

# Savor <sup>the</sup> Taste of Travel

## Brookdale Celebrates

### *A Taste Trip Around the World*

In 1785, author William Cowper penned this verse in his book of poetry titled “The Task” –

“Variety is the very spice of life that gives it all its flavor.”

A version of that line made its way into our vocabulary of common expressions and is now a virtue of optimum life offered at more than 1,100 Brookdale communities across the country.

Our signature resident program, *Brookdale Celebrates*, offers a variety of fun monthly themes that stimulate the pleasures of socializing and dining for our residents, their families, our associates and friends in the outside community. These events unify everyone from all corners of the Brookdale family.

During its 12-year history, *Brookdale Celebrates* has focused on an assortment of topics such as music styles, wonders of the world and historical events. But by far, the most popular themes for our monthly parties and menus have been World Cuisines.

Of course, our menus often include the familiar comfort foods our residents grew up with. These well-loved dishes rekindle their memories of scents emanating from their mother’s stove or their grandmother’s oven. These tastes can take us back in time to re-live special days with special people.

However, excessive repetition can be boring. We also crave the novelty of flavors we have never experienced before. When people travel abroad, they want to visit historic landmarks and see beautiful landscapes of other countries – but they also want to sample the foods of foreign lands. These are the culinary requests we hear most frequently from our residents.

Therefore, in 2015 our culinary associates will once again deliver a delicious diversity of dishes from around the globe to our dinner plates, giving us a taste of world culture without leaving home. Each month, *Brookdale Celebrates* will bring our diners culinary discoveries from a different country. Our chefs will utilize their skills to craft recipes that import these new flavors – while customizing the ingredients to accommodate the healthy dietary requirements and preferences of our residents.

See what’s on the map for 2015:





JANUARY

## Jamaica

We serve warm island sunshine in January. Escape the Winter cold by taking a culinary vacation to a Caribbean island. Enjoy recipes carried from Spain, Britain, Africa, India and China – uniquely blended in Jamaica.



FEBRUARY

## China

We wish you good fortune for the Chinese New Year, which falls in February. This holiday is the perfect excuse for indulgence in the delicious delicacies of Cantonese, Sichuan and Lu Shandong cooking styles.



MARCH

## Madagascar

Hidden within the lush jungle on the island of Madagascar you can discover tropical culinary treasures. We will bring you their diverse range of sweet, spicy and refreshing treats that taste like paradise.



APRIL

## The Netherlands

In April, it's a treat to go Dutch. Enjoy Dutch recipes that include comfort foods such as stews, sausages and potatoes. But leave room for dessert. After all, the word "cookie" comes from the Dutch.



MAY

## Mexico

Try authentic Mexican food for the first time. This is your chance to sample authentic traditional Mexican recipes that are different from their U.S. restaurant versions. During May at Brookdale, we will say "Buen Provecho" (enjoy your meal).



JUNE

## Peru

Celebrate the June Solstice at our Feast of the Sun. This Peruvian June holiday began with the ancient Incas who wore colorful costumes and shared food with everyone. We will carry on that tradition by sharing the undiscovered dishes of Peru with our diners.



JULY

## Tahiti

In July, we will travel to the South Pacific island of Tahiti to bring you popular foods from their Heiva Festival. You can experience a full savory palette of Polynesian foods, featuring seafood, coconut and exotic tropical fruits.



AUGUST

## Spain

During our Spanish food foray, we will deliver delicacies from Barcelona, Madrid, and Seville, sampling their popular national dishes such as tapas appetizers, paella, and of course, the Spanish omelet.



SEPTEMBER

## The Philippines

The Philippines are actually a vast cluster of more than 7,000 islands, inhabited by at least 100 ethnic groups. This mix creates a remarkably diverse cuisine assortment that will take us a month to explore.



OCTOBER

## Egypt

In Egypt, offers of drinks and food are considered a greeting of hospitality. We will follow that custom this month by sharing Egyptian recipes that are often accompanied by a pita bread called eish masri (which can also be used as an eating utensil). Prepare to dine like a Pharaoh.



NOVEMBER

## Hungary

It's time to warm up to comfort food in cold weather. In November, Hungarians celebrate the end of the harvest season on St. Martins Day by enjoying dishes like stew, goulash, dumplings and stuffed cabbage. During this month, we say, "Jo etvagyat kinvanok" (good appetite).



DECEMBER

## England

Sit down to a feast from jolly old England. During our British culinary tour, we will sample dishes such as fish & chips, roast turkey, pigs in a blanket, scones with red currant jelly, trifles, mince pies and plum pudding. In this holiday season, we will dine like British royalty.



In addition to sampling dishes from foreign lands, *Brookdale Celebrates* hosts parties each month that add the indigenous traditions, clothing and music of these countries into our stationary travel experience. These novel sights, sounds, and tastes found in our socializing and dining experiences provide a unique dimension to aging well at Brookdale.

*Brookdale Celebrates is more than a food experience. It's a fun experience.*

“It’s fun to see all the programs, the costumes and the food and drink. And we always get to learn more about the countries and participate. This afternoon we had a chopstick contest. Who would think I would be using chopsticks?”

~ Pat Murray, *Brookdale Des Plaines*

“I just have so much fun living here! The staff truly makes this community alive. We love to celebrate the monthly cultural themes and always look forward to the coming months.”

~ Lynne Kramer, *Brookdale Northbrook*

Visit your Brookdale dining room today to find out more about the next stop on our global tour.

