

1 SUNDAY			2 MONDAY			3 TUESDAY			4 WEDNESDAY			5 THURSDAY			6 FRIDAY			7 SATURDAY		
9:30	Christian Church Service	3C	10:00	B-Fit Program	3A	9:30	Shopping Trip/Publix	OC	10:00	B-Fit Program	3A	10:00	B-fit Program	3A	10:00	B-Fit Program	3A	9:45	Ageless Spirit Tai Chi and Meditation (RR)	3A
10:00	Ageless Spirit - Yoga and Meditation (RR)	3A	10:30	iPad Exploration Fun-News	3A	10:00	B-Fit Program	3A	10:30	Flex your Brain	3A	10:30	Resident Program Chats	3A	10:30	Laughs & Life!	3A	10:15	BINGO!	3C
10:30	Cranium Crunchers (RR) Flex your Brain!	3A	1:00	White Board Games Patriotic fun!	3A	10:30	Catholic Service	3C	4th of July Fun! and The Statue of Liberty	3A	1:00	Bingo!	3C	1:00	BINGO!	3C	11:00	ipad! My Favorite Things!	3A	
1:00	BINGO!	3C	2:00	Hat Craft with Annie	3A	10:30	Lawrence Welk Classics	3A	1:30	Lawrence Welk's God Bless America	3A	1:00	Bridge Players UNITE	2A	1:00	BINGO!	3C	2:00	Barry Plowman Live Music Live Beautiful Music	3A
2:00	Sunday Matinee-Stars and Stripes Forever	3A	3:00	Coffee and Conversation Join Us!	3C	1:00	Bridge Players UNITE	2A	3:00	NEW RESIDENT SOCIAL Jim Wood Live Music!	3A	1:30	Movement Magic! Fun, Gentle Exercise to Music!w/ Mike!	3A	2:00	Special Music DVD	3A	3:00	America's Funniest dvd Love & Marriage	3A
3:30	Vespers Service Landings	3A	4:30	Shelly Torman Live Music for your Dining Pleasure	DR	1:30	Saving the National Treasures/Nova Special	3A	Jim Wood Live Music! Root Beer Floats	3A	2:00	Movie & Popcorn! Houseboat	3A	3:15	Live Music Happy Hour Fun w/ Howlin' Bob!! Come Join in the FUN!!	3A	3:00	America's Funniest dvd Love & Marriage	3A	
6:00	America/Story of Us (1) from the History Channel	3A	6:00	Monday Musical-Banner 4th of July	3A	2:30	Creative Ceramics Join in the Fun!!	3A	6:00	Yankee Doodle Dandy Special Music DVD George M. Cohan	3A	6:00	History Hour Documentary Liberty- Heroes of the American Revolution (1)	3A	6:00	Resident's Choice Evening Movie Spirit of the Eagle	3A	6:00	Resident's Choice Movie The Virgin Queen Bette Davis/Joan Collins	3A
8 SUNDAY			9 MONDAY			10 TUESDAY			11 WEDNESDAY			12 THURSDAY			13 FRIDAY			14 SATURDAY		
9:30	Christian Church Service	3C	10:00	B-Fit Program	3A	9:30	Shopping Trip/Walgreens	OC	10:00	Resident Council/ Menu Chats- Please come!	3A	10:00	B-fit Program	3A	10:00	B-Fit Program	3A	9:45	Ageless Spirit Tai Chi and Meditation (RR)	3A
10:00	Ageless Spirit - Yoga and Meditation (RR)	3A	10:30	iPad Exploration Fun-News	3A	10:00	B-Fit Program	3A	11:00	Lunh Out-Applebee's	OC	10:30	Monthly Theme Chat ROUTE 66	3A	10:30	Chat Pack!	3A	10:15	BINGO!	3C
10:30	Cranium Crunchers (RR) Flex your Brain	3A	1:00	White Board Games "Road Trip"	3A	10:30	Catholic Service	3C	1:00	That's Entertainment!	3A	1:00	Bingo!	3C	1:00	BINGO!	3C	11:00	ipad! My Favorite Things!	3A
1:00	BINGO!	3C	2:00	Artie & Floyd Banjo Duo Lively Fun Music! Please join us !!	3A	1:00	Lawrence Welk Classics	3A	2:00	ACTIVE MINDS-Live! The Future of BEES "This is a HONEY of a Lecture!" All Welcome!!	3A	1:00	Bridge Players UNITE	2A	2:00	Special Music DVD	3A	2:00	Matinee/Alfred Hitchcock Rear Window James Stewart/Grace Kelly	3A
