

S M T W Th F S

**Freedom Village Bradenton**  
6501 17th Avenue West  
Bradenton, FL 34209  
(941) 798-8000 | brookdale.com

### LOCATION KEY

Aud	Auditorium	Ph2	Phase 2 Pvt Dining Rm
LL	Landings Lounge	CH	Chapel
La	Landings	RC	Res. Council Rm.
Po	Pool	Art	Art Room
JS	Jefferson Sundeck	DR	Doctors Inn
OC	Off Campus	Gr	Grapevine

*License Number*

<p><b>03</b></p> <p>7:00 Continental B'fast Gr 8:00 Open Swim Po 9:00 Be Fit Training Aud 9:30 Palma Sola Presbyterian 10:30 Sts. Peter &amp; Paul OC 12:45 Stars of Tomorrow OC 3:30 Vespers Aud 6:30 Super Bowl Social Pub</p>	<p><b>04</b></p> <p>7:30 Be Fit Swim Po 8:45 Bistro Sign Up Act 9:30 Tech Time WR 10:00 Ageless Spirit CH 10:15 Be Fit Tai Chi Aud 11:00 Be Fit Zumba Aud 4:15 Dining Out/Kumo OC 7:00 BINGO Aud</p>	<p><b>05</b></p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 9:30 Tarpon Springs OC 10:15 Be Fit &amp; Trim Aud 10:30 Villa Mtg. JS 1:00 Menu Chat Aud 2:00 Movie Aud 7:00 Bridgte JS</p>	<p><b>06</b></p> <p>8:15 Birding at Myakka St. Pk OC 9:00 iPad Exploration LL 10:00 Bible Study CH 10:15 Be Fit Tai Chi Aud 11:00 Be Fit Zumba Aud 1:00 Be Fit Yoga Aud 1:45 Be Fit &amp; Trim Aud 7:00 Movie Nite Aud</p>	<p><b>07</b></p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 10:00 Carte Clothing Boutique LL 10:15 Be Fit &amp; Trim Aud 1:00 Mahjongg Ph2 1:00 Poker Group Lex 2:00 B-Fit For Life LL 7:00 Duplicate Bridge JS</p>	<p><b>08</b></p> <p>7:30 Be Fit Swim Po 10:00 Res. Listen Group Aud 11:00 Chair Yoga Aud 1:00 Mahjongg WR 2:00 LLL/The Gulf/B. Jacobs Aud 2:00 Comf. Conversation LL 4:00 Concord Happy Hour Ph2 7:15 Fri. Nite Ent. Aud</p>	<p><b>09</b></p> <p>7:30 Be Fit Walking Group La 8:30 Pool Volleyball Po 9:30 Open Swim Po 10:30 Cultural Expressions Aud 12:00 Indoor Bocce LL 1:00 Duplicate Bridge JS 6:30 Card Party/Col. BR 7:00 Saturday Night Movie Aud</p>	<p><b>01</b></p> <p>7:30 Be Fit Swim Po 10:00 Res. Listen Group Aud 11:00 Chair Yoga Aud 1:00 Mahjongg WR 2:00 Active Minds Aud 4:00 Col/Villas Happy Hr BR 4:00 Concord Happy Hour Ph2 7:15 Fri. Nite Ent. Aud</p>	<p><b>02</b> Groundhog Day</p> <p>7:30 Be Fit Walking Group La 7:45 Breakfast at the Beach OC 8:30 Pool Volleyball Po 9:30 Open Swim Po 10:30 Cultural Expressions Aud 12:00 Indoor Bocce LL 6:30 Card Party/Col. BR</p>
<p><b>10</b></p> <p>7:00 Continental B'fast Gr 8:00 Open Swim Po 9:00 Be Fit Training Aud 9:30 Palma Sola Presbyterian 10:30 Sts. Peter &amp; Paul OC Catholic 3:30 Vespers Aud</p>	<p><b>11</b></p> <p>7:30 Be Fit Swim Po 9:30 Tech Time WR 10:00 Ageless Spirit CH 10:15 Be Fit Tai Chi Aud 11:00 Be Fit Zumba Aud 1:00 Be Fit Yoga Aud 6:45 Sarasota Pops OC 7:00 BINGO Aud</p>	<p><b>12</b></p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 10:15 Be Fit &amp; Trim Aud 10:30 Watercolor Exhibit OC 1:00 Menu Chat Aud 2:00 Movie Aud 2:30 Ambassador Mtg. LL 6:30 Westcoast Black Theatre OC</p>	<p><b>13</b></p> <p>9:00 iPad Exploration LL 9:45 Shopping at Mall at UTC OC 10:00 Bible Study CH 10:30 Activities Committee RC 11:00 Be Fit Zumba Aud 1:00 Be Fit Yoga Aud 1:45 Be Fit &amp; Trim Aud 7:00 Movie Nite Aud</p>	<p><b>14</b> Valentine's Day</p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 