

November 2018

Brookdale San Juan Capistrano
 31741 Rancho Viejo Road
 San Juan Capistrano, CA 92675
 (949) 248-8855 | brookdale.com

Assisted Living
 All activities are subject to change.

1 T H U R S D A Y	9:30 B-FIT Exercise ML 10:30 Crossword Puzzle/Trivia ML 1:00 Weekly Menu Chat ML 1:30 Bingo AR 2:45 Founding Fathers The Men Who Shaped Our Nation L 3:00 History of A Nation: The American Dream Launch AR 3:30 Resident Programs Chat B 6:30 Rummikub Club B 6:45 Evening Movie L	2 F R I D A Y	9:30 St Margaret School Visit ML 10:00 B-FIT Exercise ML 10:00 Shopping: Marshalls BT 10:00 Knotts Berry Farm Lunch & Shopping Outing VT 10:30 American Dream Discussio ML 1:00 Dominoes B 1:00 Face Time Friday AR 1:30 Bingo AR 3:30 Indoor Volleyball ML 6:00 Friday Night Movie L 6:30 Rummikub Club B	3 S A T U R D A Y	NO EXERCISE 8:00 Breakfast Outing VT 10:30 Outdoor Gardening Club G 10:30 Saddleback Worship ML Service 1:00 Kings in the Corner B 1:30 Bingo AR 2:45 Movie Matinee L 3:00 Thanksgiving Crafts AR 3:00 iPad Basics AR 6:00 Evening Movie L								
4 S U N D A Y	Daylight Saving Time Ends 8:45 Mission Basilica Mass Outing BT 9:00 Catholic Mass L 1:00 Church Service ML 2:00 Walking Club-Self Directed 3:30 Happy Hour with Live Entertainment ML 5:30 Card Games B	5 M O N D A Y	10:00 B-FIT Exercise ML 10:30 Walking Club-Self Direct ML 10:30 Flex Your Brain ML 1:00 Shopping: Ralphp/CVS BT 1:30 Bingo AR 2:45 America's Greatest Moments Series L 3:00 Fall Sweet Treats ML 3:30 Indoor Volleyball ML 6:30 Rummikub Club B	6 T U E S D A Y	Election Day 9:30 B-FIT Exercise ML 10:30 Fellowship ML 10:30 My Life Story AR 11:00 Military Veteran's Club Luncheon PDR 1:00 In the Gym with Roger GYM 1:00 Monthly Vitals Until 3:30pm MPR 1:30 Bingo AR 2:45 Book Club AR 4:00 Learn Basic Spanish L 6:00 Evening Movie L	7 W E D N E S D A Y	9:30 B-FIT Exercise ML 10:00 Shopping: Target BT 10:30 Crossword Puzzle/Trivia ML TBA Movie Outing VT 2:00 Catholic Communion CK 3:00 Bingo AR 6:00 Evening News L 7:00 Bible Study ML	8 T H U R S D A Y	9:30 B-FIT Exercise ML 10:30 Crossword Puzzle/Trivia ML 11:30 Camp Pendleton Military Appreciation Luncheon ML 1:00 Weekly Menu Chat ML 1:30 Bingo AR 2:45 The Great American Songbook L 3:00 Nails/Hand Massages AR 6:30 Rummikub Club B 6:45 Evening Movie L	9 F R I D A Y	9:30 B-FIT Exercise ML 10:00 Shopping: Trader Joe's BT 10:30 Pain Management & Regenerative Medicine Presentation ML 1:00 Dominoes B 1:00 Face Time Friday AR 1:30 Bingo AR 3:00 Veterans Day Ceremony ML 6:00 Friday Night Movie L 6:30 Rummikub Club B	10 S A T U R D A Y	10:00 Chair Chi/Meditation ML 10:30 Outdoor Gardening Club G 10:30 Saddleback Worship ML Service 1:00 Kings in the Corner B 1:30 Bingo AR 2:45 Movie Matinee L 3:00 Sweet Tooth Baking Club: Making Pumpkin Pie AR 3:00 iPad Basics AR 6:00 Evening Movie L
11 S U N D A Y	Veterans Day 8:45 Mission Basilica Mass Outing BT 9:00 Catholic Mass L TBA Veterans Day Patriotic Concert, Nixon Library VT 11:30 Veterans Day BBQ DR 1:00 Church Service ML 2:00 Walking Club-Self Directed 3:30 Happy Hour with Live Entertainment ML 5:30 Card Games B	12 M O N D A Y	10:00 B-FIT Exercise ML 10:30 Walking Club-Self Direct ML 10:30 Flex Your Brain ML 1:00 Shopping: Ralphp/CVS BT 1:30 Bingo AR 2:45 America's Greatest Moments Series L 3:00 Fall Sweet Treats ML 3:30 Indoor Volleyball ML 6:30 Rummikub Club B	13 T U E S D A Y	9:30 B-FIT Exercise ML 10:00 Red Cross Blood Drive AR 10:30 Fellowship ML 10:30 My Life Story AR 1:00 In the Gym with Roger GYM 1:30 Bingo ML 2:45 Book Club PDR 4:00 Learn Basic Spanish L 6:00 Evening Movie L	14 W E D N E S D A Y	9:30 B-FIT Exercise ML 10:00 Shopping: Walmart BT 10:30 Crossword Puzzle/Trivia ML 11:30 Pizza & A Movie Party L 2:00 Catholic Communion CK 2:00 Flower Arranging AR 3:00 Bingo AR 6:00 Evening News L 7:00 Bible Study ML	15 T H U R S D A Y	NO EXERCISE 10:30 Dining Experience with Chef K ML 1:30 Bingo AR 2:45 How Religious Liberty Shaped America L 3:00 Nails/Hand Massages