

S M T W Th F S

Brookdale Hilton Head
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Hilton Head Island, SC 29926
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						01 10:00 B-Fit AH 11:15 Flex Your Brain 200 1:30 Entertainment w/Jim Pegolotti US 2:00 Bingo AH 3:15 Crosswords AH 4:15 Sign Language Discovery AH 6:15 Poker With Bruce Lib		02 BREAKFAST BUFFET DR 9:00 <i>Blue Crab Discovery at Coastal Discovery Museum</i> 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Spiro100 Exercises AH 1:30 Garden Club Project 100 4:15 Thursday Ted Talk AH		03 10:00 B-Fit AH 11:15 <i>ASC: Connections are Ageless</i> AH 1:30 Publix 3:00 Trivia with Lennie AH 4:00 Happy Hour Bar 4:00 Music with Nick Demarco Bar 6:30 Friday Night Flick 200		04 10:30 B Fit AH 11:00 Current Events and Headline News Bar 2:00 Bingo AH 3:30 Cards with Friends Lib 6:30 Resident's Choice: Movie 200	
05 10:30 Worship Service CH 11:00 Walking Club 200 2:00 Porch Social with MOD FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night AH		06 10:00 B-Fit AH 11:15 Bible Study w/ Barbara CH 1:30 Wal Mart Outing 2 Movie Matinee Monday! 200 2:30 Sundaes on Mondays VS 4:00 My Life Story 200 6:30 Cards with friends PVD		07 9:30 Catholic Communion CH 10:30 B Fit AH 11:15 <i>LB:Jane Bistro and Bar</i> 2:00 Flex Your Brain 200 4:00 Happy Hour DSD 4:00 Entertainment w/ Desi P. DSD		08 10:00 B-Fit AH 11:15 Flex Your Brain 200 2:00 Bingo AH 3:15 Crosswords AH 4:00 <i>Music with Jim Seem</i> US 6:30 Poker Club Bar		09 BREAKFAST BUFFET DR 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Spiro100 Exercises AH 1:30 Book Club Meeting Bar 2:00 Menu Chat with Derek! US 4:15 Thursday Ted Talk AH		10 10:00 B-Fit AH 1:30 Publix Outing 3:00 Trivia with Lennie AH 4:00 <i>Jeff Bianchi on Classical Guitar</i> Bar 4:00 Happy Hour Bar 6:30 Friday Night Flick 200		11 10:30 B Fit AH 11:00 Current Events and Headline News Bar 2:00 Bingo AH 3:30 Cards with Friends Lib 6:30 Resident's Choice: Movie 200	
12 10:30 Worship Service CH 11:00 Walking Club 200 2:00 Porch Social with MOD FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night AH		13 10:00 Hos-Pets VS 10:00 B-Fit AH 11:15 Bible Study w/ Barbara CH 1:30 Wal Mart Outing 2 Movie Matinee Monday! 200 2:30 Sundaes on Mondays VS 6:30 Cards with friends Bar		14 9:30 Catholic Communion CH 10:30 B Fit AH 11:15 <i>LB:Reilley's North End Pub</i> 2:00 Bookmobile Visit FP 2:00 Flex Your Brain 200 4:00 <i>BC: Wine Pairing & Tasting</i> Bar		15 10:00 B-Fit AH 11:15 Flex Your Brain 200 2:00 Bingo AH 3:15 Crosswords AH 3:15 Music with SG DSD 6:15 Poker With Bruce Lib		16 BREAKFAST BUFFET DR 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Spiro100 Exercises AH 1:30 Garden Club Project 100 3:30 Resident Council AH 4:15 Thursday Ted Talk AH		17 10:00 B-Fit AH 12:00 <i>Lunch on the Grill</i> 1:30 Publix Outing 3:00 Trivia with Lennie AH 4:00 Happy Hour Bar 4:00 Music with Brian C. Bar 5:30 <i>Resident Dinner Night Out</i>		18 10:30 B Fit AH 11:00 Current Events and Headline News Bar 2:00 Bingo AH 3:30 Cards with Friends Lib 6:30 Resident's Choice: Movie 200	
19 10:30 Worship Service CH 11:00 Walking Club 200 2:00 Porch Social with MOD FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night AH		20 10:00 B-Fit AH 11:15 Bible Study w/ Barbara CH 1:30 Wal Mart Outing 2:00 <i>Entertainment with Jim Peppers</i> US 2:30 Sundaes on Mondays VS 6:30 Cards with friends Bar		21 9:30 Catholic Communion CH 10:30 B Fit AH 11:15 <i>LB:Mangiama</i> 2:00 Flex Your Brain 200 4:00 Happy Hour Bar 4:00 Entertainment w/ Elvis! Bar		22 10:00 B-Fit AH 11:15 Flex Your Brain 200 2:00 Bingo AH 3:15 Crosswords AH 6:30 Poker Club Bar		23 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Spiro100 Exercises AH 1:30 Book Club Meeting Bar 2:00 Menu Chat with Derek! US 4:15 Thursday Ted Talk AH 5:00 <i>BC: Italian Dinner Night</i> 6:00 <i>Coffee Chat with Daryl</i> TBD		24 10:00 B-Fit AH 11:15 Programs Chat! AH 1:30 Publix Outing 3:00 Trivia with Lennie AH 4:00 <i>August Birthday Celebration</i> Bar 6:30 Friday Night Flick 200		25 10:30 B Fit AH 11:00 Current Events and Headline News Bar 2:00 Bingo AH 3:30 Cards with Friends Lib 6:30 Resident's Choice: Movie 200	
26 10:30 Worship Service CH 11:00 Walking Club 200 2:00 Porch Social with MOD FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night AH		27 10:00 B-Fit AH 11:15 Bible Study w/ Barbara CH 1:30 Wal Mart Outing 2 Movie Matinee Monday! 200 2:30 Sundaes on Mondays VS 6:30 Cards with friends Bar		28 9:30 Catholic Communion CH 10:30 B Fit AH 11:15 <i>LB:One Hot Mama's</i> 2:00 Bookmobile Visit FP 2:00 Flex Your Brain 200 4:00 Happy Hour DSD 4:00 Music With Bill Arno DSD		29 10:00 B-Fit AH 11:15 Flex Your Brain 200 2:00 Bingo AH 3:15 Crosswords AH 6:15 Poker with Bruce Lib		30 BREAKFAST BUFFET DR 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Spiro100 Exercises AH 1:30 Garden Club Meeting 100 4:15 Thursday Ted Talk AH		31 10:00 B-Fit AH 11:15 Wii Games AH 1:30 Publix Outing 3:00 Trivia with Lennie AH 4:00 <i>Sip and Learn:Optimum Life Wellness Event-Hydration</i> AH 6:30 Friday Night Flick 200		LOCATION KEY AH Assembly Hall VS Village Square DR Dinning Room 200 200 Hall Bar Bar TBD To Be Determined FP Front Porch CH Chapel	

