

S M T W Th F S

Brookdale Sarasota Central
4540 Bee Ridge Rd.
Sarasota, FL 34233
(941) 377-0102 | brookdale.com



LOCATION KEY

GH Great Hall
MR Meeting Room
DR Dining Room
3F Third Floor
L Lounge
PDR Private Dining Room
CR Card Room
3FA Third Floor Atrium
ART Art Studio
* sign up

License Number

<p>03</p> <p>8:30 Transportation to Church 10:00 Walk With Friends GH 10:30 Transportation to Church 11:00 Board Games CR 1:30 Shopping @ Macy's 2:00 Sunday Classics Cinema MR</p>	<p>04</p> <p>10:30 Ambassador Meeting MR 11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Balance/Stretch Class MR 2:30 Create Arts & Crafts ART w/Lynne 3:30 Flex Your Brain MR 6:45 Cash Bingo \$ CR</p>	<p>05</p> <p>10:00 Chit Chat Knitters & Sewers 3FA 11:00 Walk With Friends GH 1:30 Word Search CR 3:00 "Artists Teach You" ART 6:45 Card Games CR 7:00 Tues Movie Night MR</p>	<p>06</p> <p>9:30 Publix/Walgreens 10:00 Bible Study MR 11:00 Aqua Movements (FREE) 11:15 Be Fit w/Mike GH 1:30 Shopping @ Wal Mart * 3:00 Menu/Programs Chat MR 4:15 Wine Down Wednesday GH</p>	<p>07</p> <p>10:30 WaterColor Demonstration ART w/Carolyn Merenda 11:00 Walk With Friends GH 12:00 New Resident Luncheon PDR 2:00 Cash Bingo \$ CR 3:00 Collage Demo ART 6:45 Poker Club CR 7:00 Foreign Affairs Lecture MR</p>	<p>01</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Publix/Walgreens 3:45 Mix and Mingle w/ BC Hathaway GH 6:45 Domino Players CR 7:00 Fri Night Movie MR</p>	<p>02</p> <p>10:00 Be Fit w/Mike GH 10:30 Documentary MR 11:00 Rosary Group PDR 1:30 Live Jeopardy MR 3:00 Rummikub Players CR 7:00 Movie (Comedy) MR</p>
<p>10</p> <p>8:30 Transportation to Church 10:00 Walk With Friends GH 10:30 Transportation to Church 11:00 Board Games CR 11:00 Guitar w/Tom L 1:30 Shopping @ Gulf Gate 2:00 Sunday Classics Cinema MR</p>	<p>11</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Tai-Chi w/Sandy MR 3:30 Ipad Demo and Talk w/Ingrid (Beginner) CR 6:45 Cash Bingo \$ CR</p>	<p>12</p> <p>10:00 Chit Chat Knitters & Sewers 3FA 11:00 Walk With Friends GH 1:30 Word Search CR 3:00 June Birthday Party L 4:45 Dinner @ Outback * 6:45 Card Games CR 7:00 Tues Movie Night MR</p>	<p>13</p> <p>9:30 Publix/Walgreens 10:00 Bible Study MR 11:00 Aqua Movements (FREE) 11:15 Be Fit w/Mike GH 1:30 Publix/Walgreens 3:00 Menu/Programs Chat MR 4:15 Wine Down Wednesday GH 7:00 Lecture: US Constitution MR</p>	<p>14 Flag Day</p> <p>10:30 Resident Council Meeting GH 11:00 Walk With Friends GH 1:30 OL HealthSouth Talk MR 2:00 Cash Bingo \$ CR 3:30 Beading Class ART 4:00 My Life Story CR 5:00 Theme Dinner: Big Band DR 6:45 Poker Club CR</p>	<p>08</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Publix/Walgreens 3:45 Mix and Mingle w/ Johnny Casablanca GH 6:45 Domino Players CR 7:00 Fri Night Movie MR</p>	<p>09</p> <p>10:00 Be Fit w/Mike GH 10:30 Documentary MR 11:00 Rosary Group PDR 1:00 Big Cat Habitat Outing * 1:30 Live Jeopardy MR 3:00 Rummikub Players CR 7:00 Movie (Comedy) MR</p>
