

S M T W Th F S

Brookdale San Marcos
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<p>05</p> <p>8:30 Church LO 10:30 Grow your Brain -Spanish Club LI 1:00 Card Games CR 1:00 Scenic Drive LO 1:00 Be-Fit & Aquafit@the pool PL 2:00 Discussion Group LI</p>	<p>06 Labor Day</p> <p>9:30 Be-Fit GYM 10:30 Health Talk resume 9/13 CR 1:00 Painting Club CR 1:00 Bridge LI 2:00 Lemonade & Cookies CR 2:00 LCR Dice Game CR</p>	<p>07 Rosh Hashanah</p> <p>9:30 Be-Fit GYM 9:30 Transportation LO 10:30 My Life Story LI Timeless Tressures LI 1:00 Shopping LO 1:30 Flex your Brain CR 1:30 Sweet Tea will be served CR 2:00 BINGO CR</p>	<p>01</p> <p>9:30 BE FIT GYM 10:30 Grow your Brain -Theater LI 10:30 Word Puzzles LI 1:00 Arts & Crafts CR 2:30 Wine Tasting CR</p>	<p>02</p> <p>9:30 Be-Fit GYM 9:30 Shopping LO 10:30 Rummikub LI 1:00 Movement to Music GYM 1:00 Shopping LO 2:00 BINGO CR</p>	<p>03</p> <p>9:15 Catholic Communion CH 9:00 Independent Walking LO 1:00 Menu Chat resume next wk LI 2:00 Knitting Club CR 2:00 Chat with Mario LI 4:30 Labor Day Family BBQ RSVP by 8/25/21</p>	<p>04</p> <p>9:00 Be Fit Walking Club LO 1:00 Bridge LI 1:00 Sign up for Computer Connections LO 1:00 Chair Chi GYM 2:00 Turner Classics Movies LI 2:15 LCR Dice Game CR</p>
<p>12</p> <p>8:30 Church LO 10:30 Grow your Brain -Spanish Club LI 1:00 Card Games CR 1:00 Scenic Drive LO 1:00 Be-Fit & Aquafit@the pool PL 2:00 Discussion Group CR</p>	<p>13</p> <p>9:30 Be-Fit GYM 10:00 Resident Council CR 1:00 Painting Club CR 1:00 Bridge LI 2:00 Lemonade & Cookies CR 2:00 LCR Dice Game CR</p>	<p>14</p> <p>9:30 Be-Fit GYM 9:30 Transportation LO 10:30 My Life Story LI Timeless Treasures LI 2:00 BINGO CR 4:00 Rosh Hashanah Dinner Please make RSVP by 9/6</p>	<p>08</p> <p>9:30 BE FIT GYM 10:30 Grow your Brain -Theater LI 10:30 Word Puzzles LI 2:00 Movie Central LI Comedy in the Library</p>	<p>09</p> <p>9:30 Be-Fit GYM 9:30 Shopping LO 10:30 Rummikub LI 1:00 Movement to Music GYM 1:00 Shopping LO 2:00 BINGO CR All Programs will resume 9/13 due to Play</p>	<p>10</p> <p>9:15 Catholic Communion LO 9:00 Beach Outing LO 11-1 Snow White Presented By: Our Residents RSVP Needed Lunch will be served On the Patio</p>	<p>11</p> <p>9:00 Be Fit Walking Club LO 1:00 Bridge LI 1:00 Sign up for Computer Connections LO 1:00 Chair Chi GYM 2:00 Turner Classics Movies LI 2:15 LCR Dice Game CR</p>
<p>19</p> <p>8:30 Church LO 10:30 Grow your Brain -Spanish Club LI 1:00 Card Games CR 1:00 Scenic Drive LO 1:00 Be-Fit & Aquafit@the pool PL 2:00 Discussion Group LI</p>	<p>20</p> <p>9:30 Be-Fit GYM 10:30 Health Talk CR 1:00 Painting Club CR 1:00 Bridge LI 2:00 Lemonade & Cookies CR 2:00 LCR Dice Game CR</p>	<p>21</p> <p>9:30 Be-Fit GYM 9:30 Transportation LO 10:30 My Life Story LI Timeless Tressures LI 1:00 Transportation LO 1:30 Flex your Brain CR 1:30 Sweet Tea will be served CR 2:00 BINGO CR</p>	<p>15</p> <p>9:30 BE FIT GYM 11:00 Sho Gun- San Marcos 10:30 Grow your Brain LI 10:30 Word Puzzles LI 2:00 Town Hall/ Chat TBD 2:30 Ice Cream will be served</p>	<p>16 Yom Kippur</p> <p>9:30 Be-Fit GYM 9:30 Transportation LO 10:30 Rummikub LI 1:00 Movement to Music GYM 1:00 Transportation LO 2:00 BINGO CR</p>	<p>17</p> <p>9:15 Catholic Communion CH 9:00 Beach Outing LO 11:30 New Resident Luncheon CR 1:00 Bridge LI 1:00 Menu Chat LI 2:00 Knitting Club CR 2:00 Chat with Mario LI</p>	<p>18</p> <p>9:00 Be Fit Walking Club LO 1:00 Western LI 1:00 Bridge LI 1:00 Sign up for Computer Connections LO 1:00 Chair Chi GYM 2:00 Turner Classics Movies LI 2:15 LCR Dice Game CR</p>
<p>26</p> <p>8:30 Church LO 10:30 Grow your Brain -Spanish Club LI 1:00 Card Games CR 1:00 Scenic Drive LO 1:00 Be-Fit & Aquafit@the pool PL 2:00 Discussion Group LI</p>	<p>27</p> <p>9:30 Be-Fit GYM 10:30 Health Talk CR 1:00 Painting Club CR 1:00 Bridge LI 2:00 Lemonade & Cookies CR 2:00 LCR Dice Game CR</p>	<p>28</p> <p>9:30 Be-Fit GYM 9:30 Shopping LO 10:30 My Life Story LI Timeless Tressures LI 1:00 Transportation LO 1:30 Flex your Brain CR 1:30 Sweet Tea will be served CR 2:00 BINGO CR</p>	<p>22</p> <p>9:30 BE FIT GYM 10:30 Grow your Brain LI 10:30 Word Puzzles LI ***** 3:00 October Fest Happy Hour Beer & Entertainment On the Patio</p>	<p>23</p> <p>9:30 Be-Fit GYM 9:30 Transportation LO 10:30 Rummikub LI 1:00 Movement to Music GYM 1:00 Transportation LO 2:00 BINGO CR</p>	<p>24</p> <p>9:15 Catholic Communion CH 9:00 Beach Outing LO 10:30 Ambassadors Meeting CR 1:00 Menu Chat LI 2:00 Knitting Club CR 2:00 Chat with Mario LI</p>	<p>25</p> <p>9:00 Be Fit Walking Club LO 1:00 Bridge LI 1:00 Sign up for Computer Connections LO 1:00 Chair Chi GYM 2:00 Turner Classics Movies LI 2:15 LCR Dice Game CR</p>
<p>29</p> <p>9:30 BE FIT GYM 10:30 Grow your Brain LI 10:30 Word Puzzles LI 10:30 Lunch Outing- Miguel's- Mexican Food 1:00 Arts & Crafts CR 2:30 Wine Tasting CR</p>	<p>30</p> <p>9:30 Be-Fit GYM 9:30 Transportation LO 10:30 Rummikub LI 1:00 Movement to Music GYM 1:00 Transportation LO 2:00 BINGO CR</p>	<p>29</p> <p>9:30 BE FIT GYM 10:30 Grow your Brain LI 10:30 Word Puzzles LI 10:30 Lunch Outing- Miguel's- Mexican Food 1:00 Arts & Crafts CR 2:30 Wine Tasting CR</p>	<p>LOCATION KEY</p> <p>CH Chapel CR Community Room DR Dining Room LO Lobby PL Pool GYM Gym</p>			