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®: Fruits & Veggies – More Matters Month



Next month is “Fruits & Veggies – More Matters Month”. We can use this month to raise awareness about the importance of getting enough fruits and vegetables in our daily diet.

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, Type 2 Diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

However, many people don't eat enough fruits and vegetables:

- Fewer than 1 in 4 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 7 adults eat the recommended amount of vegetables every day.

The good news is communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables. Help spread the word about tips for healthy eating and encourage your family and friends to get involved.

Get Involved

- Post information about a different vegetable or fruit every week and include a quick and easy recipe in your community newsletter or bulletin.

- Help start or support a community garden.
- Conduct a cooking demonstration using recipes full of vegetables and fruits.
- Find a farmers market in your area.

More than 90 percent of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the ChooseMyPlate.gov nutrition guide. Try to remember these two helpful tips to add more fruits and veggies into your diet:

1. Fill half your plate with fruits and vegetables at each meal or eating occasion
2. All forms (fresh, frozen, canned, dried and 100% juice) count toward your daily intake

Wellness Challenge

Eating more fruits and veggies can be fun – and it's worth it!

Here are some ideas to help you fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy.
- When possible, cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge yourself to try a new fruit or vegetable each week.
- Buy vegetables and fruits in a variety of colors.

Be Well on Purpose!



Brookdale News

Brookdale Launches New Online Newsroom



Want to stay “in the know” on all things Brookdale? Check out Brookdale's new online newsroom at BrookdaleNews.com.

BrookdaleNews.com is your source for everything happening at Brookdale. From local community stories to corporate initiatives and expert blogs, BrookdaleNews.com is your one-stop-shop to get all the information you want. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Read blogs from Brookdale experts on topics relevant to you, such as advancements in Alzheimer's and dementia care, senior living industry insights and tips for living an Optimum Life.

BrookdaleNews.com brings stories from the field and corporate office to life. It is candid, genuine and beneficial to anyone wanting to know what life is really like at Brookdale. Click “subscribe for news alerts” at the top of the

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Wishes of a Lifetime

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

**Helen Takes a Thrilling Ride**

Florida resident Helen Takagi has not tamed her wild streak. The 95-year-old may seem reserved, but this petite thrill seeker has always wanted to ride a Harley-Davidson motorcycle.

Helen spent most of her life raising four children and volunteering in their schools. Later, she spent her life travelling wherever the wind took her. Now she teaches exercise classes at her assisted living community within Lake Port

Square and plays pool on her off time.

Wish of a Lifetime and Brookdale were thrilled to grant Helen's unique and daring wish. She finally got a true Harley experience December 21. Leesburg's Gator Harley Davidson made sure that Helen was riding in style, supplying her with a black and white riding vest, sunglasses and riding gloves so that she looked “like a true biker babe,” Helen said.

Helen hit the road on a brand new 2018 Harley Davidson Ultra Limited driven by one of the company's employees, Johnny Malik. They took a scenic ride around Lake Harris and even swung by Lake Port Square to greet her friends.