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# February 2019

## Freedom Village Bradenton

6410 21st Avenue West

Bradenton, FL 34209

(941) 798-8200 | brookdale.com



**01**

9:30 B-Fit Program	CA
10:00 <i>Mystery Tour</i>	OC
1:30 Walking Club	
2:00 <b>HAPPY HOUR</b>	HCD
Matt Coates	
3:30 Nat'l Geographic	CA
5:00 iN2L Fun!	CA
6:00 News and Views	CA

**02** Groundhog Day

Therapy Pups Visit Today	
9:30 B-Fit Program	CA
10:00 <i>iN2L Lifelong Learning</i>	CA
1:00 Color Me Calm!	CA
1:30 Walking Club	
2:00 Music and Solace	CA
3:00 <b>Barry Plowman</b>	CA
5:30 Puzzle Challenge	CA

**03**

9:30 B-Fit Program	CA
10:30 <i>iN2L Hymns / Church</i>	CA
1:00 Table Top Gamers!	CA
1:30 Walking Club	
2:00 <b>BINGO!</b>	CA
3:30 Lawrence Welk	CA
5:30 Animal Planet	CA
6:00 Fresh Air on the Porch	CA

**04**

9:30 B-Fit Program	CA
10:30 Brain Teasers	CA
1:00 <i>Creative Clusters!</i>	CA
1:30 Walking Club	
2:00 <b>Arts and Crafts</b>	CA
3:30 World Travel Video	CA
5:30 News and Views	CA

**05**

9:30 B-Fit Program	CA
10:30 Catholic Service	3C
1:00 <i>Creative Ceramics!</i>	CA
1:30 Walking Club	
1:45 Snactivity!	CA
3:00 <b>Sing with Callie!</b>	CA
3:30 Word Search Puzzles	CA
5:30 Fabulous Forties	CA

**06**

9:30 B-Fit Program	CA
11:30 <i>Luncheon at Grapevine</i>	CA
1:00 I Remember When...	CA
1:30 Walking Club	
2:00 <b>Music with Marylyn</b>	CA
3:00 Trivia on the Porch	CA
5:30 Western Wednesday	CA

**07**

9:30 B-Fit Program	CA
10:30 <i>bRaIn BeNdErS</i>	CA
11:30 Caregiver Support	PDR
1:00 <b>Movement Magic</b>	CA
1:30 Walking Club	
2:00 Word Game Fun!	CA
3:30 Classic TV Memories	CA
5:30 Puzzle Challenge	CA

**08**

9:30 B-Fit Program	CA
10:00 Pastor Erv	HCD
10:00 <i>Mystery Tour</i>	OC
1:30 Walking Club	
2:00 <b>HAPPY HOUR</b>	HCD
with Lee and Char	
5:00 Nat. Geographic	CA
6:00 News and Views	CA

**09**

Therapy Pups Visit Today	
9:30 B-Fit Program	CA
10:00 <i>iN2L Lifelong Learning</i>	CA
1:00 Color Me Calm!	CA
1:30 Walking Club	
2:00 <i>Music and Solace</i>	CA
5:30 Puzzle Challenge	CA

**10**

9:30 B-Fit Program	CA
10:30 <i>iN2L Hymns / Church</i>	CA
1:00 Table Top Gamers!	CA
1:30 Walking Club	
1:45 Vera & Company	3A
2:00 <b>BINGO!</b>	CA
3:30 Lawrence Welk	CA
5:30 Animal Planet	CA

**11**

9:30 B-Fit Program	CA
10:30 Brain Teasers	CA
1:00 <i>Creative Clusters!</i>	CA
1:30 Walking Club	
3:00 <b>Artie &amp; Floyd-Banjos</b>	CA
3:30 World Travel Video	CA
5:30 News and Views	CA

**12**

9:30 B-Fit Program	CA
10:30 Catholic Service	3C
1:30 Walking Club	
1:45 Snactivity!	CA
2:00 <b>Jim Scherz Plays!</b>	CA
3:30 Word Search Puzzles	CA
5:30 <b>Evening at the Cinema</b>	CA

**13**

9:30 B-Fit Program	CA
11:00 <i>Luncheon at Grapevine</i>	OC
1:00 I Remember When...	CA
1:30 Walking Club	
3:00 <b>Karaoke fun with Jody!</b>	CA
5:30 Western Wednesday	CA

**14** Valentine's Day

9:30 B-Fit Program	CA
10:30 <i>Makeover with Angie</i>	CA
1:30 Walking Club	
2:00 <b>Valentines Day Party</b>	CA
for Residents!	
3:30 Classic TV Memories	CA
5:30 Puzzle Challenge	CA

**15**

9:30 B-Fit Program	CA
10:00 <i>Hymns &amp; Worship</i>	HCD
10:00 <i>Mystery Tour</i>	OC
1:30 Walking Club	
2:00 <b>HAPPY HOUR</b>	HCD
Barry Graham	
3:30 Nat'l Geographic	CA
6:00 News and Views	CA