Health and Wellness

Coping with Stress



Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. How you respond to stress can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. Chronic stress is widely believed to accelerate aging and its adverse effects on immune system function.

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope

with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Common Symptom and Signs of Stress

- Worry and anxiety
- Panic attacks
- Headaches or chest pain
- Irritability and mood swings
- Difficulty concentrating
- Difficulty sleeping

Stress is your body's response to demanding or adverse conditions or events, whether they are real or perceived, but it can cause some unexpected changes to our physical and mental health. The effects of stress can be helped through stress management techniques.

Healthy Ways to Cope with Stress

- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

- Take breaks from watching, reading, or listening to news stories, including those on social media.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol use.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. If social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Source:

"Coping with Stress". CDC, 1 July 2020, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

Wellness Challenge

Mental health is an important part of overall health and well-being. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Be Well on Purpose!

Brookdale News

Caring For You. **Cindy Kent, Executive Vice President and President of Senior Living**



Your health and well-being are Brookdale's top priority. We continue to navigate our way through the COVID-19 pandemic by fully leveraging the size and scale of our entire company. We are an effective learning organization with a passion for serving seniors, and we continue to partner really well with health authorities and regulators.

We are innovating to find the best and new ways to try to protect you. In our communities, we've introduced telehealth services and increased partnership with other health organizations. As you may recall, we also partnered with CVS through the federal

partnership program for vaccine distribution. Through this, we facilitated over 125,000 vaccine doses in less than four months. We are so grateful that 93% of our residents chose to be vaccinated through our clinics.

A critical component of this ongoing success is attributed to our inclusion of different perspectives and expertise into our planning—focused not just on the physical health and safety but also balancing that with emotional well-being as well as resident engagement. We are prioritizing the balance of clinical needs as well as overall physical safety with the effects of loneliness and loss of family connections.

It's awe-inspiring to see Brookdale's "Everyday Heroes" in action. I've seen many acts of selflessness over the years of my career, but I have never seen anything like Brookdale's emergency response--whether hurricanes, wildfires, or the pandemic, Brookdale is there! It takes a special kind of person to work in senior living and I am so glad to be part of the Brookdale team!

An Engaged Life



Hank Jaeckal is someone who enjoys interacting with others to make a difference in their lives. He has used these important attributes his entire life. Especially during his career as an industrial engineer and later as an employee for the Mississippi Division of Vocational Rehabilitation. Through his work with this organization he was selected by the National Rehabilitation Association to set up other programs to help disabled individuals find work and live productive lives.

A hobby Hank picked up in the early part of his life was writing poetry. He would write poetry forming clues for his sons to find hidden items during special holidays. Hank often placed his poems in birthday cards for friends and family to enjoy.

In 2016, Hank moved to Brookdale Tamarac Square in Denver, CO bringing the same synergy to work with others and a love of the written word. He has become a master at his interest of working with words to develop tales. Hank's short stories are on topics he used for inspiration about being an amputee and the impact of interesting and humorous things people have said to him over the years.

Hank's amazing poem "The American Spirit" was selected as the Grand Champion in Brookdale's 2nd Annual National Poetry Challenge from over 100 poems submitted from residents across the country. Hank is dedicated to leading a life of passion and purpose utilizing words to capture the imagination.

Check with your programming associate for a copy of Hank's winning poem!