

1 SUNDAY			2 MONDAY			3 TUESDAY			4 WEDNESDAY			5 THURSDAY			6 FRIDAY			7 SATURDAY					
9:30	Christian Church Service	3C	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	9:30	Therapy Pups Visit!	
9:30	Daily Chronicle	1:1	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	9:30	Daily Chronicle	1:1
10:00	Ageless Spirit Tai Chi and Meditation (RR)	3A	10:30	Name that Tune!	1A	10:30	Name that Tune!	1A	10:30	Be Fit Program	3A	10:30	Be Fit Program	3A	10:30	Be Fit Program	3A	10:30	Be Fit Program	3A	9:45	Ageless Spirit - Yoga and Meditation	3A
10:30	Table Top Gamers	1A	1:00	Between You and Me Visits/iPad Fun	1:1	1:00	Between You and Me Visits/iPad Fun	1:1	11:30	Chat Pack Fun!	1A	11:30	Chat Pack Fun!	1A	11:30	Chat Pack Fun!	1A	11:00	Route 66 Trivia Fun	1A	10:00	Discovery "Planet Earth"	1A
1:00	Sentimental Sing Along	1A	1:00	Strolling Music Therapy	1:1	1:00	Strolling Music Therapy	1:1	1:30	Red, White, & Blue Craft	1A	1:00	Between You and Me	1:1	1:00	Between You and Me	1:1	1:00	BINGO!	3C	10:15	BINGO BONANZA	3C
1:00	BINGO!	3C	2:00	Brookdale Celebrates Route 66	1A	2:00	Brookdale Celebrates Route 66	1A	2:30	Fourth of July Social Treat & Fun! Join Us!!	1A	1:00	Bridge Players UNITE	2A	1:00	Bridge Players UNITE	2A	2:00	Howlin Bob Performs	HCD	1:00	Terrific Trivia w/Mark	1A
2:45	Church Services	1A	3:00	Color Me Calm	1A	3:00	Color Me Calm	1A	3:30	Nostalgia Daily Fun Independence Day	1A	1:00	Bridge Players UNITE	2A	1:00	Bridge Players UNITE	2A	2:00	Bare Plowman LIVE Music	3A	2:00	Music DVD-IL DIVO	1A
3:00	Lawrence Welk Classics	1A	3:00	Shelly Torman Entertains	1A	3:00	Name 5	1A	6:00	Western Wednesday Shenandoah	1C	1:00	Movie Classics	1C	1:00	Movie Classics	1C	3:00	Trivia and Word Games	1A	2:00	Comedy Classics	1A
3:30	Vespers at the Landings	AU	6:00	Musical Monday! Phantom of the Opera	1C	3:30	Lawrence Welk Classics	1A				6:00	Movie Classics	1C	6:00	Movie Classics	1C	6:00	Fabulous Forties Friday! That Uncertain Feeling	1C	6:00	National Geographic Ultimate Nature Series	1C
6:00	Life Nature Series	1C				6:00	Music with Friends!	3A															
8 SUNDAY			9 MONDAY			10 TUESDAY			11 WEDNESDAY			12 THURSDAY			13 FRIDAY			14 SATURDAY					
9:30	Christian Church Service	3C	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	9:30	Therapy Pups Visit!	
9:30	Daily Chronicle	1:1	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	9:30	Daily Chronicle	1:1
10:00	Ageless Spirit Tai Chi and Meditation (RR)	3A	10:30	White Board Games	1A	10:30	White Board Games	1A	10:30	Resident Program Chats	1A	10:30	Resident Program Chats	1A	10:30	Flex your Brain	1A	10:30	Flex your Brain	1A	9:45	Ageless Spirit - Yoga and Meditation	3A
10:30	Table Top Gamers	1A	11:00	Happy News-i-Pad	1A	10:30	Catholic Service	3C	11:00	Lunch Outing! Applebees	OC	1:00	Ageless Spirit Sing Along	1A	1:00	Between You and Me	1:1	1:00	Between You and Me	1:1	10:00	Discovery "Planet Earth"	1A
1:00	Sentimental Sing Along	1A	1:00	Between You and Me Visits/iPad Fun	1:1	10:30	Flex your Brain	1A	1:00	Ageless Spirit Sing Along	1A	1:00	Bridge Players UNITE	2A	1:00	Bridge Players UNITE	2A	10:15	BINGO BONANZA	3C			
1:00	BINGO!	3C	3:00	Strolling Music Therapy	1:1	1:00	Bridge Players UNITE!	2A	2:00	Karaoke Fun with Jody	HCD	1:30	Patriotic Sing Along	1A	1:00	Outside Walk About	1:1	1:00	Outside Walk About	1:1	1:00	Terrific Trivia w/Mark	1A