AR 5:30 Champagne Mix & Mingle B 6:30 Rummikub Club B 6:45 Evening Movie L	16 F R I D A Y	9:30 Casino Outing VT 10:00 B-FIT Exercise ML 10:00 Shopping: Thrift Store BT 10:30 Flex Your Brain ML 1:00 Dominoes B 1:00 Face Time Friday AR 1:30 Bingo AR 1:30 The Futures Club Sing Along & Crafts ML 3:30 Indoor Volleyball ML 6:00 Friday Night Movie L 6:30 Rummikub Club B	17 S A T U R D A Y	10:00 Chair Chi/Meditation ML 10:30 Outdoor Gardening Club G 10:30 Saddleback Worship ML Service 12:00 Homemade Recipe Club: Fall Favorites AR 1:00 Kings in the Corner B 1:30 Bingo AR 2:45 Movie Matinee L 3:00 iPad Basics AR 6:00 Evening Movie L
18 S U N D A Y	8:45 Mission Basilica Mass Outing BT 9:00 Catholic Mass L 1:00 Church Service ML 2:00 Walking Club-Self Directed 3:30 Happy Hour with Live Entertainment ML 5:30 Card Games B	19 M O N D A Y	10:00 B-FIT Exercise ML 10:30 Walking Club-Self Direct ML 10:30 Flex Your Brain ML 1:00 Shopping: Ralphp/CVS BT 1:30 Bingo AR 2:45 America's Greatest Moments Series L 3:00 Fall Sweet Treats ML 3:30 Indoor Volleyball ML 6:30 Rummikub Club B	20 T U E S D A Y	9:30 B-FIT Exercise ML 10:30 New Resident Meet & Greet AR 10:30 Fellowship ML 10:30 My Life Story AR 11:30 New Resident Luncheon AR 1:00 In the Gym with Roger GYM 1:30 Resident Council Meeting AR 2:45 Book Club AR 4:00 Learn Basic Spanish L 6:00 Evening Movie L	21 W E D N E S D A Y	9:30 B-FIT Exercise ML 10:00 Shopping: 99 Cent Store BT 10:30 Connections are Ageless Campaign ML 2:00 Catholic Communion CK 3:00 Bingo AR 6:00 Evening News L 7:00 Bible Study ML	22 T H U R S D A Y	Thanksgiving Day NO EXERCISE 9:00 92nd Macys Thanksgiving Day Parade L 10:00 Coffee & Donuts Social ML 11:30 Thanksgiving Celebration Family Luncheon ML 1:30 Bingo AR 2:45 Thanksgiving Movie Special L 3:00 Nails/Hand Massages AR 6:30 Rummikub Club B 6:45 Evening Movie L	23 F R I D A Y	9:30 B-FIT Exercise ML 10:00 Shopping: Big Lots BT 10:30 Flex Your Brain ML 11:30 BBQ in the Park VT 1:00 Dominoes B 1:00 Face Time Friday AR 1:30 Bingo AR 3:00 Patriotic Sing Along with Hari & Mary ML 6:00 Friday Night Movie L 6:30 Rummikub Club B	24 S A T U R D A Y	10:00 Chair Chi/Meditation ML 10:30 Outdoor Gardening Club G 10:30 Saddleback Worship ML Service 1:00 Kings in the Corner B 1:30 Bingo AR 2:45 Movie Matinee L 3:00 Resident Tech Committee AR 6:00 Evening Movie L
25 S U N D A Y	8:45 Mission Basilica Mass Outing BT 9:00 Catholic Mass L 1:00 Church Service ML 2:00 Walking Club-Self Directed 3:30 Happy Hour with Live Entertainment ML 5:30 Card Games B	26 M O N D A Y	10:00 B-FIT Exercise ML 10:30 Walking Club-Self Direct ML 10:30 Flex Your Brain ML 1:00 Shopping: Ralphp/CVS BT 1:30 Bingo AR 2:45 America's Greatest Moments Series L 3:00 Fall Sweet Treats ML 3:30 Indoor Volleyball ML 6:30 Rummikub Club B	27 T U E S D A Y	9:30 B-FIT Exercise ML 10:30 Fellowship ML 10:30 My Life Story AR 11:30 Monthly Birthday Party AR 1:00 In the Gym with Roger GYM 1:30 Bingo AR 2:45 Book Club AR 4:00 Learn Basic Spanish L 6:00 Evening Movie L	28 W E D N E S D A Y	9:30 B-FIT Exercise ML 10:00 Shopping: MV Mall Outing BT 10:30 Crossword Puzzle/Trivia ML 2:00 Catholic Mass SN 2:00 Flower Arranging AR 3:00 Bingo AR 6:00 Evening News L 7:00 Bible Study ML	29 T H U R S D A Y	10:00 B-FIT Exercise ML 10:30 Crossword Puzzle/Trivia ML 1:00 Weekly Menu Chat ML 1:30 Bingo AR 2:45 Liberty! The American Revolution L 3:00 Nails/Hand Massages AR 3:30 OL Wellness Event: Safe Use of Medication ML 6:30 Rummikub Club B 6:45 Evening Movie L	30 F R I D A Y	9:30 Military Veteran Outing BT 10:00 B-FIT Exercise ML 10:30 Flex Your Brain ML 1:00 Dominoes B 1:00 Face Time Friday AR 1:30 Bingo AR 4:30 Brookdale Celebrates The American Dream Dinner ML 6:00 Friday Night Movie L 6:30 Rummikub Club B	LOCATION KEY AR - Activity Room B - Bistro BT - Bus Trip CK - Country Kitchen DR - Dining Room G - Gazebo GYM - GYM (Second Floor) L - Library/TV Room ML - Main Lobby MPR - Multi-Purpose Room SN - Skilled Nursing VT - Van Trip	

