

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:15 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 7:00 Sensory/News and Reading Groups
- 7:30 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
- VA - Village Auditorium
- GR - Green House
- INN - The Glen
- CY - Courtyard
- * - Celebrations
- OT - Outing

Freedom Village Brandywine

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



S	M	T	W	Th	F	S
01 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 Catholic Service GR 11:15 Rosary Prayers LG 2:00 Sunday Stories LG 3:00 Vespers Service GR 4:00 You Tube Music LG 7:00 Sorting Table LG	02 9:15 Good Morning CBP LG 10:00 B-FIT LG 11:00 Amelia Earhart Trivia LG 2:00 Snack Creations LG 3:00 Patio Talk CY 4:00 Easy Listening LG 7:00 Movie Night LG	03 9:15 Good Morning CBP LG 10:00 Exercise Warmup LG 10:30 B-FIT LG 11:00 InTouch Trivia LG 3:00 Ball Bounce and Chat LG 4:00 Name that Tune LG 7:00 Jeopardy Party LG	04 Independence Day 9:45 Resident Council LG 10:00 B-FIT LG 10:30 4th of July Program VI 11:00 Reminisce Stories LG 2:00 Easy Crafts DR 3:00 Gene Galligan GR 4:00 Easy Listening LG 7:00 Hand Care & Massage LG	05 9:15 Good Morning CBP LG 10:00 B-Fit LG 10:30 Scenic Drive OT 11:00 Mind Joggers LG 2:00 Creative Corner DR 3:00 Sing a long GR 4:00 Mix and Mingle GR 7:00 Netflix Classics LG	06 10:00 Friday Funnies LG 10:30 B-Fit LG 11:00 Celebration Trivia LG 2:00 Zen Coloring LG 3:00 Kevin Galm LG 4:00 Easy Listening LG 7:00 Golden Girls LG	07 9:15 Good Morning CBP LG 10:00 B-FIT LG 11:00 Pet Therapy LG 11:00 On this day trivia LG 2:00 Crafting circle LG 3:00 Walking CY 4:00 Easy Listening LG 7:00 Lawrence Welk LG
08 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 Catholic Service GR 11:15 Rosary Prayers LG 2:00 Sunday Stories LG 3:00 Vespers Service GR 4:00 Music Lounge LG 7:00 Sorting Table LG	09 9:15 Good Morning CBP LG 10:00 B-FIT LG 11:00 Niagra Falls LG 2:00 Snack Creations LG 3:00 Walking CY 4:00 Easy listening LG 7:00 Movie Night LG	10 9:15 Good Morning CBP LG 10:00 Exercise Warmup LG 10:30 B-FIT LG 11:00 Mind Teasers LG 2:00 Cooking Demo DR 3:00 Sing A Long LG 4:00 Easy listening LG 7:00 Jeopardy Party LG	11 10:00 B-FIT LG 10:30 Pet Therapy LG 11:00 Reminisce Stories LG 2:00 Gardening DR 3:00 Fred Miller GR 4:00 Sentimental Reflections LG 6:00 Support Group DR 7:00 Hand Care & Massage LG	12 9:15 Good Morning CBP LG 10:00 Horoscopes LG 10:30 B-Fit LG 11:00 Restaraunt Outing OT 2:00 Paint by Numbers LG 3:00 Patio Talk CY 4:00 Musical Fun LG 7:00 Netflix Classics LG	13 10:00 Friday Funnies LG 11:00 B-Fit LG 11:30 Life Skill Boxes LG 2:00 Henry Schoolcraft LG 3:00 Decorating for Party LG 5:00 Themed Dinner DR 6:00 Freedom Village CY 20th Anniversary Party	14 9:15 Good Morning CBP LG 10:00 B-FIT LG 11:00 Pet Therapy LG 11:00 Reminisce CY 2:00 Craft LG 3:00 Walking CY 4:00 Easy Listening LG 7:00 Lawrence Welk LG
