

S M T W Th F S

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



01

10:00 In Touch Tune Trivia L2
 10:30 Bible Study GR
 10:30 B-FIT L1
 10:30 Pet Visits
 1:30 Bingo GR
 3:00 Tom Tolnay GR
 7:00 Hand Massages L2

02

10:00 Daily Chronicles L2
 10:15 Bean Bag Toss L2
 11:00 Flex Your Brain L2
 2:00 Make Your Own Ice Cream Sandwich GR
 3:00 Sing a Long GR
 6:00 Movie Night GR

03

9:30 Going Fit Exercise GR
 10:00 Flex Your Brain L2
 10:30 B-Fit L1
 10:45 Glen Resident Council DR
 1:30 Celebration Cooking Demo GR
 6:00 Mocktails L2

04

10:00 Inspiring Stories L2
 11:00 Pet Visits
 1:30 Bingo GR
 3:00 B-Fit L1
 6:00 TV Miniseries L2

05

10:30 Catholic Eucharistic Minister GR
 10:30 Balloon Volleyball L2
 11:00 Word Game L2
 1:45 Bingo GR
 3:00 Vespers GR

06

10:00 Current Events L2
 10:30 B-FIT L2
 11:00 Crosswords L2
 1:30 Matinee Movies GR
 4:30 Arbor Meet & Greet GH
 6:00 Bingo GR

07

10:00 Balloon Volleyball L2
 10:30 Daily Chronicles L2
 10:45 Flex Your Brain L2
 11:00 Know Your Brain GR
 1:30 Menu Chat GR
 2:00 Art Class L1
 6:30 Mini Mani's L2

08

10:00 In Touch Tune Trivia L2
 10:30 Bible Study GR
 10:30 B-FIT L2
 10:30 Pet Visits
 1:30 Bingo GR
 3:00 Bruce Fagan GR
 7:00 Hand Massages L2

09

10:00 Daily Chronicles L2
 10:15 Bean Bag Toss L2
 11:00 Word Game L2
 1:30 OL Health Talk GR
 2:00 Afternoon Tea GR
 3:00 My Life Story L2
 6:00 Movie Night GR

10

9:30 Going Fit Exercise GR
 10:00 Flex Your Brain L2
 10:30 B-Fit L2
 11:00 Crosswords L2
 2:00 Ridley Park State Park Bird Talk GR
 6:00 Mocktails L2

11

10:00 Inspiring Stories L2
 11:00 Pet Visits
 1:30 Bingo GR
 3:00 B-Fit L1
 6:00 TV Miniseries L2

12

10:30 Catholic Eucharistic Minister GR
 10:30 Balloon Volleyball L2
 11:00 Word Game L2
 1:45 Bingo GR
 3:00 Vespers GR

13

10:00 Current Events L2
 10:30 Catholic Mass GR
 10:30 B-FIT L1
 11:00 Crosswords L2
 4:30 Arbor Meet & Greet GH
 6:00 Bingo GR

14

10:00 Balloon Volleyball L2
 10:30 Daily Chronicles L2
 10:45 Flex Your Brain L2
 11:00 Know Your Brain GR
 2:00 Art Class L1
 4:00 Mix & Mingle GR
 6:30 Mini Mani's GR

15

10:00 In Touch Tune Trivia L2
 10:30 Bible Study GR
 10:30 B-FIT L2
 10:30 Pet Visits
 1:30 Bingo GR
 3:00 Jo Parker L2
 7:00 Hand Massages L2

16

10:00 Resident Program Chat L2
 10:15 Bean Bag Toss L2
 11:00 Word Game L2
 2:00 Afternoon Tea GR
 3:00 My Life Story GR
 6:00 Movie Night GR

17

9:30 Going Fit Exercise GR
 10:00 Flex Your Brain L2
 10:30 B-Fit L2
 11:00 Lunch Outing BUS
 1:45 Family Feud L2
 2:30 Celebration Social GR
 6:00 Mocktails L2

18

10:00 Inspiring Stories L2
 11:00 Pet Visits
 1:30 Bingo GR
 3:00 B-Fit L1
 6:00 TV Miniseries L2

19

10:30 Catholic Eucharistic Minister GR
 10:30 Balloon Volleyball L2
 11:00 Word Game L2
 1:45 Bingo GR
 3:00 Vespers GR

20

10:00 Current Events L2
 10:30 B-FIT L1
 11:00 Crosswords L2
 1:30 Matinee Movie GR
 4:30 Arbor Meet & Greet GH
 6:00 Bingo GR

21

10:00 Balloon Volleyball L2
 10:30 Daily Chronicles L2
 10:45 Flex Your Brain L2
 11:00 Know Your Brain GR
 11:30 Lunch & Munch GR
 2:00 Art Class L1
 6:30 Mini Mani's GR

22

10:00 In Touch Tune Trivia L2
 10:30 Bible Study GR
 10:30 B-FIT L1
 10:30 Pet Visits
 1:30 Bingo GR
 3:00 Bruce Kopp GR
 7:00 Hand Massages L2

23

10:00 Daily Chronicles L2
 10:15 Bean Bag Toss L2
 11:00 Word Game L2
 2:00 Afternoon Tea GR
 3:00 My Life Story GR
 6:45 Movie Night GR

24

9:30 Going Fit Exercise GR
 10:00 Flex Your Brain L2
 10:30 B-Fit L1
 11:00 Crosswords L2
 2:00 Celebrations Travelogue GR
 6:00 Mocktails L2

25

10:00 Inspiring Stories L2
 11:00 Pet Visits
 1:30 Bingo GR
 3:00 B-Fit L1
 6:00 TV Miniseries L2

26

10:30 Catholic Eucharistic Minister GR
 10:30 Balloon Volleyball L2
 11:00 Word Game L2
 1:45 Bingo GR
 3:00 Vespers GR

27

10:00 Current Events L2
 10:30 B-FIT L2
 11:00 Crosswords L2
 4:30 Arbor Meet & Greet GH
 6:00 Bingo GR

28

10:00 Balloon Volleyball L2
 10:30 Daily Chronicles L2
 10:45 Flex Your Brain L2
 11:00 Know Your Brain GR
 2:00 Art Class L1
 6:30 Mini Mani's GR

29

10:00 In Touch Tune Trivia L2
 10:30 Bible Study GR
 10:30 B-FIT L2
 10:30 Pet Visits
 1:30 Bingo GR
 7:00 Hand Massages L2

30

10:00 Daily Chronicles L2
 10:15 Bean Bag Toss L2
 11:00 Word Game L2
 2:00 Afternoon Tea GR
 3:00 My Life Story GR
 6:45 Movie Night GR

31

9:30 Going Fit Exercise GR
 10:00 Flex Your Brain L2
 10:30 B-Fit L2
 1:45 Family Feud L2
 3:00 Birthday Bash GR

LOCATION KEY

- GR Gardens Great Room
- GL The Glen
- LB Library in Gardens
- ICP Ice Cream Parlor
- ML Gardens Main Lobby
- L1 Small Living Room
- L2 Large Living Room
- DR Dining Room-Glen

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.