1:45	Vera and Company LIVE	3A	3:00	Color Me Calm	1A	2:00	iPad Game Fun!	1A	2:30	Theme Dinner-Get Your Kicks on Route 66!!	HCD	2:00	Happy Hour with Lee & Char! B-Day Bash	HCD	2:00	Happy Hour with Lee & Char! B-Day Bash	HCD	2:00	Happy Hour with Lee & Char! B-Day Bash	HCD	2:00	Music DVD-Mitch Miller	1A
2:45	Church Services	1A	3:30	TV Classics- I Love Lucy	1A	3:00	Lawrence Welk Classics	1A	6:00	Western Wednesday Jeremiah Johnson	1C	2:30	Craft with Caren	1A	2:30	Craft with Caren	1A	3:00	Trivia and Word Games	1A	3:00	Comedy Classics	1A
3:00	Lawrence Welk Classics	1A	6:00	Musical Monday! Guys & Dolls	1C	6:00	Resident Choice Movie The Black Stallion	1C				3:30	Music Relaxation	1A	3:30	Music Relaxation	1A	6:00	National Geographic Ultimate Nature Series	1C			
3:30	Vespers at the Landings	AU										6:00	Movie Classics	1C	6:00	Movie Classics	1C						
6:00	Life Nature Series	1C																					
15 SUNDAY			16 MONDAY			17 TUESDAY			18 WEDNESDAY			19 THURSDAY			20 FRIDAY			21 SATURDAY					
9:30	Christian Church Service	3C	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	9:30	Therapy Pups Visit!	
9:30	Daily Chronicle	1:1	10:00	B-Fit Program	1A	9:30	Shopping Trip Kmart	OC	10:00	Sing Along With Sandy	HCD	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	9:30	Daily Chronicle	1:1
10:00	Ageless Spirit Tai Chi and Meditation (RR)	3A	10:30	Life is Sweet!	1A	10:00	B-Fit Program	1A	11:00	Nails With Annie	1:1	10:30	Flex your Brain	1A	10:30	Flex your Brain	1A	10:00	Worship & Hymns with Pastor Erv	HCD	9:45	Ageless Spirit - Yoga and Meditation	3A
10:30	Table Top Gamers	1A	11:00	Puppy Party DVD	1A	10:30	Resident Council & Menu Chats	1A	11:00	Brain Teasers!	1A	11:00	Balloon Volleyball	1A	11:00	Balloon Volleyball	1A	10:00	Discovery "Planet Earth"	1A			
1:00	Sentimental Sing Along	1A	1:00	Between You and Me Visits/iPad Fun	1:1	10:30	Catholic Service	3C	1:00	Between You and Me	1:1	1:00	Between You and Me	1:1	1:00	Between You and Me	1:1	10:15	BINGO BONANZA	3C			
1:00	BINGO!	3C	1:00	TV Classics!	1A	1:00	Bridge Players UNITE!	2A	2:00	Red Hat Tea & Social	1A	1:00	Bridge Players UNITE	2A	1:00	Bridge Players UNITE	2A	1:00	Terrific Trivia w/Mark	1A			
2:45	Church Services	1A	2:00	Bare Plowman LIVE	HCD	2:00	iPad Game Fun!	1A	5:00	Theme Dinner-Get Your Kicks on Route 66!!	HCD	1:00	ICE CREAM OUTING	OC	1:00	ICE CREAM OUTING	OC	2:00	Happy Hour Barry Graham Performs	HCD			
3:00	Lawrence Welk Classics	1A	3:00	Color Me Calm To Relaxing Music	1A	2:30	Warm Cookies!YUM!	1A	6:00	Western Wednesday True Grit	1C	2:15	Movement Magic!	1A	2:15	Movement Magic!	1A	2:00	Happy Hour Barry Graham Performs	HCD			
3:30	Vespers at the Landings	AU	6:00	Musical Monday! Walk the Line	1C	3:30	Lawrence Welk Classics	1A				3:30	Mind Joggers	1A	3:30	Mind Joggers	1A	3:00	Trivia and Word Games	1A			
6:00	Life Nature Series	1C				6:00	Music with Friends!	1A				6:00	Movie Classics	1C	6:00	Movie Classics	1C	6:00	Fabulous Forties Friday! The Great Mike	1C			
22 SUNDAY			23 MONDAY			24 TUESDAY			25 WEDNESDAY			26 THURSDAY			27 FRIDAY			28 SATURDAY					
9:30	Christian Church Service	3C	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	9:30	Therapy Pups Visit!	
9:30	Daily Chronicle	1:1	10:00	B-Fit Program	1A	9:30	Shopping Bealls Outlet	OC	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	10:00	B-Fit Program	1A	9:30	Daily Chronicle	1:1