15 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 Catholic Service GR 11:15 Rosary Prayers LG 2:00 Sunday Stories LG 3:00 Vespers Service GR 4:00 You Tube Music LG 7:00 Sorting Table LG	16 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 National Geographic LG 11:00 What comes first LG 2:00 Snack Creations LG 3:00 Celebration Movie LG 4:00 Walkinig CY 7:00 Movie Night LG	17 9:15 Good Morning CBP LG 10:00 Exercise Warmup LG 10:30 B-FIT LG 11:00 Discuss and Recall LG 2:00 Disneyland Reminisce CY 3:00 Walking CY 4:00 Name that Tune LG 7:00 Jeopardy Party LG	18 10:00 B-FIT LG 10:30 Pet Therapy LG 11:00 Reminisce Stories LG 12:00 Pool Party Luau VI 2:00 Zen Coloring LG 3:00 Reminisce CY 4:00 Funny Home Videos LG 7:00 Hand Care & Massage LG	19 9:15 Good Morning CBP LG 10:00 Horoscopes LG 10:30 Scenic Drive OT 11:00 Winston Churchill LG 2:00 Creative Corner LG 3:00 Sit and Fit LG 4:00 Musical Fun LG 7:00 Netflix Classics LG	20 10:00 Friday Funnies LG 10:30 B-Fit LG 11:00 Neil Armstrong LG 2:00 Reminsce CY 3:00 Walking CY 4:00 Making Music LG 7:00 Golden Girls LG	21 9:15 Good Morning CBP LG 10:00 B-FIT LG 11:00 Pet Therapy LG 11:00 Don Knotts LG 2:00 Craft LG 3:00 Walking Club CY 4:00 Easy Listening LG 7:00 Lawrence Welk LG
22 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 Catholic Service GR 11:15 Rosary Prayers LG 2:00 Sunday Stories LG 3:00 Vespers Service GR 4:00 Music Lounge LG 7:00 Sorting Table LG	23 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 Lighthouse Trivia LG 11:00 Raymond Chandler LG 2:00 Snack Creations LG 3:00 Walking CY 4:00 Easy Listening LG 7:00 Movie Night LG	24 9:15 Good Morning CBP LG 10:00 Exercise Warmup LG 10:30 B-FIT LG 11:00 Reminisce LG 2:00 Zen Coloring LG 3:00 Sing A Long LG 4:00 Walking CY 7:00 Jeopardy Party LG	25 10:00 B-FIT LG 10:30 Pet Therapy LG 11:00 Reminisce Stories LG 2:00 Tell Me More LG 3:00 Tony Juliano GR 4:00 Walking LG 7:00 Hand Care & Massage LG	26 9:15 Good Morning CBP LG 10:00 Horoscopes LG 10:30 Scenic Drive OT 11:00 I love lucy LG 2:00 Craft LG 3:00 Walking CY 4:00 Easy Listening LG 7:00 Netflix Classics LG	27 10:00 Friday Funnies LG 11:00 B-Fit LG 11:30 Orville Wright LG 2:00 Zen Coloring LG 3:00 Birthday Bash Fun GR 4:00 Walking CY 7:00 Golden Girls LG	28 9:15 Good Morning CBP LG 10:00 B-FIT LG 11:00 Pet Therapy LG 11:00 Reminisce CY 2:00 Craft LG 3:00 Walking Club CY 4:00 Big Band Music LG 7:00 Lawrence Welk LG
29 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 Catholic Service GR 11:15 Rosary Prayers LG 2:00 Sunday Stories LG 3:00 Vespers Service GR 7:00 Sorting Table LG	30 9:15 Good Morning CBP LG 10:00 B-FIT LG 10:30 President Trivia LG 11:00 WAVES LG 2:00 Snack Creations LG 3:00 Walking CY 4:00 Big Band Music LG 7:00 Movie Night LG	31 9:15 Good Morning CBP LG 10:00 Exercise Warmup LG 10:30 B-FIT LG 11:00 Ben Soffers Gardens GR 2:00 Zen Coloring LG 3:00 Walking CY 4:00 Easy Listening LG 7:00 Jeopardy Party LG				

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:

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



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.