

February 2019

Freedom Village Bradenton Personalized Assisted Living

6410 21st St West

Bradenton, FL 34209

(941) 798-8200 | brookdale.com

Assisted Living

All activities are subject to change.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
10:00 B-Fit Program 3A 10:30 iPad Exploration 3A 1:00 BINGO! 3C 2:00 Special Music DVD 3A Neil Diamond 3:15 Live Music Happy Hour 3A Fun with Matt Coates! Please join Us! 6:00 Resident's Choice 3A Evening Movie "Jackie"	Groundhog Day 9:45 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:15 BINGO! 3C Please Join the Fun! 2:00 Matinee- Must Love Dogs 3A 6:00 Resident's Choice Movie Seabiscuit 3A	10:00 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 2:00 Sunday Matinee 3A The Blind Side Based on a true story 3:30 Vespers Service Landings 6:00 Super Bowl Preview on TV 3A 7:00 SUPER BOWL!! 3A	10:00 B-Fit Program 3A 10:30 Chat Pack!Flex yourBrain 3A 1:00 Game Time! /Library 2A 1:00 White Board Games 3A Chinese New Year Words 2:00 Valentines Craft 3A Sweetheart Hats! 3:00 Coffee and Conversation PDR Please Join Us! 4:30 Shelly Torman Live Music DR for your Dining Pleasure 6:00 Monday Musical-Chicago 3A	9:30 Shopping Trip/Publix OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 Technology Learning Lab 1C 2:00 Frank Sinatra- All or Nothing at All DVD 3A Music and Treats! 2:30 Creative Ceramics 3A Please Join Us! 6:00 Juke Box Callie- Live Music Fun!! 3A	10:00 B-Fit Program 3A 10:30 Flex your Brain 3A Mind Joggers 1:00 That's Entertainment! 3A 2:00 Celtic Women 3A Songs from the Heart Music & Treats! Everyone is Invited! 6:00 Western Wednesday Movie Gunsmoke 3A	10:00 B-fit for Life Program 3A 10:30 Resident Program Chats 3A 1:00 Bingo! 3C 1:30 Movement Magic! Fun, Gentle Exercise to Music! with Mike! 3A 2:00 Movie & Popcorn! HOUSEBOAT 3A 6:00 History Hour Documentary The Presidents Lives and Legacies 3A	10:00 B-Fit Program 3A 10:30 iPad Exploration! 3A Flex your Brain! 1:00 BINGO! 3C 2:00 Special Music DVD 3A Barbara Streisand 3:15 Live Music Happy Hour 3A Live with Lee and Char! Birthday Bash! Please Join Us !! 6:00 Evening Movie The Great Escape 3A	9:45 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:15 BINGO! 3C Please Join the Fun! 2:00 Matinee The Wedding Planner 3A 6:00 Resident's Choice Movie A Walk to Remember 3A	10:00 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 1:45 Vera and Company Live Beautiful Music- Join Us 3A 2:45 Matinee 3A Royal Wedding 3:30 Vespers Service Landings 6:00 Movie- Nights in the Rodanthe 3A	10:00 B-Fit Program 3A 10:30 Name Five! 3A Flex Your Brain! 1:00 Game Time!/ Library 2A 1:00 White Board Games 3A "Valentines" 2:00 Artie & Eric Banjo Duo 3A Lively Fun Music! 3:00 Coffee and Conversation PDR Everyone Invited! 6:00 Monday Musical-TOP HAT 3A	9:30 Shopping Trip/Walgreens OC 10:00 B-Fit Program 3A 10:30 Lawrence Welk Classics 3A 1:00 Technology Learning Lab 1C 2:00 Sweetheart Tea, Trivia & Treats! Sing Along! Wear Your Hats! Come join the FUN!! 3A 3:00 Julie Andrews/Cinderella 3A 6:00 TV Classics! I Love Lucy 3A	10:00 Resident Council/Menu Chats- be Informed! 3A 11:00 Lunch outing/ to Anna Maria Oyster Bar 3A 1:00 That's Entertainment! 3A 2:00 ACTIVE MINDS-Live! ALL ABOUT CHOCOLATE!! Serving Chocolates! All Welcome!! 3A 3:00 Judy, Frank & Dean "Once In A Lifetime" 3A 6:00 Western-Shenandoah 3A	10:00 B-fit for Life Program 3A 10:30 Valentine Trivia 3A and Kindness is Ageless 11:00 CATHOLIC MASS PDR 3A 1:00 Bingo! 