

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 Gardens Great Room	L2 Large Living Room
GL The Glen	DR Dining Room-Glen
LB Library in Gardens	NS Nurses Station
ICP Ice Cream Parlor	GH Green House
ML Gardens Main Lobby	OT Outing
L1 Small Living Room	VA Village Auditorium

License Number

04 Daylight Saving Time Ends

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

05

10:00 Current Events	L2
10:30 B-FIT	L1
11:00 Flex Your Brain	L2
1:30 Matinee Movies	GR
4:30 Arbor Meet & Greet	GH
6:00 Bingo	GR

06 Election Day

10:00 Balloon Volleyball	L2
10:30 Daily Chronicles	L2
11:00 Election Day Trivia	L2
1:30 Bingo	DR
3:00 Art Class	L1
6:30 Mini Mani's	GR

07

10:00 In Touch Tune Trivia	L2
10:30 Bible Study	GR
10:30 B-FIT	L1
10:30 Pet Visits	
10:45 Resident Council	DR
1:30 Bingo	GR
2:30 Turkey Trivia	L2
6:00 Pete & Ted	GR

08

10:00 Daily Chronicles	L2
10:15 Balloon Volleyball	L2
11:00 Flex Your Brain	L2
1:30 OL Health Talk	GR
2:30 Tea Party	GR
6:15 Movie Night	GR

09

9:30 Going Fit Exercise	GR
10:00 Mum's the Word	L2
10:30 Veteran's Day Program	AUD
1:45 Family Feud	L2
2:30 Celebration Cooking Demo	GR
3:00 Activities Planning Meeting	L2
6:00 Mocktails	L2

10

10:00 Inspiring Stories	L2
11:00 Pet Visits	
1:30 Bingo	GR
2:30 Manicures	L1
3:30 spiro 100	L2
6:00 TV Miniseries	L2

11 Veterans Day

10:30 Catholic Eucharistic Minister	GR
10:30 Bean Bag Toss	L2
11:00 Word Game	L2
1:45 Bingo	GR
3:00 Vespers	GR

12

10:00 Current Events	L2
10:30 Catholic Mass	GR
10:30 B-FIT	L1
11:00 Crosswords	L2
11:30 Dinning with Deanna	GR
1:30 Flex Your Brain	L2
4:30 Arbor Meet & Greet	GH
6:00 Bingo	GR

13

10:00 Balloon Volleyball	L2
10:30 Daily Chronicles	L2
11:00 Times We Treasure	L2
1:30 Bingo	DR
3:00 Art Class	L2
6:30 Celebrations Movie Night	L2

14

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	Gln
7:00 Hand Massages	L2

15

10:00 Daily Chronicles	L2
10:15 Bean Bag Toss	L2
11:00 Word Game	L2
2:00 Afternoon Tea	GR
3:00 Flex Your Brain	L2
6:15 Movie Night	GR

16

9:30 Going Fit Exercise	GR
10:00 Who, What, When	L2
10:30 B-Fit	L1
11:00 Lunch Outing	BUS
2:00 Ridley Park Reptile Talk	GR
6:00 Mocktails	L2

17

10:00 Inspiring Stories	L2
11:00 Pet Visits	
1:30 Bingo	GR
2:30 Manicures	L1
3:30 spiro 100	L2
6:00 TV Miniseries	L2

18

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

19

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

20

10:00 Balloon Volleyball	L2
10:30 Daily Chronicles	L2
11:00 Flex Your Brain	L2
1:30 Bingo	DR
3:00 Art Class	L1
6:30 Mini Mani's	GR

21

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 Cindy McGrath	GR
7:00 Hand Massages	L2

22 Thanksgiving Day

10:00 Macy's Thanksgiving Day Parade	L2
1:00 B-fit	L2
1:30 Thanksgiving Trivia	L2
2:00 Thanksgiving Tea	GR

23

9:30 Going Fit Exercise	GR
10:00 B-fit	L2
10:30 Art with Chris	GR
1:45 Flex Your Brain	L2
3:00 New Resident Social	GR
6:00 Mocktails	L2

24

10:00 Inspiring Stories	L2
11:00 Pet Visits	
1:30 Bingo	GR
2:30 Manicures	L1
3:00 spiro 100	L2
6:00 TV Miniseries	L2

25

10:30 Catholic Eucharistic Minister	GR
10:30 Bean bag Toss	L2
11:00 Flex Your Brain	L2
1:45 Bingo	GR
3:00 Vespers	GR

26

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

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10:00 Balloon Volleyball	L2
10:30 Daily Chronicles	L2
11:00 Zen Coloring	L2
2:00 Celebration Social	GR
3:00 Memory Lane	L1
6:30 Mini Mani's	GR

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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 Entertainer	GR
7:00 Hand Massages	L2

29

10:00 Daily Chronicles	L2
10:15 Bean Bag Toss	L2
11:00 Word Game	L2
2:00 Pastor Lynch	GR
3:00 Afternoon Tea	GR
6:15 Movie Night	GR

30

9:30 Going Fit Exercise	GR
10:00 Who, What, When	L2
10:30 B-Fit	L1
11:00 Ben Soffer	GR
1:00 Flex Your Brain	L2
2:00 Flower Arranging	GR
3:00 Birthday Bash	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



brookdale.com

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.