10:00	Ageless Spirit Tai Chi and Meditation (RR)	3A	10:30	Flex your Brain	1A	10:00	B-Fit Program	1A	10:30	The Happy News!	1A	10:30	Flex your Brain	1A	10:30	Flex your Brain	1A	10:30	Famous Faces	1A	9:45	Ageless Spirit - Yoga and Meditation	3A
10:30	Table Top Gamers	1A	1:00	Between You and Me Visits/iPad Fun	1:1	10:30	Catholic Service	3C	11:00	Chat Pack Fun!	1A	1:00	On the Road Again Tour the U.S via i-Pad	1A	1:00	Between You and Me	1:1	11:00	BrAiN bEnDeRs!	1A	10:00	Discovery "Planet Earth"	1A
1:00	Sentimental Sing Along	1A	1:30	Balloon Volleyball	1A	10:30	Flex your Brain	1A	1:00	On the Road Again Tour the U.S via i-Pad	1A	1:00	Between You and Me	1:1	1:00	Between You and Me	1:1	10:15	BINGO BONANZA	3C			
1:00	BINGO!	3C	2:30	TV Classics!	1A	1:00	Bridge Players UNITE!	2A	2:00	Chimes Music Therapy Live & Interactive	HCD	1:30	History Hour-Route 66	1A	1:00	Outside Strolling	1:1	1:00	Outside Strolling	1:1	1:00	Terrific Trivia w/Mark	1A
2:00	Matt Coates Entertains!	3A	3:00	Color Me Calm	1A	1:30	Crafts with Sharon	1A	3:00	The Fabulous 50's	1A	2:00	Poker Group- 3rd FL.	PDR	2:00	Happy Hour-Live Music The Jewel Tones	HCD	2:00	Happy Hour-Live Music The Jewel Tones	HCD	2:00	Music DVD-Neal McCoy	1A
2:45	Church Services	1A	5:00	Paul Luther Smooth Guitar	HCD	3:00	iPad Game Fun!	1A	6:00	Western Wednesday Fortunes of War	1C	2:00	Creative Arts Academy Children's Choir	HCD	2:00	Happy Hour-Live Music The Jewel Tones	HCD	3:00	Comedy Classics	1A			
3:00	Lawrence Welk Classics	1A	6:00	Musical Monday! Carousel	1C	3:30	Lawrence Welk Classics	1A				2:30	White Board Games	1A	3:00	Trivia and Word Games	1A	6:00	National Geographic Ultimate Nature Series	1C			
3:30	Vespers at the Landings	AU				6:00	Resident Choice Movie The Sandlot	1C				3:30	Celtic Woman Music	1A	6:00	Fabulous Forties Friday! Clancy Street Boys	1C						
6:00	Life Nature Series	1C										6:00	Movie Classics-Dunkirk	1C									
29 SUNDAY			30 MONDAY			31 TUESDAY			LOCATION KEY			Freedom Village Bradenton Health Center			July 2018								
9:30	Christian Church Service	3C	8:30	Daily Chronicle	1:1	8:30	Daily Chronicle	1:1	HCD - Health Center Dining Room	<p><b>Freedom Village Bradenton Health Center</b> 6410 21st Ave West Bradenton, FL 34209 (941) 798-8200   brookdale.com</p> <p>Skilled Nursing All activities are subject to change.</p>			<p><b>July 2018</b></p>										
9:30	Daily Chronicle	1:1	10:00	B-Fit Program	1A	9:30	Shopping Dollar Tree	OC															
10:00	Ageless Spirit Tai Chi and Meditation (RR)	3A	10:30	Art with Sharon	1A	10:00	B-Fit Program	1A															
10:30	Table Top Gamers	1A	1:00	Between You and Me Visits/iPad Fun	1:1	10:30	Catholic Service	3C															
1:00	Sentimental Sing Along	1A	1:30	Google Earth	1A	10:30	Friendly Words	1A															
1:00	BINGO!	3C	2:30	Warm Cookies! YUM! Sweet Treat Social	1A	11:00	It Happened Today!	1A															
2:45	Church Services	1A	3:00	Color Me Calm	1A	1:00	Bridge Players UNITE!	2A															
3:00	Lawrence Welk Classics	1A	To Relaxing Music	1A	1:30	Crafts with Sharon	1A																
3:30	Vespers at the Landings	AU	6:00	Musical Monday! Fiddler on the Roof	1C	2:30	iPad Game Fun!	1A															
6:00	Life Nature Series	1C				6:00	Resident Choice Movie I Remember Mama	1A															

# 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:

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



# COMMUNITY CONNECTIONS



brookdale.com

## 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.