

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*

<p><b>03</b></p> <p>10:30 Catholic Eucharistic Minister GR</p> <p>10:30 B-fit L2</p> <p>11:00 Word Game L2</p> <p>1:45 Bingo GR</p> <p>3:00 Vespers GR</p>	<p><b>04</b></p> <p>10:00 Current Events L2</p> <p>10:30 B-FIT L1</p> <p>11:00 Crosswords L2</p> <p>1:30 Matinee Movies GR</p> <p>2:00 Valentine Craft L2</p> <p>4:30 Arbor Meet &amp; Greet GH</p>	<p><b>05</b></p> <p>10:00 B-Fit L2</p> <p>10:30 Daily Chronicles L2</p> <p>11:00 Hunt Club Lunch HC</p> <p>2:00 Menu Chat GR</p> <p>2:30 My Life Story GR</p> <p>3:00 Art Class L1</p> <p>6:30 Mini Mani's GR</p>	<p><b>06</b></p> <p>10:00 In Touch Tune Trivia L2</p> <p>10:30 Bible Study GR</p> <p>10:30 B-FIT L1</p> <p>10:30 Pet Visits</p> <p>1:15 Bingo GR</p> <p>3:00 John Hadfield Entertains GR</p> <p>7:00 Hand Massages L2</p>	<p><b>07</b></p> <p>10:00 Daily Chronicles L2</p> <p>10:15 B-fit L2</p> <p>11:00 Word Game L2</p> <p>2:00 Cooking Demo GR</p> <p>2:30 Tea Party GR</p> <p>3:00 Activities Planning Meeting GR</p> <p>6:15 TV Miniseries GR</p>	<p><b>08</b></p> <p>9:30 Going Fit Exercise GR</p> <p>10:00 B-fit L2</p> <p>10:45 Resident Council DR</p> <p>11:00 Crosswords L2</p> <p>1:30 Valentine Soap Making GR</p> <p>3:00 New Resident Social GR</p> <p>6:00 Mocktails L2</p>	<p><b>09</b></p> <p>10:00 Inspiring Stories L2</p> <p>11:00 Pet Visits</p> <p>1:30 Bingo GR</p> <p>3:00 B-fit L1</p> <p>6:15 Movie-Mr. Church GR</p>
<p><b>10</b></p> <p>10:30 Catholic Eucharistic Minister GR</p> <p>10:30 B-fit L2</p> <p>11:00 Word Game L2</p> <p>1:45 Bingo GR</p> <p>3:00 Vespers GR</p>	<p><b>11</b></p> <p>10:00 Current Events L2</p> <p>10:30 Catholic Mass GR</p> <p>10:30 B-FIT L1</p> <p>11:00 Crosswords L2</p> <p>1:30 Matinee Movie GR</p> <p>2:00 Make Valentine Cards L2</p> <p>4:30 Arbor Meet &amp; Greet GH</p>	<p><b>12</b></p> <p>10:00 B-Fit L2</p> <p>10:30 Daily Chronicles L2</p> <p>11:00 Zen Coloring L2</p> <p>2:00 Dunbar to Life Poetry GR</p> <p>3:00 African American Month Trivia L2</p> <p>6:30 Mini Mani's GR</p>	<p><b>13</b></p> <p>10:00 In Touch Tune Trivia L2</p> <p>10:30 Bible Study GR</p> <p>10:30 B-FIT L1</p> <p>10:30 Pet Visits</p> <p>1:15 Bingo GR</p> <p>3:00 Tom Tolnay Valentines Party GR</p>	<p><b>14</b> <i>Valentine's Day</i></p> <p>10:00 B-fit L2</p> <p>10:30 Valentines Trivia L2</p> <p>11:00 Make Valentine Cookies GR</p> <p>2:00 Valentine Tea GR</p> <p>Valentine Word Games GR</p> <p>6:15 TV Miniseries GR</p>	<p><b>15</b></p> <p>9:30 Going Fit Exercise GR</p> <p>10:00 Who, What, When L2</p> <p>10:30 B-Fit L1</p> <p>11:00 Lunch Outing BUS</p> <p>2:00 Sing along with Susan GR</p> <p>3:00 Travelogue Underground Rail Road GR</p> <p>6:00 Mocktails L2</p>	<p><b>16</b></p> <p>10:00 Inspiring Stories L2</p> <p>11:00 Pet Visits</p> <p>1:30 Bingo GR</p> <p>3:00 B-fit L1</p> <p>6:15 Movie-Did you hear about the Morgans GR</p>
