, Gwen and many of her fellow residents were able to travel and experience new adventures through VR technology goggles, including exploration of the frozen tundra of Antarctica, skydiving and a safari in Mozambique.