

S M T W Th F S

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



						01 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		02 10:00 B-Fit GR 10:30 Flex Your Brain GR 1:30 Resident Council GR 2:00 Make your own Ice Cream Sandwich GR 3:00 Sing a Long GR 6:15 TV Miniseries GR		03 9:30 Going Fit Exercise GR 10:30 First Friday Club LB 2:30 Celebration Cooking Demo GR 3:30 Activities Planning Meeting GR 6:30 Cocktails GR		04 9:45 Coffee 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	
05 10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR		06 9:45 Chair Yoga GR 10:00 Spa Day BUS 10:30 Wii Jeopardy GR 1:30 Matinee Movie GR 6:00 Bingo GR		07 10:00 B-Fit GR 10:30 Coffee and Currents GR 10:45 Know Your Brain GR 1:30 Menu Chat GR 1:30 Social Bridge GR 6:00 Movie Night GR		08 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		09 10:00 B-Fit GR 10:30 Flex Your Brain GR 11:00 Shake & Bake GR 1:30 OL Health Talk GR 2:00 Afternoon Tea GR 3:00 My Life Story GR 6:15 TV Miniseries GR		10 9:30 Going Fit Exercise GR 10:30 Zen Coloring GR 2:00 Ridley State Park Bird Talk GR 6:30 Cocktails GR		11 9:45 Coffee 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	
12 10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR		13 9:45 Chair Yoga GR 10:30 Catholic Mass GR 10:30 Wii Jeopardy GR 1:30 Matinee Movie GR 6:00 Bingo GR		14 10:00 B-Fit GR 10:30 Coffee and Currents GR 10:45 Know Your Brain GR 1:30 Social Bridge GR 4:00 Mix and Mingle GR 6:00 Movie Night GR		15 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 L2 4:00 Wine Down Wednesdays ML 5:30 Manicures GR		16 10:00 B-Fit GR 10:30 Flex Your Brain GR 11:00 Shake & Bake GR 1:00 Helicopter Museum BUS 2:00 Afternoon Tea GR 3:00 My Life Story GR 3:30 Family Fun Night ML 6:00 TV Miniseries GR		17 9:30 Going Fit Exercise GR 10:30 Memory Lane GR 10:30 Art Partners with Tia GR 2:30 Celebrations Social GR 6:30 Cocktails GR		18 9:45 Coffee 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	
19 10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR		20 9:45 Chair Yoga GR 10:30 Wii Jeopardy GR 11:00 Glen Moore Deli BUS 1:30 Matinee Movie GR 6:00 Bingo GR		21 10:00 B-Fit GR 10:30 Coffee and Currents GR 10:45 Know Your Brain GR 1:30 Social Bridge GR 6:00 Movie Night GR		22 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		23 10:00 B-Fit GR 10:30 Flex Your Brain GR 11:00 Shake & Bake GR 2:00 Afternoon Tea GR 3:00 My Life Story GR 6:15 TV Miniseries GR		24 9:30 Going Fit Exercise GR 2:00 Celebrations Travelogue GR 3:00 Birthday Bash GR 6:30 Cocktails GR		25 9:45 Coffee 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	
26 10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR		27 9:45 Chair Yoga GR 10:30 Wii Jeopardy GR 1:30 Matinee Movie GR 6:00 Bingo GR		28 10:00 B-Fit GR 10:30 Know Your Brain GR 11:00 Ben Stoffer GR 1:30 Social Bridge GR 3:30 New Resident Social GR 6:00 Movie Night GR		29 9:45 Spiro 100 Fitness GR 10:30 Bible Study GR 10:30 Pet Visits 10:30 Rainbow Comedy Club BUS 1:30 Bingo GR 3:00 Entertainment GR 4:00 Wine Down Wednesdays ML 5:30 Manicures GR		30 10:00 B-Fit GR 10:30 Flex Your Brain GR 11:00 Shake & Bake GR 2:00 Afternoon Tea GR 3:00 My Life Story GR 6:30 Cocktails GR		31 9:30 Going Fit Exercise GR 1:30 Kindness Club GR 3:00 Birthday Bash GR 6:30 Cocktails GR		LOCATION KEY GR Great Room GL The Glen LB Library ICP Ice Cream Parlor ML Main Lobby VA Village Auditorium DR Dining Room OT Outing	

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.

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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.