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®: Laughter is the Best Medicine



Some researchers think laughter just might be the best medicine, and that laughter may help you feel better. While there is some evidence that laughter may help boost your immune system, overall research results have been mixed. One pioneer in laughter research, Dr. William Fry, professor of Psychology at Stanford University, claimed it took ten minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter!

In the last few decades, researchers have studied laughter's effects on the body and turned up some

potentially interesting information on how it affects us.

Blood Flow

Researchers at the University of Maryland studied the effects on blood vessels when people were shown either comedies or dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally --expanding and contracting easily. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow.

Immune Response

Increased stress is associated with decreased immune system response. Some studies have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well.

Blood Sugar Levels

One study of 19 people with diabetes looked at the effects of laughter on blood sugar

levels. After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture.

Relaxation and Sleep

The focus on the benefits of laughter really began with Norman Cousins's memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like the Marx Brothers films and episodes of the television show *Candid Camera*, helped him feel better. He said that ten minutes of laughter allowed him two hours of pain-free sleep.

Regardless of whether laughter actually improves your health or boosts your energy, it undeniably improves your quality of life.

Wellness Challenge

Optimum Life Inspiration

Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or someplace you will regularly see them. Keep funny movies or comedy albums on-hand for when you need an added humor boost. Make it a habit to spend time with friends who make you laugh.

Be Well on Purpose!



Brookdale News

Why We Walk



Brookdale has been caring for individuals living with dementia for more than 30 years. At Brookdale, we live our mission, "Enriching the lives of those we serve with compassion, respect, excellence and integrity," with passion. Fighting to find a cure for Alzheimer's and supporting those living with dementia and their caregivers closely aligns with this mission.

Last year marked the fourth year that we surpassed the \$2 million dollar mark for the Walk to End Alzheimer's® program as a Diamond National Team, and it's entirely because our residents, families, associates, and business partners truly believe in and support this cause. We raise funds through associate, resident and family participation in local Walk to End Alzheimer's® events, from efforts of our home office associates in Nashville and Milwaukee and from company business partners. Since 2008, Brookdale has contributed nearly \$12 million to the Walk to End Alzheimer's®. These efforts are not just about donations, it's about making a difference, because we see how dementia impacts lives every day.

Please join this nationwide effort as we walk to make a difference in the lives of those living with Alzheimer's, and the fight to find a cure. May we, all together, provide a future without Alzheimer's.

Wishes of a Lifetime

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



Resident reunites with family, meets newest member

Beverly Donelson a 85-year-old resident at Brookdale Altamonte Springs describes herself as "never being bored". Between her volunteering efforts and raising her family, she somehow found time to socialize as well. Beverly's No. 1 priority has always been her family, and a special bond with each of her five children, 10 grandchildren, and seven great-grandchildren.

Although most of her children live in different places across the United States, Beverly never misses an opportunity to connect in unique ways with each of her family members. The family would always get together for Christmas holidays and go on family trips together, creating memories that Beverly cherishes dearly. Unfortunately, it was becoming more of a challenge for Beverly to see all her grandchildren due to her declining health.

When an associate at Beverly's community overheard that one of her granddaughters, Kristi, was soon to give birth, they knew a family reunion was in order.

Beverly was able to travel to North Carolina to not only meet and welcome the newest member of the family, baby Zeb but to also create a new family connection and lasting memories.