3C 1:00 Technology Learning Lab 1C 2:00 Special Valentine'sMovie An Affair to Remember Wine and Cake served! Please Join Us 3A 6:00 History Hour Documentary The Presidents #2 3A	10:00 B-Fit Program 3A 10:30 iPad Exploration 3A Flex Your Brain! 1:00 BINGO! 3C 2:00 Special Music DVD 3A John Denver 3:15 Live Music Happy Hour with Barry Graham Come and Enjoy! 3A 6:00 Resident's Choice Evening Movie The Proposal 3A	9:45 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:15 BINGO! 3C 1:00 Matinee 3A Never Been Kissed 3:15 Joe Thayer Live Music Please Join Us!! 3A 6:00 Resident's Choice Movie On Golden Pond 3A	10:00 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 2:30 LIVE THEATRICAL SHOW - An Afternoon with Thomas Edison - 3A 3:30 Vespers Service Landings 6:00 Movie- Message in a Bottle 3A	President's Day 10:00 B-Fit Program 3A 10:30 Presidential Trivia 3A Flex Your Brain! 1:00 Game Time/ Library 2A 1:00 White Board/ Presidents 3A 2:00 The President's Photographer DVD 3A 2:00 Barry Plowman Live HCD 3:00 Coffee and Conversation PDR Please Join Us! 6:00 Monday Movie- The American President 3A	9:30 Shopping Trip Kmart OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 The Signs and Rhymes of Burma Shave 3A 1:00 Technology Learning Lab 1C 2:00 Britain's Royal Weddings Treats Served! Please Join Us !! 3A 6:00 Juke Box Callie- Live Music! Fun!! 3A	10:00 B-Fit Program 3A 10:30 Resident Social- Join Us for Coffee & Donuts! 3A 1:00 That's Entertainment! 3A 2:00 Music & Memories with Marylyn- Live! "Hearts Desire" 3A 3:00 Histories Mysteries 3A 6:00 Western Wednesday Movie River of No Return 3A	10:00 B-fit for Life Program 3A 10:30 Optimum Life Wellness 3A Event-Reduce Stress Protect Your Heart 1:00 Bingo! 3C 1:30 Movement Magic! Fun, Gentle Exercise to Music! with Mike! 3A 2:00 Movie & Popcorn! My Big Fat Greek Wedding 3A 6:00 History Hour Documentary The Presidents 3A	9:45 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:15 BINGO! 3C Please join the Fun! 2:00 Matinee 3A The Thrill of It All! Doris Day/James Garner 4:30 Paul Luther Live Music DR for your Dining Pleasure 6:00 Resident's Choice Movie The Lion in Winter 3A	10:00 Ageless Spirit- B-Fit & Yoga Meditation (RR) 3A 10:30 Cranium Crunchers (RR) 3A 1:00 BINGO! 3C 2:00 Sunday Matinee 3A That Funny Feeling 3:30 Vespers Service Landings 6:00 Evening Movie- The Notebook 3A	10:00 B-Fit Program 3A 10:30 Laughs and Life! 3A Flex your Brain! 1:00 Game Time!/ Library 2A 1:00 White Board Games 3A Actors & Actresses 2:00 Tom Jones DVD 3A "Smash Hits" 3:00 Coffee and Conversation 3A Please Join Us! 6:00 Monday Musical- The Music Man 3A	9:30 Shopping/Bealls Outlet OC 10:00 B-Fit Program 3A 10:30 Catholic Service 3C 10:30 Lawrence Welk Classics 3A 1:00 Travel Guide Jamaica 3A 1:00 Technology Learning Lab 1C 2:00 Veterans & Volunteers PDR Coffee & Wine Social Please join us! 2:00 Movie- The Glenn Miller Story 3A 6:00 TV Classics! Lucy 3A	10:00 B-Fit Program 3A 10:30 Mind Joggers 3A 1:00 That's Entertainment! 3A 2:00 Hymns and Sing Along with Marylyn-Live! Please Join Us!! 3A 3:15 Chimes-Music Therapy 3A 6:30 Jim Scherz-Accordion Man LIVE Music Come Join the FUN!! 3A	10:00 B-fit for Life Program 3A 10:30 bRaIn BeNdErS! 3A 1:00 Bingo! 3C 2:00 Movie & Popcorn! That Funny Feeling 3A 6:00 History Hour Documentary The Presidents Lives and Legacies 3A	

LOCATION KEY

3C - 3rd Floor C-Wing	HCD - Health Center Dining Room
3A - 3rd Floor A-Wing	PL - Palms Dining Room
RR - Resident Run	1A - 1st Floor A-Wing
PDR - 3rd Fl Private Dining Rm	1C - 1st floor c wing
2A - 2nd Floor A-Wing	-
OC - Off Campus	-

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!

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.