

1 SUNDAY Church Trips 12:45 Wii Bowling 1:30 Walking Club 2:00 Canasta 2:00 Sunday Cinema- Radio Flyer 2:00 Scenic Ride 7:00 Musicale- "Ginger"	2 MONDAY 9:30 B Fit-Ageless Spirit 10:30 Allie Presents-Celebrate Independence Day 10:30 Aquacise 12:00 Action Station 1:15 Computer 1:1 1:30 Chorus Practice 2:30 Flex Your Brain iPad 7:00 Bingo Mania	3 TUESDAY 9:30 B Fit-Yoga with Donna 10:15 Walgreen Sup. Senior Day 10:40 Christian Bible Study 11:00 Freshman Club 1:00 Meditation with Donna 1:30 Sharing Center Shopping 1:30 Movie Matinee- "What Women Want" 2:00 Association Council 7:00 Bridge Club	4 WEDNESDAY Independence Day Early Dining Hours 12:00pm-3:30pm Offices Closed 9:30 Exercise to Music 2:30 Movie-Words & Pictures 3:00 Christian Bible Study 7:00 Movie-The Best Exotic Marigold Hotel 7:00 Games, Poker 7:00 Rummikub	5 THURSDAY 9:30 B Fit-Stretcherise BB 10:30 Wii Bowling 10:30 Aquacise 1:30 Coffee Talk with Joff 2:00 Menu Planning 2:45 Mix & Mingle-Patriotic "Paul Mauro" 6:00 Pinochle 7:00 Scrabble, Games 7:15 Cinema-The 5:17 to Paris	6 FRIDAY 9:30 B Fit-Rise & Shine 10:30 Flex Your Brain iPad 1:30 Dollar Tree Shopping 1:30 My Life Story 1:30 Popcorn Time 2:00 Poker 2:00 100 Pin Wii Bowling 4:00 Shabbat Prayer Service 6:00 Pinochle 7:00 Dance Club	7 SATURDAY 9:15 Synagogue Trip 9:30 Prayer Service 10:00 Circle Shopping 10:15 Northland Pet Pals 1:00 Avon Presents 1:00 Walking Club 1:30 Musical Movie-Ziegfeld Girls 7:00 Bingo Mania	
8 SUNDAY Church Trips 12:45 Wii Bowling 1:30 Walking Club 2:00 Canasta 2:00 Scenic Ride 2:00 Sunday Cinema- First Do No Harm 7:00 Musicale-Walter "Sky is the Limit"	9 MONDAY 9:30 B Fit-Ageless Spirit 10:30 Allie Presents-Route 66 10:30 Aquacise 1:15 Computer 1:1 1:30 Chorus Practice 2:30 Flex Your Brain iPad 7:00 Bingo Mania	10 TUESDAY 7:45 Perfect Beginnings 9:30 B Fit-Yoga with Donna 10:40 Christian Bible Study 11:00 Freshman Club 1:00 Meditation with Donna 1:30 Target, Library, & more 2:30 100 Pin Wii Bowling 2:00 Kitchen Tour 2:00 Voter Registration "Meet the Candidate" 6:00 Pinochle 7:00 Bridge Club	11 WEDNESDAY 9:30 B Fit-Music Exercise 10:30 Jeopardy 10:30 Mix Media Painting 2:00 Current Events 2:00 Fresh Baked Cookies w/PL 3:00 Christian Bible Study 3:00 Creative Crafts 7:00 Games, Poker 7:00 Rummikub	12 THURSDAY 9:30 B Fit-Stretcherise W 10:30 Wii Bowling 10:30 Aquacise 12:00 My Life Story 2:00 Menu Planning 2:45 Mix & Mingle New Resident-Funky Favorites 5:00 Dinner Out 6:00 Pinochle 7:00 Scrabble, Games 7:15 Cinema-Dean	13 FRIDAY 9:30 B Fit-Rise & Shine 10:30 Flex Your Brain iPad 1:30 Altamonte Mall 1:30 My Life Story 1:30 Popcorn Time 2:00 Poker 2:00 Horse Races 4:00 Shabbat Prayer Service 6:00 Pinochle 7:00 Dance Club	14 SATURDAY 9:15 Synagogue Trip 9:30 Prayer Service 10:00 Target & more Shopping 1:00 Walking Club 1:30 Musical Movie-Let's Make Love 7:00 Bingo Mania	
15 SUNDAY Church Trips 12:45 Wii Bowling 1:30 Walking Club 2:00 Sunday Cinema-It's Kind of a Funny Story 2:00 Canasta 2:00 Scenic Ride 7:00 Musicale- "Nora"	16 MONDAY 9:30 Zumba Chair Exercise 10:30 Aquacise 1:30 Chorus Practice 2:30 Flex Your Brain iPad 2:30 Women's Group 7:00 Bingo Mania	17 TUESDAY 9:30 B Fit-Yoga with Donna 10:00 Wheelchair, Walker Repair 10:40 Christian Bible Study 11:00 Freshman Club 1:00 Meditation with Donna 2:00 Residents' Association 6:00 Pinochle 7:00 Bridge Club	18 WEDNESDAY 9:30 B Fit-Music Exercise 10:30 Jeopardy 10:30 Mix Media Painting 2:00 Fresh Baked Cookies w/PL 