

S M T W Th F S

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

LOCATION KEY

GR Great Room	DR Dining Room
GL The Glen	OT Outing
LB Library	BUS Bus Trip
ICP Ice Cream Parlor	VG Village Green
ML Main Lobby	
VA Village Auditorium	

License Number

04 Daylight Saving Time Ends

10:30 Catholic Eucharistic Minister	GR
1:00 Spiro 100 Fitness	GR
1:45 Bingo	GR
3:00 Vespers	GR

05

9:45 Chair Yoga	GR
10:30 Wii Jeopardy	GR
11:00 Ron's Schoolhouse	BUS
1:30 Matinee Movie	GR
3:30 Walking Club	ML
6:00 Bingo	GR

06

Election Day

10:00 B-Fit	GR
10:00 Election Shuttle	ML
10:30 Coffee and Currents	GR
11:00 Flex Your Brain	GR
1:00 Pinochle	GR
1:00 Social Bridge	LB
3:00 Walking Club	ML
6:00 Movie Night	GR

07

9:45 Spiro 100 Fitness	GR
10:30 Bible Study	GR
10:30 Pet Visits	
11:30 Hunt Club Lunch/Walk	ML
1:30 Bingo	GR
2:30 Manicures	GR
4:00 Wine Down Wednesdays	ML
6:00 Pete & Ted	GR

08

10:00 B-Fit	GR
10:30 Flex Your Brain	GR
11:00 Walking Club	ML
1:30 OL Health Talk	GR
2:30 Afternoon Tea	GR
3:30 iPad Club	GR
6:15 TV Miniseries	GR

09

9:30 Going Fit Exercise	GR
10:30 Veteran's Day Program	AUD
1:30 Walking Group	ML
2:30 Celebration Cooking Demo	GR
3:00 Activities Planning Meeting	GR
6:15 Cocktails	GR

10

9:45 Coffee Club/Walking Club	GR
10:45 B-Fit	GR
11:00 Pet Visits	
1:30 Bingo	GR
3:00 Wii Bowling	GR
6:00 Movie Night	GR

11

Veterans Day

10:30 Catholic Eucharistic Minister	GR
1:00 Spiro 100 Fitness	GR
1:45 Bingo	GR
3:00 Vespers	GR

12

9:45 Chair Yoga	GR
10:30 Catholic Mass	GR
10:30 Wii Jeopardy	GR
1:30 Matinee Movie	GR
3:30 Walking Club	ML
6:00 Bingo	GR

13

10:00 B-Fit	GR
10:30 Coffee and Currents	GR
11:00 Flex Your Brain	GR
1:15 AMT Holiday Show	BUS
1:00 Pinochle Class	GR
1:00 Social Bridge	LB
2:00 Walking Club	ML
6:00 Celebration Movie Night	GR

14

9:45 Spiro 100 Fitness	GR
10:30 Bible Study	GR
10:30 Pet Visits	
11:30 Hunt Club Lunch Bunch	ML
1:30 Bingo	GR
3:00 Tom Tolnay	GLN
4:00 Wine Down Wednesdays	ML
5:30 Manicures	GR

15

10:00 B-Fit	GR
10:30 Flex Your Brain	GR
11:00 Walking Club	GR
2:00 Afternoon Tea	GR
3:00 TED Talk Thursday	GR
3:30 Family Fun Night	ML
6:15 TV Miniseries	GR

16

9:30 Going Fit Exercise	GR
10:30 Memory Lane	GR
11:00 Walking Club	ML
2:00 Ridley Park Talk	GR
3:30 Yahtzee	GR
6:15 Cocktails	GR

17

9:45 Coffee Club/Walking Club	GR
10:45 B-Fit	GR
11:00 Pet Visits	
1:30 Bingo	GR
3:00 Wii Bowling	GR
6:00 Movie Night	GR

18

10:30 Catholic Eucharistic Minister	GR
1:00 Spiro 100 Fitness	GR
1:45 Bingo	GR
3:00 Vespers	GR

19

9:45 Chair Yoga	GR
10:30 Wii Jeopardy	GR
11:00 Menu Chat	GR
1:30 Matinee Movie	GR
3:30 Walking Club	ML
6:00 Bingo	GR

20

10:00 B-Fit	GR
10:30 Flex Your Brain	GR
11:00 Red Robin	BUS
1:00 Social Bridge	LB
1:00 Pinochle	GR
2:00 Walking Club	ML
6:00 Family Fun Night	GR

21

9:45 Spiro 100 Fitness	GR
10:30 Bible Study	GR
10:30 Pet Visits	
11:30 Hunt Club Lunch Bunch	ML
1:30 Turkey Bingo	GR
3:00 Cindy McGrath	GR
4:00 Wine Down Wednesdays	ML
5:30 Manicures	GR

22

Thanksgiving Day

10:00 Macy's Thanksgiving Parade	GR
1:00 Thanksgiving Trivia	GR
2:00 Thanksgiving Tea	GR

23

9:30 Going Fit Exercise	GR
10:30 Art with Chris	GR
1:30 Walking Club	ML
2:30 Flex Your Brain	GR
3:00 New Resident Social	GR
6:15 Cocktails	GR

24

9:45 Coffee Club/Walking Club	GR
10:45 B-Fit	GR
11:00 Pet Visits	
1:30 Bingo	GR
3:00 Wii Bowling	GR
6:00 Movie Night	GR

