

June 2018

Brookdale San Juan Capistrano

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Assisted Living
All activities are subject to change.

LOCATION KEY

AR - Activity Room
B - Bistro
BT - Bus Trip
CK - Country Kitchen
DR - Dining Room
G - Gazebo
L - Library/TV Room
ML - Main Lobby
RG - Rose Garden
SN - Skilled Nursing
GYM - GYM (Second Floor)
TVR - TV Room (Second Floor)

1
FRIDAY

NO EXERCISE
9:30 The Benny Goodman Story L
1:00 Dominoes B
1:00 Face Time Friday AR
1:30 Bingo AR
3:00 Indoor Volleyball ML
4:00 Spiro 100 Class ML
6:00 Friday Night Movie L
7:30 **Tony Bennett Concert, Segerstrom** BT

2
SATURDAY

NO EXERCISE
8:00 **Breakfast Outing** BT
10:30 Saddleback Worship ML
Service
10:30 Outdoor Gardening Club G
1:00 Kings in the Corner ML
1:30 Bingo AR
2:45 Movie Matinee L
3:00 Afternoon Refreshments ML
3:00 iPad Basics AR
5:30 Evening Movie L

3
SUNDAY

9:00 Catholic Mass L
1:00 Church Service with Pastor Rich ML
2:00 Walking Club-Self Directed
3:30 **Happy Hour with Live Entertainment** ML
5:30 Card Games B

4
MONDAY

10:00 B-FIT Exercise ML
10:30 Flex Your Brain ML
10:30 Walking Club-Self Direct
1:00 Shopping: Ralphp/ CVS BT
1:30 Bingo AR
2:45 Monday Movie Matinee L
3:00 **Music Concert w/Anthony ML Cooke & Endre Balogh**

5
TUESDAY

Primary Election (6-9pm) AR
9:30 B-FIT Exercise ML
10:30 Fellowship w/Pastor Rich ML
11:00 **Military Men's Club Luncheon** AR
12:30 **Monthly Vitals til 3:30** CK
1:30 Bingo ML
3:00 Spanish Lessons L
4:00 **Singers & Co "What a Wonderful World" Music Performance** ML
6:00 Evening Movie L

6
WEDNESDAY

9:30 B-FIT Exercise ML
10:30 **Shopping: Target** BT
10:30 Crossword Puzzle/Trivia ML
1:00 **Music of Our Lives Launch Party** AR
2:00 Catholic Communion CK
3:00 Bingo ML
6:00 Evening News L
7:00 Bible Study with Pastor Rich ML

7
THURSDAY

9:30 B-FIT Exercise ML
10:30 Crossword Puzzle/Trivia ML
1:00 Ted Talks L
1:00 Weekly Menu Chat ML
1:30 Bingo AR
2:45 **Swing/Big Band Greats** L
3:00 **Resident Programs Chat** B
6:00 Lutheran Service L
6:45 Evening Movie L

8
FRIDAY

9:30 B-FIT Exercise ML
10:30 Flex Your Brain ML
11:30 **Summer BBQ at the Beach** BT
1:00 Dominoes B
1:00 Face Time Friday AR
1:30 Bingo AR
3:00 Indoor Volleyball ML
4:00 Spiro 100 Class ML
6:00 Friday Night Movie L

9
SATURDAY

9:30 Chair Chi Exercise ML
10:00 Zen Meditation ML
10:30 Saddleback Worship ML
Service
10:30 Outdoor Gardening Club G
1:00 Kings in the Corner ML
1:30 Bingo AR
2:45 Movie Matinee L
3:00 Afternoon Refreshments ML
3:00 iPad Basics AR
5:30 Evening Movie L

10
SUNDAY

9:00 Catholic Mass L
1:00 Church Service with Pastor Rich ML
2:00 Walking Club-Self Directed
3:30 **Happy Hour with Live Entertainment** ML
5:30 Card Games B

11
MONDAY

10:00 B-FIT Exercise ML
10:30 Flex Your Brain ML
10:30 Walking Club-Self Direct
1:00 Shopping: Ralphp/ CVS BT
1:30 Bingo AR
2:45 Monday Movie Matinee L
3:00 Banana Splits Social ML
3:30 Indoor Volleyball ML

12
TUESDAY

9:30 B-FIT Exercise ML
10:30 Fellowship w/Pastor Rich ML
10:30 In the Gym with Roger GYM
1:30 **Resident Council Meeting** AR
3:00 Spanish Lessons L
3:00 Knitting For Charity AR
4:00 Spiro 100 Class ML
6:00 Evening Movie L