<p>17 Father's Day</p> <p>8:30 Transportation to Church 10:00 Walk With Friends GH 10:30 Transportation to Church 11:00 Board Games CR 1:30 Fun With Randy GH 2:00 Sunday Classics Cinema MR</p>	<p>18</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Balance/Stretch Class MR 2:30 Create Arts & Crafts ART w/Lynne 3:30 Flex Your Brain MR 6:45 Cash Bingo \$ CR</p>	<p>19</p> <p>10:00 Chit Chat Knitters & Sewers 3FA 11:00 Walk With Friends GH 1:30 Word Search CR 3:00 "Artists Teach You" ART 6:45 Card Games CR 7:00 Tues Movie Night MR</p>	<p>20</p> <p>9:30 Publix/Walgreens 10:00 Bible Study MR 11:00 Aqua Movements (FREE) 11:15 Be Fit w/Mike GH 1:30 Shopping @ Wal Mart * 2:00 Book Club CR 3:00 Menu/Programs Chat MR 4:15 Wine Down Wednesday GH</p>	<p>21 Summer Solstice</p> <p>10:30 WaterColor Demonstration ART w/Carolyn Merenda 11:00 Walk With Friends GH 2:00 Cash Bingo \$ CR 3:00 Collage Demo ART 3:30 Salon Nails CR 6:45 Poker Club CR 7:00 Foreign Affairs Lecture MR</p>	<p>15</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Publix/Walgreens 3:45 Mix and Mingle w/ Shelly Torman GH 6:45 Domino Players CR 7:00 Fri Night Movie MR</p>	<p>16</p> <p>10:00 Be Fit w/Mike GH 10:30 Documentary MR 11:00 Rosary Group PDR 1:30 Live Jeopardy MR 3:00 Rummikub Players CR 7:00 Movie (Comedy) MR</p>
<p>24</p> <p>8:30 Transportation to Church 10:00 Walk With Friends GH 10:30 Transportation to Church 11:00 Board Games CR 11:00 Guitar w/Tom L 1:30 Shopping @ Dollar Tree * GH 2:00 Sunday Classics Cinema MR</p>	<p>25</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Tai-Chi w/Sandy MR 3:30 Ipad Demo and Talk w/Ingrid (Advanced) 6:45 Cash Bingo \$ CR</p>	<p>26</p> <p>10:00 Chit Chat Knitters & Sewers 3FA 11:00 Walk With Friends GH 1:30 Word Search CR 2:30 Cooking Demo MR 6:45 Card Games CR 7:00 Tues Movie Night MR</p>	<p>27</p> <p>9:30 Publix/Walgreens 10:00 Bible Study MR 11:00 Aqua Movements (FREE) 11:15 Be Fit w/Mike GH 1:30 Publix/Walgreens Sign Up 3:00 Menu/Programs Chat MR 4:15 Wine Down Wednesday GH 7:00 Lecture: US Constitution MR</p>	<p>28</p> <p>11:00 Walk With Friends GH 12:45 Cinema Days * 2:00 Cash Bingo \$ CR 3:30 Beading Class ART 4:00 Trivia CR 4:45 Dinner @ Turtles * 6:45 Poker Club CR 7:00 Brookdale Celebrates MR</p>	<p>22</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Publix/Walgreens 3:45 Mix and Mingle w/ Barry Graham GH 6:45 Domino Players CR 7:00 Fri Night Movie MR</p>	<p>23</p> <p>10:00 Be Fit w/Mike GH 10:30 Documentary MR 11:00 Rosary Group PDR 11:45 Lunch @ Millie's * 1:30 Live Jeopardy MR 3:00 Rummikub Players CR 7:00 Movie (Comedy) MR</p>
<p>29</p> <p>11:00 Aqua Movements (FREE) 11:15 Be Fit w/Steve GH 1:30 Publix/Walgreens 3:45 Mix and Mingle w/ Eric Vaughan GH 6:45 Domino Players CR 7:00 Fri Night Movie MR</p>	<p>30</p> <p>10:00 Be Fit w/Mike GH 10:30 Documentary MR 11:00 Rosary Group PDR 3:00 Rummikub Players CR 7:00 Movie (Comedy) MR</p>					

Independent Living - All activities are subject to change.

