

January 2019

LOCATION KEY

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1
TUESDAY
New Year's Day
Early Dining Hours
12:00pm-3:30pm
9:30 B Fit-Yoga with Donna
1:00 Meditation with Donna
1:30 Movie Matinee
2:00 Resident Council
7:00 Bridge Club

2
WEDNESDAY
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:00 Sing Along with Meme
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub

3
THURSDAY
9:30 B Fit-Stretchercise W
10:30 Wii Bowling
1:15 Computer 1:1
1:30 Coffee Talk with Joff
2:00 Menu Planning
2:45 Mix & Mingle-Resident led Fashion Show
7:00 Scrabble, Games
7:15 Cinema-The Catcher Was a Spy

4
FRIDAY
9:30 B Fit-Rise & Shine
10:30 Word Game Challenge
1:30 Dollar Tree Shopping
1:30 My Life Story
1:30 Popcorn Fireside
2:00 Poker
4:00 Shabbat Prayer Service
7:00 Dance Club

5
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 Saturday Matinee-Miss Congeniality
7:00 Bingo Mania

6
SUNDAY
Church Trips
12:45 Wii Bowling
1:30 Walking Club
2:00 Canasta
2:00 Sunday Cinema-A Walk to Remember
2:00 Scenic Ride
7:00 Musicale-Billy D. Country

7
MONDAY
9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
12:00 Action Station
1:30 Chorus Practice
2:15 Seasonal Crafts
7:00 Bingo Mania

8
TUESDAY
7:45 Perfect Beginnings
9:00 Highlands School Readers
9:30 B Fit-Yoga with Donna
10:15 Walgreen Sup Senior Day
10:45 Christian Bible Study
11:00 Freshman Club
1:00 Meditation with Donna
1:30 Target, Library, & more
2:00 Kitchen Tour
7:00 Bridge Club

9
WEDNESDAY
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:00 Horse Races
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub

10
THURSDAY
9:30 B Fit-Stretchercise W
10:30 Wii Bowling
1:15 Computer 1:1
2:00 Menu Planning
2:30 Mix & Mingle-Elvis!
5:00 Dinner Out
7:00 Scrabble, Games
7:15 Cinema-Sky Scaper

11
FRIDAY
9:30 B Fit-Rise & Shine
10:30 Word Game Challenge
1:30 Altamonte Mall
1:30 Popcorn Fireside
2:00 Poker
4:00 Shabbat Prayer Service
7:00 Dance Club

12
SATURDAY
9:15 Synagogue Trip
9:30 Prayer Service
10:00 Target & more Shopping
1:00 Walking Club
1:30 Saturday Matinee-The Simple Life of Noah Dearborn
7:00 Bingo Mania

13
SUNDAY
Church Trips
12:45 Wii Bowling
1:30 Walking Club
2:00 Canasta
2:00 Scenic Ride
2:00 Sunday Cinema-Great Expectations
7:00 Musicale-David Capp Saxophonist

14
MONDAY
9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
1:30 Chorus Practice
2:15 Seasonal Crafts
2:30 Wii 100 Pin Bowling
7:00 Bingo Mania

15
TUESDAY
9:00 Winter Springs Readers
9:30 B Fit-Yoga with Donna
10:00 Wheelchair, Walker Repair
10:45 Christian Bible Study
11:00 Freshman Club
1:00 Meditation with Donna
2:00 Residents' Association
5:00 Dinner Out-TooJay's
7:00 Bridge Club

16
WEDNESDAY
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:00 Sing Along with Meme
2:15 Cooking Demo
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub

17
THURSDAY
9:30 B Fit-Stretchercise BB
10:30 Wii Bowling
10:30 A Nosh of Yiddish
12:00 Friends for Life Lunch
1:15 Computer 1:1
1:30 Coffee Talk with Joff
2:00 Menu Planning
2:45 Mix & Mingle-Homer Stiles-Country
7:00 Scrabble, Games
7:15 Cinema-I Can Only Imagine

18
FRIDAY
9:30 B Fit-Rise & Shine
10:30 Word Game Challenge
1:30 Dollar Tree Shopping
1:30 Popcorn Fireside
2:00 Butterfly Lady-Owls & Others
2:00 Poker
4:00 Shabbat Prayer Service
7:00 Dance Club

19
SATURDAY
9:15 Catholic Mass
9:15 Synagogue Trip
10:00 Circle Shopping
1:00 Avon Presents
1:00 Walking Club
1:30 Saturday Matinee-Red
7:00 Bingo Mania

20
SUNDAY
Church Trips
12:45 Wii Bowling
1:30 Walking Club
2:00 Sunday Cinema-Red 2
2:00 Canasta
2:00 Scenic Ride
7:00 Musicale-Nora

21
MONDAY
Martin Luther King Jr.
9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
1:30 Chorus Practice
2:15 Seasonal Crafts
2:30 Women's Group
7:00 Bingo Mania

22
TUESDAY
9:00 Altamonte SpringsReaders
9:30 B Fit-Yoga with Donna
10:45 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
7:00 Bridge Club

23
WEDNESDAY
9:00 Men's Breakfast
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub
7:00 History Speaker

24
THURSDAY
9:30 B Fit-Stretchercise W
10:30 Wii Bowling
1:15 Computer 1:1
2:00 Menu Planning
2:45 Mix & Mingle Happy Birthday w/Shawn
7:00 Scrabble, Games
7:15 Cinema-Operation Finale

25
FRIDAY
9:30 B Fit-Rise & Shine
10:30 Ballroom Dancing
10:30 Word Game Challenge
1:30 Altamonte Mall
1:30 Popcorn Fireside
2:00 Poker
4:00 Shabbat Prayer Service
7:00 Dance Club

26
SATURDAY
9:15 Synagogue Trip
9:30 Prayer Service
10:00 Target & more Shopping
1:00 Walking Club
1:30 Saturday Matinee-Dreamer
7:00 Bingo Mania

27
SUNDAY
Church Trips
12:45 Wii Bowling
1:30 Walking Club
2:00 Sunday Cinema-Easy Virtue
2:00 Canasta
2:00 Scenic Ride
7:00 Musicale-David Witte Piano & Vocal

28
MONDAY
9:30 B Fit-Ageless Spirit
10:30 Allie Presents-
1:30 Chorus Practice
2:00 Hearing Aid Factory
2:00 Horse Races
2:15 Seasonal Crafts
7:00 Bingo Mania

29
TUESDAY
9:30 B Fit-Yoga with Donna
10:45 Christian Bible Study
11:00 Freshman Club
11:30 Lunch Out-Colorado Prime Steak
1:00 Meditation with Donna
1:30 Big Lots, Family Dollar
7:00 Bridge Club

30
WEDNESDAY
9:30 B Fit-Music Exercise
10:30 Jeopardy
10:30 Quiet Art
2:00 Wii 100 Pin Bowling
2:30 Arts/Crafts
3:00 Christian Bible Study
7:00 Games, Poker
7:00 Rummikub

31
THURSDAY
9:30 B Fit-Stretchercise BB
1:15 Computer 1:1
2:00 Menu Planning
2:45 Mix & Mingle-Mike Madawi
7:00 Scrabble, Games
7:15 Cinema-Mission Impossible:Fallout

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Independent Living
All activities are subject to change.

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.