<p><b>17</b></p> <p>10:30 Catholic Eucharistic Minister GR</p> <p>10:30 B-fit L2</p> <p>11:00 Word Game L2</p> <p>1:45 Bingo GR</p> <p>3:00 Vespers GR</p>	<p><b>18</b> <i>President's Day</i></p> <p>10:00 Current Events L2</p> <p>10:30 B-FIT L1</p> <p>11:00 Crosswords L2</p> <p>1:30 Matinee Movie The Presidents Wives GR</p> <p>4:30 Arbor Meet &amp; Greet GH</p>	<p><b>19</b></p> <p>10:00 B-Fit L2</p> <p>10:30 Spiritual Devotions GR</p> <p>11:00 Zen Coloring L2</p> <p>11:30 Lunch &amp; Munch GR</p> <p>2:00 Resident Spotlight GR</p> <p>3:00 My Life Story GR</p> <p>6:30 Mini Mani's GR</p>	<p><b>20</b></p> <p>10:00 In Touch Tune Trivia L2</p> <p>10:30 Bible Study GR</p> <p>10:30 B-FIT L1</p> <p>10:30 Pet Visits</p> <p>1:15 Bingo GR</p> <p>3:00 Ken Pierson Entertains GR</p> <p>7:00 Hand Massages L2</p>	<p><b>21</b></p> <p>10:00 Daily Chronicles L2</p> <p>10:15 b-fit L2</p> <p>11:00 Word Game L2</p> <p>2:00 Pastor Lynch GR</p> <p>3:00 Tea Party GR</p> <p>6:15 Movie Night GR</p>	<p><b>22</b></p> <p>9:30 Going Fit Exercise GR</p> <p>10:00 B-fit L2</p> <p>10:30 Art with Chris GR</p> <p>11:00 Crosswords L2</p> <p>1:45 Family Feud L2</p> <p>3:00 Birthday Bash GR</p> <p>6:00 Mocktails L2</p>	<p><b>23</b></p> <p>10:00 Inspiring Stories L2</p> <p>11:00 Pet Visits</p> <p>1:30 Bingo GR</p> <p>3:00 b-fit L1</p> <p>6:15 Movie Night-Quartet GR</p>
<p><b>24</b></p> <p>10:30 Catholic Eucharistic Minister GR</p> <p>10:30 B-fit L2</p> <p>11:00 Word Game L2</p> <p>1:45 Bingo GR</p> <p>3:00 Vespers GR</p>	<p><b>25</b></p> <p>10:00 Current Events L2</p> <p>10:30 B-fit L1</p> <p>11:00 Crosswords L2</p> <p>1:30 Matinee Movie GR</p> <p>4:30 Arbor Meet &amp; Greet GH</p>	<p><b>26</b></p> <p>10:00 B-Fit L2</p> <p>10:30 Daily Chronicles L2</p> <p>11:00 Ben Soffer GR</p> <p>2:00 My Life Story GR</p> <p>3:00 Name that Tune-Love Songs L2</p> <p>6:30 Mini Mani's GR</p>	<p><b>27</b></p> <p>10:00 In Touch Tune Trivia L2</p> <p>10:30 Bible Study GR</p> <p>10:30 B-FIT L1</p> <p>10:30 Pet Visits</p> <p>1:15 Bingo GR</p> <p>3:00 David Gregory Entertains GR</p> <p>7:00 Hand Massages L2</p>	<p><b>28</b></p> <p>10:00 Daily Chronicles L2</p> <p>10:15 B-fit L2</p> <p>11:00 Word Game L2</p> <p>2:00 Optimum Life Health Talk GR</p> <p>3:00 Tea Party GR</p> <p>6:15 TV Miniseries GR</p>		



## 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.