

## S

### LOCATION KEY

Aud	Auditorium
LL	Landings Lounge
La	Landings
Po	Pool
JS	Jefferson Sundeck
OC	Off Campus
Ph2	Phase 2 Pvt Dining Rm
CH	Chapel

## M

### 01

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
1:30	Village Singers	JS
7:00	BINGO	Aud

### 07

<b>Sedona Trip Departs</b>		
7:00	Continental B'fast	Gr
8:00	Open Swim	Po
9:00	Fitness Training	La
9:30	Palma Sola Presbyterian	OC
11:00	Ss. Peter & Paul	OC
3:30	Vespers	Aud

### 14

7:00	Continental B'fast	Gr
8:00	Open Swim	Po
9:00	Fitness Training	La
9:30	Palma Sola Presbyterian	OC
11:00	Ss. Peter & Paul	OC
3:30	Vespers	Aud

### 21

7:00	Continental B'fast	Gr
8:00	Open Swim	Po
9:00	Fitness Training	La
9:30	Palma Sola Presbyterian	OC
11:00	Ss. Peter & Paul	OC
3:30	Vespers	Aud

### 28

7:00	Continental B'fast	Gr
8:00	Open Swim	Po
9:00	Fitness Training	La
9:30	Palma Sola Presbyterian	OC
10:45	Ss. Peter & Paul	OC
3:30	Vespers	Aud

### 08

#### Columbus Day

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

### 15

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

### 22

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
1:30	Village Singers	JS
7:00	BINGO	Aud

### 29

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
4:15	Dining Out/Hofbrauhaus	OC
7:00	BINGO	Aud

## T

### 02

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
9:45	UTC Mall Shopping	OC
10:15	Be Fit & Trim	Aud
10:30	Villa Mtg.	JS
12:45	Artists in Residence	Art
1:00	Menu Chat	Aud
2:00	Movie	Aud

### 09

7:15	Fishing Boat Trip	OC
8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
10:15	Be Fit & Trim	Aud
12:45	Artists/Watercolor	Art
1:00	Menu Chat	Aud
2:00	Movie	Aud
2:00	Ambassador Mtg.	LL

### 16

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
10:15	Be Fit & Trim	Aud
11:00	My Life Story	LL
11:00	Mat Pilates	Aud
12:45	Artists in Residence	Art
1:00	Menu Chat	Aud
6:45	Westcoast Black Theatre	OC

### 23

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
10:15	Be Fit & Trim	Aud
10:30	Bunker Hill Winery	OC
11:00	Mat Pilates	Aud
12:45	Artists/Silk Scarves	Art
1:00	Menu Chat	Aud
2:00	Movie	Aud

### 30

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	La
9:00	Needles & Pins	LL
9:30	Historic Venice Shopping	OC
10:15	Be Fit & Trim	Aud
11:00	Mat Pilates	Aud
12:45	Artists in Residence	Art
1:00	Menu Chat	Aud

## W

### 03

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 & Trim	Aud
4:00	Celebrate Age Film Fest	Aud
7:00	Movie Nite	Aud

### 10

9:00	iPad Exploration	LL
9:30	Prime Outlets	OC
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 & Trim	Aud
7:00	Movie Nite	Aud

### 17

9:00	iPad Exploration	LL
9:15	Pontoon Boat Cruise	OC
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 & Trim	Aud
7:00	Movie Nite	Aud

### 24

8:15	Birding	OC
9:00	iPad Exploration	LL
9:00	AARP Driving Class	JS
10:15	Be Fit Tai Chi	Aud
11:00	Be Fit Zumba	Aud
1:00	Be Fit Yoga	Aud
1:45	Be Fit & Trim	Aud
7:00	Movie Nite	Aud

### 31

#### Halloween

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 & Trim	Aud
2:00	Wellness Talk/Hearing	LL
6:30	Halloween Bistro	Aud

## Th

### 04

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
10:15	Be Fit & Trim	Aud
1:30	Grief Support	Ch
2:30	Celebration Cooking Demo	Aud
6:45	SCF Fall Music Fest	OC
7:00	Duplicate Bridge	JS
7:00	Pinochle	BR

### 11

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
10:00	Tech Workshop	Aud
10:15	Be Fit & Trim	Aud
10:30	Activities Comm	RC
1:00	Trader Joe's	OC
2:00	Movie	Aud
7:00	Pinochle	BR

### 18

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
10:15	Be Fit & Trim	Aud
1:00	Book Club	CH
2:30	Flicra Meeting	Aud
4:15	Dining at Cafe Baci	OC
7:00	Duplicate Bridge	JS
7:00	Pinochle	BR

### 25

8:30	Pool Volleyball	Po
9:00	Flex Your Brain	LL
9:00	AARP Driving Class	JS
10:15	Be Fit & Trim	Aud
11:00	OL WellnessTalk Medicare	LL
1:30	Grief Support	Ch
2:00	Virtual Reality Event	Aud
7:00	Pinochle	BR

## F

### 05

10:00	Res. Listen Group	Aud
11:00	Chair Yoga	Aud
1:00	Mahjongg	WR
2:00	Active Minds/Celebration	Aud
2:00	Comf. Conversation	LL
4:00	Col/Villas Happy Hr	BR
4:00	Concord Happy Hour	Ph2
7:15	Fri. Nite Ent./D. DeLuca	Aud