10:00 Tech Workshop Aud 10:15 Be Fit &amp; Trim Aud 1:00 Mahjongg Ph2 2:00 B-Fit For Life LL 6:30 Valentine Bistro Aud 7:00 Pinochle BR</p>	<p><b>15</b></p> <p>7:30 Be Fit Swim Po 10:00 Listen Group Aud 11:00 Chair Yoga Aud 11:30 Red Barn Flea Market OC 1:00 Mahjongg WR 2:00 Comf. Conversations LL 4:00 Concord Happy Hour Ph2 7:15 Fri. Nite Ent. Aud</p>	<p><b>16</b></p> <p>7:30 Be Fit Walking Group La 8:30 Pool Volleyball Po 9:30 Open Swim Po 10:30 Cultural Expressions Aud 12:00 Indoor Bocce LL 3:30 Viva Vino Wine Club FL 6:30 Card Party/Col. BR 7:15 Manatee Players OC</p>		
<p><b>17</b></p> <p>7:00 Continental B'fast Gr 8:00 Open Swim Po 9:00 Be Fit Training Aud 9:30 Palma Sola Presbyterian 10:30 Sts. Peter &amp; Paul OC Catholic 1:15 Sunday at Neel Series OC 3:30 Vespers Aud</p>	<p><b>18</b> President's Day</p> <p>7:30 Be Fit Swim Po 9:30 Tech Time WR 10:00 Ageless Spirit CH 10:15 Be Fit Tai Chi Aud 11:00 Be Fit Zumba Aud 1:00 Be Fit Yoga Aud 3:45 Circus Sarasota OC 7:00 BINGO Aud</p>	<p><b>19</b></p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 9:30 Gulfport Tues. Market OC 10:15 Be Fit &amp; Trim Aud 11:00 My Life Story LL 12:45 Artists in Residence Art 1:00 Menu Chat Aud 7:00 Bridge JS</p>	<p><b>20</b></p> <p>9:00 iPad Exploration LL 10:00 Bible Study CH 10:15 Be Fit Tai Chi Aud 11:00 Be Fit Zumba Aud 1:00 Be Fit Yoga Aud 1:45 Be Fit &amp; Trim Aud 6:30 Sarasota Opera OC 7:00 Movie Nite Aud</p>	<p><b>21</b></p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 10:15 Be Fit &amp; Trim Aud 1:00 Book Club CH 1:00 Mahjongg Ph2 2:00 B-Fit For Life LL 2:00 Movie Aud 7:15 Masterworks OC</p>	<p><b>22</b></p> <p>7:30 Be Fit Swim Po 8:30 Aquasize Swim Po 10:00 Open Resident Council Aud 11:00 Chair Yoga Aud 1:00 Mahjongg WR 2:00 Comf. Conversation LL 4:00 Friends For Life LA 7:15 Fri. Nite Ent. Aud</p>	<p><b>23</b></p> <p>7:30 Be Fit Walking Group La 8:30 Pool Volleyball Po 9:30 Open Swim Po 10:30 Cultural Expressions Aud 12:00 Indoor Bocce LL 1:00 Duplicate Bridge JS 6:30 Card Party/Col. BR 7:15 Manatee Players OC</p>		
<p><b>24</b></p> <p>7:00 Continental B'fast Gr 8:00 Open Swim Po 9:00 Be Fit Training Aud 9:30 Palma Sola Presbyterian 10:30 Sts. Peter &amp; Paul OC Catholic 1:15 Sunday at Neel Series OC 3:30 Vespers Aud</p>	<p><b>25</b></p> <p>7:30 Be Fit Swim Po 9:00 Bridge JS 9:30 Tech Time WR 10:00 Ageless Spirit CH 10:15 Be Fit Tai Chi Aud 11:00 Be Fit Zumba Aud 1:00 Be Fit Yoga Aud 7:00 BINGO Aud</p>	<p><b>26</b></p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 10:15 Be Fit &amp; Trim Aud 11:00 Mat Pilates Aud 12:45 Artists in Residence Art 1:00 Menu Chat Aud 2:00 Movie Aud 7:00 Bridge JS</p>	<p><b>27</b></p> <p>9:00 iPad Exploration LL 10:15 Be Fit Tai Chi Aud 10:30 Museum of Fine Arts OC 11:00 Be Fit Zumba Aud 1:00 Be Fit Yoga Aud 1:45 Be Fit &amp; Trim Aud 2:00 Health Talk LL 7:00 Movie Nite Aud</p>	<p><b>28</b></p> <p>8:30 Pool Volleyball Po 9:00 Flex Your Brain LL 10:15 Be Fit &amp; Trim Aud 11:00 OL Health Talk LL 2:00 B-Fit For Life LL 2:00 Communion CH 6:45 SCF Orchestra &amp; Choirs OC 7:00 Pinochle Po</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.