

S M T W Th F S

January 2019

Freedom Village Brandywine
 15 Freedom Blvd.
 West Brandywine, PA 19320
 (610) 383-5100 | brookdale.com

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 9:30 B-Fit Exercise
- 10:00 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:30 Creative/Crafts/Art and Clustered Groups
- 2:30 Physical
- 3:00 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 7:00 Sensory/News and Reading Groups
- 7:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- LG - Lounge
- DR - Dining Room
- GR - Great Room
- VA - Village Auditorium
- Vil - Village
- GH - Green House
- INN - The Glen
- CY - Courtyard
- * - Celebrations
- Bus - Outing

License Number



01 **New Year's Day**

9:30 B-Fit	DR
11:00 Trivia Fun!	LG
1:30 Button Art	DR
2:30 Balloon Toss	LG
4:00 Animal Webcam	LG
7:00 Current Events	LG

02

9:30 B-Fit	LG
10:30 Visit with Champ!	LG
11:00 Resident Council	LG
1:30 Paint by Number	LG
2:30 Bean Bag Toss	DR
3:00 Ed Schmidt Magician	GR
4:00 YouTube Baby Videos	LG
7:00 Hand Care & Massage	LG

03

9:30 B-Fit	LG
10:30 Dunkin Donuts Drive Bus	
11:30 Cranium Crunches	DR
1:30 What's Cooking	DR
2:30 Target Practice	LG
4:00 Music Memories	LG
7:00 Card Games	LG

04

9:30 B-Fit	DR
11:00 Friday Funnies	LG
1:30 Snowman Craft	LG
2:30 Ring Toss	DR
3:00 Entertainment	LG
4:00 Sing Along	LG
7:00 Fancy Nails	LG

05

9:30 B-Fit	DR
10:30 Visit from Champ!	LG
11:00 Mental Workout	DR
1:30 Creation Station	DR
2:30 Toss Across	DR
4:00 Karaoke	LG
7:00 Easy Listening	LG

06

9:30 B-Fit	LG
10:30 Catholic Service	GR
11:00 Inspirational Hour	LG
1:30 Sunday Creations	LG
2:30 Greenhouse Walk	LG
3:00 Vespers Service	GR
4:00 You Tube Music	LG
7:00 Evening Movie	LG

07

9:30 B-Fit	DR
11:00 Brain Fitness	LG
1:30 Paint by Numbers	LG
2:00 Snack Creations	LG
3:00 Ring Toss	DR
4:00 You Tube Baby Videos	LG
7:00 Card Games	LG

08

9:30 B-Fit	DR
10:00 Mix anMatch	DR
11:00 InTouch Crossword	LG
1:30 Cooking Demo	LG
2:30 Noodle Hockey	DR
3:00 Sing A Long	GR
4:00 Let's Make Music	LG
7:00 Current Events	LG

09

9:30 B-Fit	LG
10:30 Champ Visits!	LG
11:00 Reminisce Stories	LG
2:00 Gardening	DR
3:00 Entertainment	GR
3:00 Support Group	Vil
4:00 Sentimental Reflections	DR
7:00 Lotions and Potions	LG

10

9:30 B-Fit	LG
10:30 Ice Cream Drive Bus	
11:00 Short Stories	LG
1:30 Paint On canvas	LG
2:30 Going Fit	DR
3:30 Eat Right For Life	LG
4:00 Karaoke	LG
7:00 Card Games	LG

11

9:30 B-Fit	DR
11:00 What Year Was That?	LG
1:30 Mosaics	LG
2:30 Floor Bowling	LG
4:00 Live Animal Web Cam	LG
7:00 Board Game Fun	LG

12

9:30 B-Fit	DR
10:30 Champ Visits!	LG
11:00 Mental Workout	LG
1:30 Creation station	LG
2:30 Noodle Ball	DR
4:00 Sing Along	LG
7:00 Easy Listening	LG

13

9:30 B-Fit	LG
10:30 Catholic Service	GR
11:00 Inspirational Hour	LG
1:30 Sunday Creations	LG
2:30 Greenhouse Walk	LG
3:00 Vespers Service	GR
4:00 Hymns	LG
7:00 Evening Movie	LG

14

9:30 B-Fit	DR
11:00 Brain Fitness	LG
1:30 Snack Creations	DR
2:30 Ring Toss	DR
4:00 Finish the Song	LG
7:00 Card Games	LG