1:45	Vera and Company Live Beautiful Music- Join Us	3A	3:00	Coffee and Conversation	3C	1:00	Crafter's Corner Theme centerpieces	3A	3:00	All Star Spectacular- John Wayne's Tribute to America	3A	2:00	Just Us Duo- Live Music! Celebrating 50's & 60's!	3A	3:15	Live Music w/ Lee & Char! Birthday Bash! Please Join Us !!	3A	6:00	Resident's Choice Evening Movie Kiss Me Kate	3A
3:00	America's Most Scenic Drives-Maine to Key West	3A	6:00	Monday Musical-South Pacific	3A	2:00	ROUTE 66: pt.1-The Ultimate Road Trip!	3A	6:00	Movie-The Cisco Kid	3A	3:00	America's Most Scenic Drives/Texas-Yellowstone	3A	6:00	Resident's Choice Evening Movie	3A	6:00	Resident's Choice Movie Phone Call from a Stranger	3A
3:30	Vespers Service Landings	3A				6:00	TV Classics! I Love Lucy	3A				6:00	History Hour Documentary Liberty- The American Revolution	3A						
6:00	America/ Story of Us (2)	3A																		
15 SUNDAY			16 MONDAY			17 TUESDAY			18 WEDNESDAY			19 THURSDAY			20 FRIDAY			21 SATURDAY		
9:30	Christian Church Service	3C	10:00	B-Fit Program	3A	9:30	Shopping Trip Kmart	OC	10:00	B-Fit Program	3A	10:00	B-fit Program	3A	10:00	B-Fit Program	3A	9:45	Ageless Spirit Tai Chi and Meditation (RR)	3A
10:00	Ageless Spirit - Yoga and Meditation (RR)	3A	10:30	iPad Exploration Fun-News	3A	10:00	B-Fit Program	3A	10:30	Sentimental Reflections Flex your Brain	3A	10:30	Optimum Life Wellness Topic Urinary Incontinence	3A	10:30	Theme Chat-ROUTE 66	3A	10:15	BINGO!	3C
10:30	Cranium Crunchers (RR) Flex your Brain	3A	1:00	White Board Games	3A	10:30	Catholic Service	3C	1:00	That's Entertainment!	3A	1:00	Bingo!	3C	1:00	BINGO!	3C	11:00	ipad! My Favorite Things!	3A
1:00	BINGO!	3C	2:00	Art with Mark! Live Demo Fun! Join Us!	3A	1:00	Lawrence Welk Classics	3A	2:00	Music & Memories with Marylyn- Live! Join Us for "Patriotic Pride!"	3A	1:00	Bridge Players UNITE	2A	2:00	Special Music DVD Barry Manilow	3A	2:00	Matinee-Seven Brides for Seven Brothers Please Join Us	3A
2:00	Sunday Matinee KEY LARGO	3A	3:00	Coffee and Conversation	3C	1:00	Crafter's Corner Sand and Shells	3A	3:30	History's Mysteries	3A	1:30	Movement Magic! Fun, Gentle Exercise to Music!w/ Mike!	3A	3:15	Live Music Happy Hour Fun with Barry Graham	3A	3:15	Joe Thayer Live Music	3A
3:30	Vespers Service Landings	3A	4:45	Paul Luther Live Music for your Dining Pleasure	DR	2:00	The Rhymes and Times of Burma Shave	3A	4:30	Theme Dinner ROUTE 66	DR	2:00	Movie & Popcorn! Operation Petticoat	3A	6:00	Resident's Choice Evening Movie All About Eve	3A	6:00	Resident's Choice Movie Thirty Seconds Over Tokyo	3A
6:00	Marty Stouffer's Wild America Specials	3A	6:00	Monday Musical-SHOWBOAT	3A	6:00	Juke Box Callie- Live Music!	3A	6:00	Western Wednesday Movie The Magnificent Seven	3A	6:00	History Hour Documentary Liberty/AmerRevolution/3	3A						
22 SUNDAY			23 MONDAY			24 TUESDAY			25 WEDNESDAY			26 THURSDAY			27 FRIDAY			28 SATURDAY		
9:30	Christian Church Service	3C	10:00	B-Fit Program	3A	9:30	Shopping/Bealls Outlet	OC	10:00	B-Fit Program	3A	10:00	B-fit Program	3A	10:00	B-Fit Program	3A	9:45	Ageless Spirit Tai Chi and Meditation (RR)	3A
