

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

03
10:30 Catholic Eucharistic Minister GR
1:00 Spiro 100 Fitness GR
1:45 Bingo GR
3:00 Vespers GR
6:00 Super Bowl Party AUD

04
9:45 Chair Yoga GR
10:30 Wii Jeopardy GR
11:00 Red Star Restaurant BUS
1:30 Matinee Movie GR
3:30 Walking Club ML

05
10:00 B-Fit for Life GR
10:30 Coffee & Currents GR
11:00 Flex Your Brain GR
1:00 Pinochle/Social Bridge GR
2:00 Menu Chat GR
2:30 My Life Story GR
3:30 Make Valentine Cards GR
6:15 *Movie- Selma* GR

06
9:45 Spiro 100 Fitness GR
10:30 Bible Study GR
10:30 Pet Visits GR
11:30 Hunt Club Lunch Bunch ML
1:15 Bingo GR
3:00 John Hadfield Entertains GR
4:00 Wine Down Wednesdays ML
5:30 Manicures GR

07
10:00 B-Fit GR
10:30 Flex Your Brain GR
11:00 Trivia GR
1:30 Resident Council GR
2:00 Cooking Demo GR
2:30 Tea Party GR
3:00 Activities Meeting GR
6:15 TV Miniseries GR

08
9:30 Going Fit Exercise GR
10:30 African American Month Who Am I? GR
1:30 Botanical Bubbles GR
3:00 New Resident Social GR
6:15 Cocktails GR

02 Groundhog Day
9:45 Coffee Club/ Groundhog Trivia GR
10:45 B-Fit GR
11:00 Pet Visits GR
1:30 Bingo GR
3:00 Wii Bowling GR
6:15 Movie Night GR
Groundhog Day

09
9:45 Coffee Club/Walking Club GR
10:45 B-Fit GR
11:00 Pet Visits GR
1:30 Bingo GR
3:00 Wii Bowling GR
6:15 Movie Night GR
Mr. Church

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

11
9:45 Chair Yoga GR
10:30 Catholic Mass GR
1:30 Matinee Movie GR
3:00 Walking Club ML
4:00 Texas Rhoadhouse Dinner BUS

12
10:00 B-Fit for Life GR
10:30 Coffee and Currents GR
11:00 Flex Your Brain GR
1:00 Social Bridge/Pinochle LB
2:00 Dunbar to Life Poetry GR
3:00 My Life Story GR
6:15 Movie Night GR
The Other Boleyn Girl GR

13
9:45 Spiro 100 Fitness GR
10:30 Bible Study GR
10:30 Pet Visits GR
11:30 Hunt Club Lunch Bunch ML
1:15 Bingo GR
3:00 Tom Tolnay GR
Valentines Party GR
4:00 Family Fun Night

14 Valentine's Day
10:00 B-Fit GR
10:30 Valentines Trivia GR
11:00 Make Valentine Cookies GR
1:00 Walking Club ML
2:00 Valentines Tea & Valentine word games GR
6:15 TV Miniseries GR

15
9:30 Going Fit Exercise GR
10:30 Memory Lane GR
11:00 Presidents Day Trivia GR
1:00 Walking Club ML
2:00 Sing a Long with Susan GR
3:00 Travelogue GR
Underground Rail Road GR
6:15 Cocktails GR

16
9:45 Coffee Club/Walking Club GR
10:45 B-Fit GR
11:00 Pet Visits GR
1:30 Bingo GR
3:00 Wii Bowling GR
6:15 *Movie Night-Did you hear about the Morgans* GR

17
10:30 Catholic Eucharistic Minister GR
1:00 Spiro 100 Fitness GR
1:45 Bingo GR
3:00 Vespers GR

18 President's Day
9:45 Chair Yoga GR
10:30 Wii Jeopardy GR
11:00 Beaver Creek Lunch BUS
1:30 Matinee Movie GR
The Presidents Wives
3:00 Walking Club ML

19
9:45 B-Fit for Life GR
10:30 Spiritual Devotions GR
11:00 Flex Your Brain GR
1:00 Social Bridge LB
1:00 Pinochle GR
2:00 Resident Spotlight GR
3:00 My Life Story GR
6:15 *Movie-Mona Lisa's Smile* GR

20
9:45 Spiro 100 Fitness GR
10:30 Bible Study GR
10:30 Pet Visits GR
11:30 Hunt Club Lunch Bunch ML
1:15 Bingo GR
3:00 Ken Pierson Entertains GR
4:00 Wine Down Wednesdays ML
5:30 Manicures GR

21
10:00 B-Fit GR
10:30 Flex Your Brain GR
11:00 Shake & Bake GR
1:00 Walking Club ML
2:00 Pastor Lynch GR
3:00 Tea Party GR
6:00 TV Miniseries GR

22
9:30 Going Fit Exercise GR
10:30 Art with Chris GR
1:00 Walking Club ML
2:00 Name That Tune GR
Love Songs
3:00 Birthday Bash GR
6:15 Cocktails GR

