

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 <small>License Number</small>

01	9:30 Going Fit Exercise	GR	02	10:00 Inspiring Stories	L2
	10:00 Who, What, When	L2		11:00 Pet Visits	
	10:30 B-Fit	L1		1:30 Bingo	GR
	10:30 First Friday Club	GR		3:00 Manicures	L1
	10:45 Glen Resident Council	DR		7:00 TV Miniseries	L2
	1:45 Family Feud	L2			
	2:30 Celebration Cooking Demo	GR			
	6:00 Mocktails	L2			

03	10:30 Catholic Eucharistic Minister	GR
	10:30 Balloon Volleyball	L2
	11:00 Word Game	L2
	1:45 Bingo	GR
	3:00 Vespers	GR

04	10:00 Current Events	L2
	10:30 B-FIT	L1
	11:00 Crosswords	L2
	1:30 Matinee Movies	GR
	4:30 Arbor Meet & Greet	GH
	6:00 Bingo	GR

05	10:00 Balloon Volleyball	L2
	10:30 Daily Chronicles	L2
	11:00 Zen Coloring	L2
	1:30 Menu Chat	GR
	2:00 Art Class	L1
	6:30 Mini Mani's	GR

06	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 Entertainment	L2
	7:00 Hand Massages	L2

07	10:00 Daily Chronicles	L2
	10:15 Bean Bag Toss	L2
	11:00 Word Game	L2
	2:00 Village Green Opening	VG
	6:45 Movie Night	GR

08	9:30 Going Fit Exercise	GR
	10:30 B-Fit	L1
	10:00 Who, What, When	L2
	11:00 Lunch Outing	BUS
	1:30 Celebrations Movie	GR
	1:45 Family Feud	L2
	6:00 Mocktails	L2

09	10:00 Inspiring Stories	L2
	11:00 Pet Visits	
	1:30 Bingo	L2
	3:00 Manicures	L1
	7:00 TV Miniseries	L2

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

11	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

12	10:00 Balloon Volleyball	L2
	10:30 Daily Chronicles	L2
	11:00 Zen Coloring	L2
	2:00 Doll House Collection	GR
	4:00 Mix & Mingle	GR
	6:30 Mini Mani's	GR

13	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 Entertainment	GR
	7:00 Hand Massages	L2

14	Flag Day	
	10:00 Daily Chronicles	L2
	10:30 Flag Presentation	GR
	1:30 OL Health Talk	GR
	2:00 Afternoon Tea	GR
	3:00 Memory Lane	L2
	6:45 Movie Night	GR

15	9:30 Going Fit Exercise	GR
	10:00 Who, What, When	L2
	10:30 B-Fit	L1
	11:00 Crosswords	L2
	2:30 Celebrations Social Big Band & Swing	GR
	6:00 Mocktails	L2

16	10:00 Inspiring Stories	L2
	11:00 Pet Visits	
	2:00 Father's Day Event	
	7:00 TV Miniseries	L2

17	Father's Day	
	10:30 Catholic Eucharistic Minister	GR
	10:30 Balloon Volleyball	L2
	11:00 Word Game	L2
	1:45 Bingo	GR
	3:00 Vespers	GR

18	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

19	10:00 Balloon Volleyball	L2
	10:30 Daily Chronicles	L2
	11:00 Zen Coloring	L2
	11:30 Lunch & Munch	GR
	2:00 Art Class	L1
	6:30 Mini Mani's	GR

20	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 Entertainment	GR
	7:00 Hand Massages	L2

21	Summer Solstice	
	10:00 Daily Chronicles	L2
	10:15 Bean Bag Toss	L2
	11:00 Word Game	L2
	2:00 Afternoon Tea	GR
	3:00 Summer Solstice Celebration	GR
	6:45 TV Mini Series	L2

22	9:30 Going Fit Exercise	GR
	10:00 Who, What, When	L2
	10:30 B-Fit	L1
	11:00 Crosswords	L2
	1:45 Family Feud	L2
	3:00 Doggie Daycare	GR
	6:00 Mocktails	L2

23	10:00 Inspiring Stories	L2
	11:00 Pet Visits	
	1:30 Bingo	GR
	3:00 Manicures	L1
	7:00 TV Miniseries	L2

24	10:30 Catholic Eucharistic Minister	GR
	10:30 Balloon Volleyball	L2
	11:00 Word Game	L2
	1:45 Bingo	GR
	3:00 Vespers	GR

25	10:00 Current Events	L2
	10:30 B-FIT	L1
	11:00 Crosswords	L2
	4:30 Arbor Meet & Greet	GH
	6:00 Bingo	GR