### 12

7:30	Be Fit Swim	Po
10:00	Res. Listen Group	Aud
10:30	Dignity Memorial	La
11:00	Chair Yoga	Aud
1:00	Mahjongg	WR
2:00	Comf. Conversation	LL
4:00	Concord Happy Hour	Ph2
7:15	Fri. Nite Ent. Gulf Blue	Aud

### 19

7:30	Be Fit Swim	Po
10:00	Open Res. Council	Aud
10:00	Watch Repair	La
11:00	Chair Yoga	Aud
1:00	Mahjongg	WR
2:00	Visionaires	LL
4:00	Concord Happy Hour	Ph2
7:15	Fri. Nite Ent./Strings	Aud

### 26

10:00	Res. Listen Group	Aud
11:00	Chair Yoga	Aud
1:00	Mahjongg	WR
2:00	Comf. Conversation	LL
2:00	Communion Service	CH
2:30	Yappy Hour/Dogs	Vil
4:00	Concord Happy Hour	Ph2
7:15	Fri Nite Ent/Oktobefest	Aud

## S

### 06

7:30	Walking Group	La
8:30	Pool Volleyball	Po
9:30	Open Swim	Po
10:30	Cultural Expressions: Bavaria Celebrations	Aud
12:00	Indoor Bocce	LL
3:00	Poker Group	LL
6:30	Card Party/Col.	BR

### 13

7:30	Walking Group	La
7:45	Breakfast at the Beach	OC
8:30	Pool Volleyball	Po
9:30	Open Swim	Po
12:00	Indoor Bocce	LL
3:00	Poker Group	LL
6:30	Card Party/Col.	BR

### 20

7:30	Walking Group	La
8:30	Pool Volleyball	Po
9:30	Open Swim	Po
10:30	Cultural Expressions	Aud
12:00	Indoor Bocce	LL
3:00	Poker Group	LL
5:00	Viva Vino Wine Dinner	FL
7:00	Saturday Movie	BR

### 27

7:30	Walking Group	La
8:30	Pool Volleyball	Po
9:30	Open Swim	Po
10:30	Cultural Expressions	Aud
12:00	Indoor Bocce	LL
3:00	Poker Group	LL
6:30	Card Party/Col.	BR
7:15	Manatee Players	OC

### Freedom Village Bradenton

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## COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

## Live Your Optimum Life®: Getting a Good Night's Sleep



**S**leep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of it won't just leave you tired and irritable, it can actually be dangerous and seriously deteriorate the quality of your life.

According to the National Institutes of Health (NIH) not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In

other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

**Physical Benefits**

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

**Mental Benefits**

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing

sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 9 hours each night.

**8 Tips for Better Sleep**

- Exercise
- Reserve your bed for sleep
- Keep your bedroom comfortable
- Start a sleep ritual
- Avoid alcohol and caffeine
- De-stress
- Get checked by your doctor

## Wellness Challenge

## Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

**Be Well on Purpose!**



## Brookdale News

## Flu Season



**F**lu Season will be here soon, and Brookdale wants to help you stay well. **Make plans to get vaccinated** to protect yourself, your family and your fellow residents from illness. Preparing is easy!

1. **Watch** for the flu clinic posters to inform you of date and time and place of the community flu clinic
2. **Attend** the community flu clinic and receive your annual influenza vaccine
3. **Stay healthy!**

Kim Elliot, SVP Clinical Services at Brookdale says, “we want it to be as easy as possible for you to be vaccinated in your own home.” She also adds that Brookdale has new opportunities for wellness this year. “We’re excited to be working with one of the nation’s top pharmacies for vaccines. CVS pharmacists will be on site to deliver the senior-dose vaccine specific for those over 65 years old. In addition, if you are eligible for a pneumonia or shingles vaccine, CVS can provide those on clinic-day as well.”

Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans. CVS will perform a pre-authorization to advise you of any co-pays and to determine eligibility for the shingles or pneumonia vaccine.

Take advantage of these opportunities for a healthy start to the flu season.

## Wishes of a Lifetime

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

**Cancer Survivor Tackles Fear, Inspires Others**

Vernie Burkett lives at Brookdale Missoula Valley in Montana. She is a tough woman who is committed to bettering herself and those around her. Five years ago, Vernie was diagnosed with breast cancer. She was also wheelchair-bound. Unwilling to give in to her situation, she says she “outgrew the fear of it” and found the courage to fight back.

Now in remission, Vernie realized she could tackle just about anything, and she turned her attention to her one life-long fear: water. At 72-years-old, Vernie wanted to try swimming lessons. Thanks to Wish of a Lifetime, her Brookdale community and the local YMCA, Vernie not only overcame her fears about the water, she now happily gets in the pool all on her own and starts her aquatic workouts without the prodding of her instructor.

Plus, she has inspired others to join her.

“I learned I’m stronger than I thought I was, and it’s wonderful to be able to do things that you never figured,” Vernie says. “You can’t just sit in a chair. You are wasting your life if you sit there in the chair and can’t do nothing. And the world profits from your experiences.”

Information courtesy of ABCFoxMontana.com