23
9:45 Coffee Club/Walking Club GR
10:45 B-Fit GR
11:00 Pet Visits GR
1:30 Bingo GR
3:00 Wii Bowling GR
6:15 *Movie Night-Quartet* GR

24
10:30 Catholic Eucharistic Minister GR
1:00 Spiro 100 Fitness GR
1:45 Bingo GR
3:00 Vespers GR

25
9:45 Chair Yoga GR
10:30 Wii Jeopardy GR
11:00 Four Dogs Restuarant BUS
1:30 Matinee Movie GR
3:30 Walking Club ML

26
10:00 B-Fit for Life GR
10:30 Coffee and Currents GR
11:00 Ben Soffer GR
1:00 Social Bridge LB
1:00 Pinochle GR
1:00 Mini Mani's GR
2:00 My Life Story GR
6:15 *Movie-It Takes Two* GR

27
9:45 Spiro 100 Fitness GR
10:30 Bible Study GR
10:30 Pet Visits GR
11:30 Hunt Club Lunch Bunch ML
1:15 Bingo GR
3:00 David Gregory Entertains GR
4:00 Wine Down Wednesdays ML
5:30 Manicures GR

28
10:00 B-Fit GR
10:30 Flex Your Brain GR
11:00 Shake & Bake GR
1:00 Walking Club ML
2:00 Optimum Life Health Talk GR
3:00 Tea Party GR
6:15 TV Miniseries GR



Health and Wellness

Live Your Optimum Life®: Food Choices to Promote Good Health



We all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category. According to the Dietary Guidelines for Americans, an essential resource for health professionals, there are many

paths to a healthy eating pattern and emphasizes the importance of overall healthy eating patterns throughout our lifetime.

Eating patterns have a significant impact on health. Diet is one of the most powerful tools we have to reduce the onset of disease. Healthy eating patterns can help prevent obesity, heart disease, high blood pressure, and Type 2 diabetes. Currently, about half of all American adults have one or more of these diet-related chronic diseases.

Healthy eating patterns are adaptable. When people follow a healthy eating pattern, they can incorporate many of the foods they enjoy. Healthy eating patterns can work for anyone, accommodating their

traditions, culture, and budget. Eating food that is healthier and as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain. In addition:

- Consume an eating pattern low in added sugars, saturated fats, and sodium.
- Cut back on foods and beverages higher in added sugars and saturated fats to amounts that fit within healthy eating patterns.
- When selecting beverages, flavored water, tea and low-fat milk are great healthy options over sweetened beverages.

Wellness Challenge

Food Choices to Promote Good Health

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease and is also associated with a reduced incidence of cancer, and both Parkinson's and Alzheimer's disease. Here are some Mediterranean diet guidelines for making healthy food choices:

1. Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts.
2. Replacing butter with healthy fats such as olive oil and canola oil.
3. Using herbs and spices instead of salt to flavor foods.
4. Limiting red meat to no more than a few times a month.
5. Eating fish and poultry at least twice a week.
6. Enjoying meals with family and friends.
7. Drinking red wine in moderation (optional).
8. Getting plenty of exercise.

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Join us for Kindness is Ageless



Mark Twain said, "Kindness is the language which the deaf can hear and the blind can see." Participate in this year's Kindness is Ageless campaign and speak the language that everyone understands.

Through Brookdale's Ageless Spirit program we engage in various spiritual practices through "campaigns" that demonstrate the wisdom of our residents. February's campaign is called Kindness is Ageless.

Designed around the spiritual practice of kindness, residents at all Brookdale communities are invited to engage in acts of kindness on February 14th, in celebration of Random Acts of Kindness Day. Each community makes the acts of kindness meaningful and their own.

Last year one community in New York went to a local diner and surprised guests by handing out homemade chocolates and paying for a portion of their bills.

One of the residents who participated said, "Sometimes you run into people that are sad and that's our job, to show them that everything will be ok in time."

Another resident said, "It isn't just the recipient who feels better. I think the giver is rewarded even more. To think you've made someone, even if for a very brief time, enjoy the day more and feel better about themselves is a great thing."

Wishes of a Lifetime

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



Sisters Reunited After Eight Years

Elisie Grogan, 71, of Brookdale Tyler East in Tyler, Texas, had a fulfilling life as a Christian clown, a puppeteer and a ventriloquist. In her spare time, Elisie crocheted for others and volunteered for organizations against elder abuse and domestic violence. And she was finding plenty to do in her senior living community.

But she greatly missed her sister, whom she had not seen in eight years.

Elisie's sister, Evelyn Todd, who is 14 years older, had been like a mother to her. Elisie and her sister talked on the phone weekly, though they had been struggling to figure out how to see each other.

Wish of a Lifetime, in collaboration with Brookdale, was thrilled to bring the sisters together again. Elisie and her sister spent three wonderful days together during September 2018. The sisters smiled, laughed, hugged and cried during their long overdue visit. Wish of a Lifetime is so glad to have brought these wonderful sister's together and that they got the reunion that they deserve.