10:00	Ageless Spirit - Yoga and Meditation	3A	10:30	iPad Exploration Fun-News	3A	10:00	B-Fit Program	3A	10:30	Mind Joggers Flex your Brain!	3A	10:30	Chat With Donna	3A	10:30	Laughs & Life!	3A	10:15	BINGO!	3C
10:30	Cranium Crunchers (RR) Flex your Brain	3A	1:00	White Board Games Christmas in July!	3A	10:30	Catholic Service	3C	1:00	Radio City Christmas Spectacular! Rockettes	3A	1:00	Bingo!	3C	1:00	BINGO!	3C	11:00	ipad! My Favorite Things!	3A
1:00	BINGO!	3C	2:00	Route 66-pt 2 "The Ultimate Roadtrip" Please Join Us!	3A	10:30	Lawrence Welk Classics	3A	2:00	"Christmas In July!" Sentimental Sing Along, Trivia and Treats!	3A	1:00	Bridge Players UNITE	2A	2:00	Special Music DVD	3A	2:00	Matinee- The Benny Goodman Story	3A
2:00	Matt Coates Live Music! Live Entertainment!	3A	3:00	Coffee and Conversation	3C	1:00	Color Me Calm	3A	3:15	Chimes-Music Therapy	3A	2:00	Movie & Popcorn! HOLIDAY INN Christmas in July!	3A	3:15	Live Music Happy Hour FUN with Jim Wood!	3A	6:00	Resident's Choice Evening Movie It's A Wonderful Life	3A
3:00	Andre Rieu- Home for the Holidays	3A	6:00	Monday Musical-White Christmas	3A	2:00	Bridge Players UNITE	2A	6:30	Jim Scherz-Accordion Man LIVE Music	3A	2:00	Creative Arts Academy Children's Choir- Join Us for Live Music!	HCD						
3:30	Vespers Service Landings	3A				2:00	Veterans & Volunteers Coffee & Wine Social	PDR				3:00	Learn to play Poker!	PDR						
6:00	Marty Stouffer's Series	3A				6:00	TV Classics! Touched by an Angel	3A				6:00	History Hour Documentary	3A						
29 SUNDAY			30 MONDAY			31 TUESDAY			LOCATION KEY			<p><b>Freedom Village Bradenton</b>  <b>Personalized Assisted Living</b>          6410 21st Avenue West          Bradenton, FL 34209          (941) 798-8200   brookdale.com</p> <p>Assisted Living          All activities are subject to change.</p>								
9:30	Christian Church Service	3C	10:00	B-Fit Program	3A	9:30	Shopping Trip/Dollar Tree	OC	3C - 3rd Floor C-Wing	3A - 3rd Floor A-Wing	RR - Resident Run							PL - Palms Dining Room	TH - Therapy Room 3rdFL	1A - 1st Floor A-Wing
10:00	Ageless Spirit - Yoga and Meditation	3A	10:30	iPad Exploration Fun-News	3A	10:00	B-Fit Program	3A	PDR - 3rd Fl Private Dining Rm											
10:30	Cranium Crunchers (RR) Flex your Brain	3A	1:00	White Board Games Flex Your Brain	3A	10:30	Catholic Service	3C	2A - 2nd Floor A-Wing											
1:00	BINGO!	3C	2:00	Great Plains- America's Lingering Wild A PBS Special	3A	10:30	Lawrence Welk Classics	3A	OC - Off Campus											
2:00	Sunday Matinee Mister Roberts	3A	3:00	Coffee and Conversation Please Join Us!	3C	1:00	Bridge Players UNITE	2A	HCD - Health Center Dining Room											
3:30	Vespers Service Landings	3A	6:00	Monday Movie-The Buddy Holly Story	3A	1:30	Cowboy Sing Along Social/Trail Mix & Trivia	3A	PL - Palms Dining Room											
6:00	Marty Stouffer's Wild America Specials	3A				2:30	Doris Day- A Sentimental Journey	3A	TH - Therapy Room 3rdFL											
						6:00	Movie- Annie Get Your Gun	3A	1A - 1st Floor A-Wing											