2:00 Sing Along with Meme 2:00 Current Events 2:15 Cooking Demo 3:00 Christian Bible Study 3:00 Fiber Arts 7:00 Games, Poker 7:00 Rummikub	19 THURSDAY Celebration Theme Day 9:30 B Fit-Stretcherise BB 10:30 Wii Bowling 10:30 A Nosh of Yiddish 10:30 Aquacise 12:00 Friends for Life Lunch 1:30 Coffee Talk with Joff 2:00 Menu Planning 2:45 Mix & Mingle - "Chris Obouille" 7:00 Pinochle, Scrabble, Games 7:15 Cinema-Forever My Girl	20 FRIDAY 9:30 B Fit-Rise & Shine 10:30 Flex Your Brain iPad 1:30 Dollar Tree Shopping 1:30 My Life Story 1:30 Popcorn Time 2:00 Butterfly Lady- "Shark Bite" 2:00 Poker 4:00 Shabbat Prayer Service 6:00 Pinochle 7:00 Dance Club	21 SATURDAY 9:15 Catholic Mass 9:15 Synagogue Trip 10:00 Circle Shopping 10:30 Havurah Group 1:00 Avon Presents 1:00 Walking Club 1:30 Musical Movie-The Road to Hong Kong 7:00 Bingo Mania	
22 SUNDAY Church Trips 12:45 Wii Bowling 1:30 Walking Club 2:00 Sunday Cinema-Once Upon a Time in the West 2:00 Canasta 2:00 Scenic Ride 7:00 Musicale- "Isaac Jazz Band"	23 MONDAY 9:30 B Fit-Ageless Spirit 10:30 Allie Presents- 1950's TV Trivia 10:30 Aquacise 1:15 Computer 1:1 1:30 Chorus Practice 2:00 Hearing Aid Factory 2:30 Flex Your Brain iPad 3:00 Resident Program Chat 7:00 Bingo Mania	24 TUESDAY 9:30 B Fit-Yoga with Donna 10:40 Christian Bible Study 11:00 Freshman Club 1:00 Meditation with Donna 1:30 Target, Library, & more 2:00 Welcome Ambassador Prog. 2:30 Ice Cream Party 6:00 Pinochle 7:00 Bridge Club	25 WEDNESDAY 9:00 Men's Breakfast 9:30 B Fit-Music Exercise 10:30 Jeopardy 10:30 Mix Media Painting 2:00 Fresh Baked Cookies w/PL 3:00 Christian Bible Study 3:00 Bead Designers 7:00 Games, Poker 7:00 Rummikub 7:00 History Speaker- "Mark Swick"	26 THURSDAY 9:30 B Fit-Stretcherise W 10:30 Wii Bowling 10:30 Aquacise 2:00 Menu Planning 2:45 Mix & Mingle Birthday- "Sean Muir on Piano" 6:00 Pinochle 7:00 Scrabble, Games 7:15 Cinema-The Pianist	27 FRIDAY 9:30 B Fit-Rise & Shine 10:30 Ballroom Dancing 10:30 Flex Your Brain iPad 1:30 Altamonte Mall 1:30 My Life Story 1:30 Popcorn Time 2:00 Poker 2:00 OL Wellness Event 4:00 Shabbat Prayer Service 6:00 Pinochle 7:00 Dance Club	28 SATURDAY 9:15 Synagogue Trip 9:30 Prayer Service 10:00 Target & more Shopping 1:00 Walking Club 1:30 Musical Movie-Take Me Out to the Ball Game 7:00 Bingo Mania	
29 SUNDAY Church Trips 12:45 Wii Bowling 1:30 Walking Club 2:00 Sunday Cinema- Tiger Eyes 2:00 Canasta 2:00 Scenic Ride 7:00 Musicale- "Charlie Russo"	30 MONDAY 9:30 B Fit-Ageless Spirit 10:30 Allie Presents- Classical Music 10:30 Aquacise 1:15 Computer 1:1 1:30 Chorus Practice 2:30 Flex Your Brain iPad 2:30 Horse Races 7:00 Bingo Mania	31 TUESDAY 9:30 B Fit-Yoga with Donna 10:40 Christian Bible Study 11:30 Lunch Out- "Jerry's Pizza" 1:00 Meditation with Donna 1:30 Five Below Shopping 7:00 Bridge Club	LOCATION KEY - - - - - - - - -	<p style="text-align: center;">Brookdale Island Lake 160 Islander Court Longwood, FL 32750 (407) 767-6600 brookdale.com</p> <p style="text-align: right;">Independent Living All activities are subject to change.</p>			<div style="background-color: #0056b3; color: white; padding: 20px; text-align: center;"> <h1 style="margin: 0;">July</h1> <h1 style="margin: 0;">2018</h1> </div>

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:

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



COMMUNITY CONNECTIONS



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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.