15

9:30 B-Fit	DR
11:00 Intouch Word Find	LG
1:30 Bingo	DR
2:30 Toss Across	LG
4:00 Name that Tune	LG
7:00 Current Events	LG

16

9:30 B-Fit	DR
10:30 Champ Visits	LG
11:00 Who,What,Where	LG
3:00 Entertainment	GR
4:00 Funny Home Videos	LG
7:00 Hand Care & Massage	LG

17

9:30 B-Fit	DR
11:00 AppleBee's Lunch Bus	
11:00 What Comes First	LG
1:30 Stained Glass Art	DR
2:30 Sit and Fit	LG
4:00 Musical Fun	LG
7:00 Card Games	LG

18

9:30 B-Fit	DR
11:00 Mind Joggers	LG
1:30 Rhyme Tyme	LG
2:30 Balloon Volley	DR
4:00 Let's Make Music	LG
7:00 Board Game Fun	LG

19

9:30 B-Fit	DR
10:30 Champ Visits!	LG
11:00 Fun Facts	LG
1:30 Creation Station	DR
2:30 Noodle Hockey	DR
4:00 Sing Along	LG
7:00 Easy Listening	LG

20

9:30 B-Fit	DR
10:30 Catholic Services	GR
11:00 Inspirational Hour	LG
1:30 Sunday Creations	DR
2:30 Greenhouse Walk	GH
3:00 Vespers Service	GR
4:00 You Tube Music	LG
7:00 Evening Movie	LG

21 **Martin Luther King Jr.**

9:30 B-Fit	Dr
11:00 What Comes First	LG
11:30 I've Got A Dream	LG
1:30 Snack Creations	DR
2:30 Balloon Volley	DR
4:00 Big Band Music	LG
7:00 Card Games	LG

22

9:30 B-Fit	DR
11:00 InTouch Crossword	LG
1:30 Paint By Number	DR
2:30 Parachute	DR
4:00 Animal Web Cam	LG
7:00 Current Events	LG

23

9:30 B-Fit	DR
11:00 Reminisce Stories	LG
1:30 Create a Parfait	LG
2:30 Toss Across	DR
3:00 Entertainment	GR
4:00 Sentimental Reflections	LG
7:00 Hand Care & Massage	LG

24

9:30 B-Fit	DR
11:00 Historic Drive	Bus
11:00 Mind Joggers	LG
1:30 Creative Writing	LG
2:30 Noodle Ball	Dr
4:00 Finish The Lyrics	LG
7:00 Lotions and Potions	LG

25

9:30 B-Fit	DR
11:00 Friday Funnies	LG
1:30 Craft Kits	DR
2:30 Ring Toss	LG
3:00 Birthday Bash	LG
4:00 Karaoke	LG
7:00 Board Games	LG

26

9:30 B-Fit	DR
10:30 Champ Visits!	LG
11:00 Mental Workout	LG
1:00 Creation Station	LG
2:30 Toss Across	LG
4:00 Sing Along	LG
7:00 Easy Listening	LG

27

9:30 B-Fit	DR
10:30 Catholic Services	GR
11:00 Inspirational Hour	LG
1:30 Sunday Creations	DR
3:00 Vespers Service	GR
4:00 Hymns	LG
7:00 Evening Movie	LG

28

9:30 B-Fit	DR
11:00 Chicken Soup Stories	LG
1:30 Snack Creations	DR
2:30 Parachute	LG
4:00 Let's Make Music	LG
7:00 Card Games	LG

29

9:30 B-Fit	DR
11:00 Brain Quest	LG
1:30 Build A Snowman	LG
2:30 Bowling	Dr
4:00 Name That Tune	LG
7:00 Current Events	LG

30

9:30 B-FIT	DR
10:30 Champ Visits	LG
11:00 Word in a Word	LG
1:30 What's Cooking	GR
2:30 Chair Yoga	DR
4:00 Hand Bells	LG
7:00 Hand Care and Massage	LG

31

9:30 B-Fit	DR
11:00 Brain Games	LG
1:30 Mad Libs	LG
2:30 Sit and Fit	DR
4:00 Sltes and Sounds	LG
7:00 Lotions and Potions	LG

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!



COMMUNITY CONNECTIONS



brookdale.com

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.