## Health and Wellness

### Live Your Optimum Life®: Reducing Your Risk of Falling



According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the problems associated with falling and a proactive plan.

#### Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

#### Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

#### Exercise to Help Strengthen & Improve Balance

Exercise is one of the most important ways to lower your

chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

#### Interventions that Can Increase Safety and Reduce the Risk of Falls

**Medication Plan of Care:** Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

**Therapy:** Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

## Wellness Challenge

### 10 Tips to Prevent Falls:

Avoiding falls requires a pro-active approach. Below are 10 tips to help prevent falls:

1. Stay physically active
2. Have annual eye and hearing exams
3. Review your medications with your health care provider
4. Talk with your doctor regarding your Vitamin D level
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls
8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you

## Brookdale News

### Inaugural Film Festival Named Best of the Best



Brookdale residents are taking center stage on a national level. Argentum, a leading senior trade organization, recently honored Brookdale with its “Best of the Best” award for Brookdale’s innovative Celebrate Aging Film Festival.

“We established the Celebrate Aging Film Festival to change the perception of aging, and it is doing just that,” said Carol Cummings, senior director of Optimum Life at Brookdale.

The film festival showcased short films created entirely by Brookdale residents and associates using iPads. Each film’s focus was to challenge the stereotypes of senior living and aging.

A total of 74 films were submitted in the inaugural year, and nine received nominations for Best Acting, Best Technical Design, Best Writing, Best Picture and the Courage Award.

The second annual Celebrate Aging Film Festival is scheduled for October 3, 2018 at the historic Franklin Theatre in Franklin, Tennessee.

To learn more, see your Resident Programs or Clare Bridge Programs leader.



## Wishes of a Lifetime

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



### Resident Hopes To Inspire Others With New Skill

It’s never too late to pick up a new talent. Just ask Judy Moore from Brookdale Murray in Kentucky. This lifelong volunteer, who dedicated her life to helping underprivileged children, recently found herself on the receiving end of a little extra kindness.

Wish of a Lifetime partnered with Brookdale Murray to provide Judy with the opportunity to pick up a skill she’d wanted for years: playing the piano.

Through her weekly lessons, Judy learned several carols on the piano. Her dream became a reality, and she even shared her newly developed talents with friends in a Christmas recital.

As with her volunteer efforts earlier in life, learning this skill was about lifting up the people around her. “My friend Sue wants me to teach her if I learn how,” she said.

Judy hopes that her efforts will inspire others that it is never too late to try a new hobby or learn a new skill.