26	10:00 Balloon Volleyball	L2
	10:30 Daily Chronicles	L2
	11:00 Zen Coloring	L2
	2:00 Art Class	L1
	3:30 New Resident Social	GR
	6:30 Mini Mani's	GR

27	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 Entertainment	GR
	7:00 Hand Massages	L2

28	10:00 Daily Chronicles	L2
	10:15 Bean Bag Toss	L2
	11:00 Word Game	L2
	2:00 Afternoon Tea	GR
	3:00 Memory Lane	L2
	6:45 Movie Night	GR

29	9:30 Going Fit Exercise	GR
	10:00 Who, What, When	L2
	10:30 B-Fit	L1
	1:45 Family Feud	L2
	3:00 Birthday Bash	GR

30	10:00 Inspiring Stories	L2
	11:00 Pet Visits	
	1:30 Bingo	GR
	3:00 Manicures	L1
	7:00 TV Miniseries	L2

Health and Wellness

Live Your Optimum Life®: Pet Therapy



Animals can provide companionship, unconditional love and lifelong friendship. Pet therapy, also known as Animal-Assisted Therapy (AAT), is a broad technique involving any interaction that patients have with animals to make them feel better. Here is the best part, EVERYONE benefits from pet therapy. According to Mario Garrett, Ph.D., professor at San Diego State University, pets provide multiple benefits to their companions. It not only feels good to be around pets, but it makes you healthier.

Garrett says that even just owning a pet has been found to be beneficial. This is great news! Older adult pet owners walk significantly farther when they walked with a dog, which might contribute to their making fewer visits to the doctor. Garrett further notes that even if you don't own a dog, but live in a senior living community, the presence of a dog is associated with reduced need for medication, improved physical functioning, and improved vital signs.

Additional benefits of pet therapy include reductions in loneliness, agitation and depression as well as increases in engagement, well-being, nutritional intake, and social interactions. How are these health benefits being associated to pet therapy? The University of Missouri-Columbia is investigating how pet therapy generates hormones that affect mood.

Research suggests that hormonal changes that naturally occur when humans and dogs interact could help people cope with depression and certain stress-related disorders. Simply petting a dog for a few minutes prompts a release of a number of 'feel good' hormones in humans, including serotonin, prolactin and oxytocin.

If you already have a pet, you can share them and help others. Once your animal is certified you can volunteer with your pet and provide pet therapy to hospice, clinics or schools. If you are unsure how to do this, look up your local Humane Society and SPCA for local programs on training your pet for animal-assisted therapy.

Wellness Challenge

Pet therapy offers a connection that allows older adults to remember, vocalize their recollections and smile. Many enjoy sharing memories of pets that lived in their homes as they grew up, others that were family members as they raised their own children and even pets that served as faithful companions in later life. Start a conversation!

Be Well on Purpose!



COMMUNITY CONNECTIONS



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Brookdale News

June is Brain Health Month



Most of us are aware that age is the biggest risk factor for Alzheimer's and other forms of dementia. While there is no way to prevent it and there is nothing we can do about our age, there are things we can do to reduce the risk of Alzheimer's or other dementias.

The brain is an amazingly complex organ that is impacted by everything we do from a health perspective. Here are the top six things we can all do to help reduce our risk for dementia and maintain a healthy brain:

- Stay socially connected
- Exercise for 20 minutes each day
- Keep learning new things-use the brain in new ways
- Control stress-stress is toxic to brain cells
- Eat good food-follow the MIND diet
- Correct hearing loss-recent research suggests that hearing loss is a risk factor for dementia

At Brookdale, our goal is to support good brain health no matter where a person is in their journey. Our Brain Fit program is designed to educate and promote a brain healthy lifestyle through the Know Your Brain class; provide opportunities to Grow Your Brain with novel and complex projects; and provide a mental fitness workout with weekly Flex Your Brain classes. Our Clare Bridge programs support those who are living with dementia through person-centered approaches to help them live their Optimum Life®.

Wishes of a Lifetime

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



Siblings Reconnect After 30 Years Apart

Thomas Martin found himself orphaned on the steps of the Simpson's family home at age 10. Following the death of his mother, his father had left him and his siblings with various neighbors in an act of desperation. Yet he found himself with a loving adoptive family, with whom he became very close.

Thomas joined the Army Air Corps and then made a career working as a civilian operations/security supervisor at Eglin Air Force Base in Florida. He went on to become a devoted family man, remaining in touch with his adopted family, especially older sister, Ella.

Although life and health issues kept the two apart for 30 years, Thomas received a letter from Ella after her 99th birthday. He knew a visit was in order.

Wish of a Lifetime and Brookdale were happy to reconnect Thomas and Ella in February. The pair stayed up until midnight every night chatting away, reliving memories of childhood and catching up.