**16**

Therapy Pups Visit Today	
9:30 B-Fit Program	CA
10:00 <i>iN2L Lifelong Learning</i>	CA
1:00 Color Me Calm!	CA
1:30 Walking Club	
2:00 <i>Music and Solace</i>	CA
5:30 Puzzle Challenge	CA

**17**

9:30 B-Fit Program	CA
10:30 <i>iN2L Hymns / Church</i>	CA
1:00 Table Top Gamers!	CA
1:30 Walking Club	
2:00 <b>BINGO!</b>	CA
3:30 Lawrence Welk	CA
5:30 Animal Planet	CA
6:00 Fresh Air on the Porch	CA

**18** President's Day

9:30 B-Fit Program	CA
10:30 Brain Teasers	CA
1:00 <i>Creative Clusters!</i>	CA
1:30 Walking Club	
2:00 <b>Barry Plowman</b>	HCD
3:30 World Travel Video	CA
5:30 News and Views	CA

**19**

9:30 B-Fit Program	CA
10:30 Catholic Service	3C
1:30 Walking Club	
1:45 Snactivity!	CA
2:00 <b>Matt Coates Bday Bash</b>	CA
3:30 Word Search Puzzles	CA
5:30 <i>Evening at the Cinema</i>	CA

**20**

9:30 B-Fit Program	CA
10:00 <i>Sandy's Sing Along</i>	HCD
1:00 I Remember When...	CA
1:30 Walking Club	
2:00 Word Game Fun!	CA
3:30 <b>Peter Plays Piano!</b>	CA
5:30 Western Wednesday	CA

**21**

9:30 B-Fit Program	CA
10:30 <i>bRaIn BeNdErS</i>	CA
1:00 <i>Movement Magic</i>	CA
1:30 Walking Club	
2:00 <b>Word Game Fun!</b>	CA
3:30 Classic TV Memories	CA
5:30 Puzzle Challenge	CA

**22**

9:30 B-Fit Program	CA
10:00 Pastor Erv	HCD
10:00 <i>Mystery Tour</i>	OC
1:30 Walking Club	
2:00 <b>HAPPY HOUR</b>	HCD
with Jewel Tones	
3:30 Nat'l Geographic	CA
6:00 News and Views	CA

**23**

Therapy Pups Visit Today	
9:30 B-Fit Program	CA
10:00 <i>iN2L Lifelong Learning</i>	CA
1:00 Color Me Calm!	CA
1:30 Walking Club	
2:00 <i>Music and Solace</i>	CA
5:30 Puzzle Challenge	CA

**24**

9:30 B-Fit Program	CA
10:30 <i>iN2L Hymns / Church</i>	CA
1:00 Table Top Gamers!	CA
1:30 Walking Club	
2:00 <b>Hymns with Marylyn</b>	CA
3:30 Lawrence Welk	CA
5:30 Animal Planet	CA

**25**

9:30 B-Fit Program	CA
10:30 Brain Teasers	CA
1:00 <i>Creative Clusters!</i>	CA
1:30 Walking Club	
2:00 <i>iN2L Classic TV</i>	CA
3:30 <b>Comedy Classics</b>	CA
5:30 News and Views	CA

**26**

9:30 B-Fit Program	CA
10:30 Catholic Service	3C
1:30 Walking Club	
1:45 Snactivity!	CA
2:00 <b>Jim Wood Music!</b>	CA
3:30 Word Search Puzzles	CA
5:30 <b>Evening at the Cinema</b>	CA

**27**

9:30 B-Fit Program	CA
11:00 <i>Luncheon at Grapevine</i>	OC
1:00 I Remember When...	CA
1:30 Walking Club	
2:00 <b>Chimes</b>	HCD
5:30 Western Wednesday	CA

**28**

9:30 B-Fit Program	CA
10:30 <i>bRaIn BeNdErS</i>	CA
1:30 Walking Club	
2:00 <i>Word Game Fun!</i>	CA
3:30 <b>Goody and her Guitar</b>	CA
5:30 Puzzle Challenge	CA

## THE DAILY PATH

### UPCOMING EVENTS

- 7:30 Breakfast
- 9:30 B-Fit Exercise
- 10:00 Refreshments
- 10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 1:00 Creative/Crafts/Art and Clustered Groups
- 1:30 Physical
- 2:00 Refreshments
- 2:00 Music/ Intergenerational
- 4:30 Dinner
- 5:30 Sensory/News and Reading Groups
- 7:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

### LOCATION KEY

- PDR - Private Dining Room
- CDR - Clare Bridge Dining Room
- CA - Common Area
- OC - Off Campus
- HCD - HealthCenter Dining Room
- CC - Clare Bridge Cafe
- PL - The Palms Dining Room
- 1A - First Floor A-Wing
- 3A - Third Floor A-Wing
- 3C - Third Floor C-Wing

License Number

## 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.