Health and Wellness

Live Your Optimum Life®: Pet Therapy



Animals can provide companionship, unconditional love and lifelong friendship. Pet therapy, also known as Animal-Assisted Therapy (AAT), is a broad technique involving any interaction that patients have with animals to make them feel better. Here is the best part, EVERYONE benefits from pet therapy. According to Mario Garrett, Ph.D., professor at San Diego State University, pets provide multiple benefits to their companions. It not only feels good to be around pets, but it makes you healthier.

Garrett says that even just owning a pet has been found to be beneficial. This is great news! Older adult pet owners walk significantly farther when they walked with a dog, which might contribute to their making fewer visits to the doctor. Garrett further notes that even if you don't own a dog, but live in a senior living community, the presence of a dog is associated with reduced need for medication, improved physical functioning, and improved vital signs.

Additional benefits of pet therapy include reductions in loneliness, agitation and depression as well as increases in engagement, well-being, nutritional intake, and social interactions. How are these health benefits being associated to pet therapy? The University of Missouri-Columbia is investigating how pet therapy generates hormones that affect mood.

Research suggests that hormonal changes that naturally occur when humans and dogs interact could help people cope with depression and certain stress-related disorders. Simply petting a dog for a few minutes prompts a release of a number of 'feel good' hormones in humans, including serotonin, prolactin and oxytocin.

If you already have a pet, you can share them and help others. Once your animal is certified you can volunteer with your pet and provide pet therapy to hospice, clinics or schools. If you are unsure how to do this, look up your local Humane Society and SPCA for local programs on training your pet for animal-assisted therapy.

Wellness Challenge

Pet therapy offers a connection that allows older adults to remember, vocalize their recollections and smile. Many enjoy sharing memories of pets that lived in their homes as they grew up, others that were family members as they raised their own children and even pets that served as faithful companions in later life. Start a conversation!

Be Well on Purpose!



COMMUNITY CONNECTIONS



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Brookdale News

June is Brain Health Month



Most of us are aware that age is the biggest risk factor for Alzheimer's and other forms of dementia. While there is no way to prevent it and there is nothing we can do about our age, there are things we can do to reduce the risk of Alzheimer's or other dementias.

The brain is an amazingly complex organ that is impacted by everything we do from a health perspective. Here are the top six things we can all do to help reduce our risk for dementia and maintain a healthy brain:

- Stay socially connected
- Exercise for 20 minutes each day
- Keep learning new things-use the brain in new ways
- Control stress-stress is toxic to brain cells
- Eat good food-follow the MIND diet
- Correct hearing loss-recent research suggests that hearing loss is a risk factor for dementia

At Brookdale, our goal is to support good brain health no matter where a person is in their journey. Our Brain Fit program is designed to educate and promote a brain healthy lifestyle through the Know Your Brain class; provide opportunities to Grow Your Brain with novel and complex projects; and provide a mental fitness workout with weekly Flex Your Brain classes. Our Clare Bridge programs support those who are living with dementia through person-centered approaches to help them live their Optimum Life®.

Wishes of a Lifetime

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



Siblings Reconnect After 30 Years Apart

Thomas Martin found himself orphaned on the steps of the Simpson's family home at age 10. Following the death of his mother, his father had left him and his siblings with various neighbors in an act of desperation. Yet he found himself with a loving adoptive family, with whom he became very close.

Thomas joined the Army Air Corps and then made a career working as a civilian operations/security supervisor at Eglin Air Force Base in Florida. He went on to become a devoted family man, remaining in touch with his adopted family, especially older sister, Ella.

Although life and health issues kept the two apart for 30 years, Thomas received a letter from Ella after her 99th birthday. He knew a visit was in order.

Wish of a Lifetime and Brookdale were happy to reconnect Thomas and Ella in February. The pair stayed up until midnight every night chatting away, reliving memories of childhood and catching up.