25

10:30 Catholic Eucharistic Minister	GR
1:00 Spiro 100 Fitness	GR
1:45 Bingo	GR
3:00 Vespers	GR

26

9:45 Chair Yoga	GR
10:30 Wii Jeopardy	GR
1:30 Matinee Movie	GR
3:30 Walking Club	ML
6:00 Bingo	GR

27

10:00 B-Fit	GR
10:30 Coffee and Currents	GR
11:00 Flex Your Brain	GR
1:00 Social Bridge	LB
1:00 Pinochle	GR
2:00 Celebration Social	GR
3:00 Walking Club	ML
6:00 Movie Night	GR

28

9:45 Spiro 100 Fitness	GR
10:30 Bible Study	GR
10:30 Pet Visits	
11:30 Hunt Club Lunch Bunch	ML
1:30 Bingo	GR
3:00 Entertainment	GR
4:00 Wine Down Wednesdays	ML
5:30 Manicures	GR

29

10:00 B-Fit	GR
10:30 Flex Your Brain	GR
11:00 Shake & Bake	GR
2:00 Pastor Lynch	GR
3:00 Afternoon Tea	GR
6:15 TV Miniseries	GR

30

9:30 Going Fit Exercise	GR
10:00 Word in a Word	GR
11:00 Ben Soffer	GR
1:30 Flower Arranging	GR
3:00 Birthday Bash	GR
6:15 Cocktails	GR



Health and Wellness

Live Your Optimum Life®: Laughter is the Best Medicine



Some researchers think laughter just might be the best medicine, and that laughter may help you feel better. While there is some evidence that laughter may help boost your immune system, overall research results have been mixed. One pioneer in laughter research, Dr. William Fry, professor of Psychology at Stanford University, claimed it took ten minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter!

In the last few decades, researchers have studied laughter's effects on the body and turned up some

potentially interesting information on how it affects us.

Blood Flow

Researchers at the University of Maryland studied the effects on blood vessels when people were shown either comedies or dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally -- expanding and contracting easily. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow.

Immune Response

Increased stress is associated with decreased immune system response. Some studies have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well.

Blood Sugar Levels

One study of 19 people with diabetes looked at the effects of laughter on blood sugar

levels. After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture.

Relaxation and Sleep

The focus on the benefits of laughter really began with Norman Cousins's memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like the Marx Brothers films and episodes of the television show *Candid Camera*, helped him feel better. He said that ten minutes of laughter allowed him two hours of pain-free sleep.

Regardless of whether laughter actually improves your health or boosts your energy, it undeniably improves your quality of life.

Wellness Challenge

Optimum Life Inspiration

Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or someplace you will regularly see them. Keep funny movies or comedy albums on-hand for when you need an added humor boost. Make it a habit to spend time with friends who make you laugh.

Be Well on Purpose!



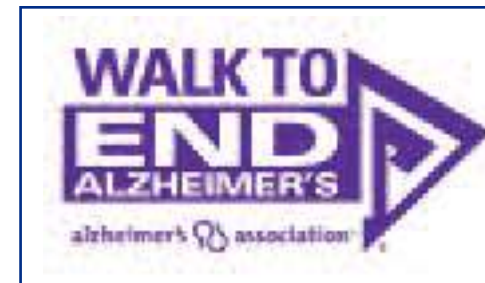
COMMUNITY CONNECTIONS



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Brookdale News

Why We Walk



Brookdale has been caring for individuals living with dementia for more than 30 years. At Brookdale, we live our mission, "Enriching the lives of those we serve with compassion, respect, excellence and integrity," with passion. Fighting to find a cure for Alzheimer's and supporting those living with dementia and their caregivers closely aligns with this mission.

Last year marked the fourth year that we surpassed the \$2 million dollar mark for the Walk to End Alzheimer's® program as a Diamond National Team, and it's entirely because our residents, families, associates, and business partners truly believe in and support this cause.

We raise funds through associate, resident and family participation in local Walk to End Alzheimer's® events, from efforts of our home office associates in Nashville and Milwaukee and from company business partners. Since 2008, Brookdale has contributed nearly \$12 million to the Walk to End Alzheimer's®. These efforts are not just about donations, it's about making a difference, because we see how dementia impacts lives every day. Please join this nationwide effort as we walk to make a difference in the lives of those living with Alzheimer's, and the fight to find a cure. May we, all together, provide a future without Alzheimer's.

Wishes of a Lifetime

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



Resident reunites with family, meets newest member

Beverly Donelson a 85-year-old resident at Brookdale Altamonte Springs describes herself as "never being bored". Between her volunteering efforts and raising her family, she somehow found time to socialize as well. Beverly's No. 1 priority has always been her family, and a special bond with each of her five children, 10 grandchildren, and seven great-grandchildren. Although most of her children live in different places across the United States, Beverly never misses an opportunity to connect in unique ways with each of her family members. The family would always get together for Christmas holidays and go on family trips together, creating memories that Beverly cherishes dearly. Unfortunately, it was becoming more of a challenge for Beverly to see all her grandchildren due to her declining health.

When an associate at Beverly's community overheard that one of her granddaughters, Kristi, was soon to give birth, they knew a family reunion was in order.

Beverly was able to travel to North Carolina to not only meet and welcome the newest member of the family, baby Zeb but to also create a new family connection and lasting memories.