13
WEDNESDAY

9:30 B-FIT Exercise ML
10:30 **Shopping: Walmart** BT
10:30 Crossword Puzzle/Trivia ML
11:30 **Pizza Party & A Movie: The Glen Miller Story** L
1:00 **Learn to Swing Dance** AR
2:00 Catholic Communion CK
2:00 **Flower Arranging** AR
3:00 Bingo ML
6:00 Evening News L
7:00 Bible Study with Pastor Rich ML

14
THURSDAY

Flag Day
NO EXERCISE
10:30 **Dining Experience with Chef K** ML
1:00 Ted Talks L
1:30 Bingo AR
2:45 Movie Matinee L
3:00 Nails/Hand Massages AR
5:30 **1940s Mix & Mingle Swing Party** B
6:00 Lutheran Service L
6:45 Evening Movie L

15
FRIDAY

9:00 **Casino 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
3:00 Indoor Volleyball ML
4:00 Spiro 100 Class ML
6:00 Friday Night Movie L

16
SATURDAY

9:30 Chair Chi Exercise ML
10:00 Zen Meditation ML
10:30 Saddleback Church Servic ML
10:30 Outdoor Gardening Club G
11:30 **Big Daddy BBQ Around the World** DR
1:00 Kings in the Corner ML
1:30 Bingo AR
2:45 Movie Matinee L
3:00 Afternoon Refreshments ML
3:00 iPad Basics AR
5:30 Evening Movie L

17
SUNDAY

Father's Day
9:00 Catholic Mass L
11:30 **Father's Day Celebration Luncheon** DR
1:00 Church Service with Pastor Rich ML
2:00 Walking Club-Self Directed
3:30 **Happy Hour with Live Entertainment** ML
5:30 Card Games B

18
MONDAY

10:00 B-FIT Exercise ML
10:30 Flex Your Brain ML
10:30 Walking Club-Self Direct
1:00 Shopping: Ralphp/ CVS BT
1:30 Bingo AR
2:45 Monday Movie Matinee L
3:00 Banana Splits Social ML
3:30 Indoor Volleyball ML

19
TUESDAY

9:30 B-FIT Exercise ML
10:30 Fellowship w/Pastor Rich ML
10:30 In the Gym with Roger GYM
10:30 **New Resident Meet & Greet** AR
11:30 **New Resident Luncheon** AR
1:30 Bingo AR
3:00 Spanish Lessons L
3:00 Knitting For Charity AR
4:00 Spiro 100 Class ML
6:00 Evening Movie L

20
WEDNESDAY

9:30 B-FIT Exercise ML
10:30 **Shopping: 99 Cent Store** BT
10:30 Crossword Puzzle/Trivia ML
TBA **Movie Outing** BT
1:00 **Brookdale Cares Club** AR
2:00 Catholic Communion CK
3:00 Bingo ML
6:00 Evening News L
7:00 Bible Study with Pastor Rich ML

21
THURSDAY

Summer Solstice
9:30 B-FIT Exercise ML
10:30 Crossword Puzzle/Trivia ML
12:15 **Frozen Yogurt Outing & Beach Trail Walk** BT
1:00 Ted Talks L
1:00 Weekly Menu Chat ML
1:30 Bingo AR
2:45 Movie Matinee L
3:00 **Sing-Along w Hari & Mary ML**
3:00 Nails/Hand Massages AR
6:00 Lutheran Service L
6:45 Evening Movie L

22
FRIDAY

9:00 **Museum of Making Music Outing, Carlsbad** 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
3:00 Indoor Volleyball ML
4:00 Spiro 100 Class ML
6:00 Friday Night Movie L

23
SATURDAY

9:30 Chair Chi Exercise ML
10:00 Zen Meditation ML
10:30 Saddleback Worship ML
Service
10:30 Outdoor Gardening Club G
12:00 **Homemade Recipe Lunch** AR
1:00 Kings in the Corner ML
1:30 Bingo AR
2:45 Movie Matinee L
3:00 **Magic Show with Derek** ML
3:00 iPad Basics AR
5:30 Evening Movie L

24
SUNDAY

9:00 Catholic Mass L
1:00 Church Service with Pastor Rich ML
2:00 Walking Club-Self Directed
3:30 **Happy Hour with Live Entertainment** ML
5:30 Card Games B

25
MONDAY

10:00 B-FIT Exercise ML
10:30 Flex Your Brain ML
10:30 Walking Club-Self Direct
1:00 Shopping: Ralphp/ CVS BT
1:30 Bingo AR
2:45 Monday Movie Matinee L
3:00 Banana Splits Social ML
3:30 Indoor Volleyball ML

26
TUESDAY

9:30 B-FIT Exercise ML
10:30 Fellowship w/Pastor Rich ML
10:30 In the Gym with Roger GYM
11:30 **Monthly Birthday Party** AR
1:30 Bingo AR
3:00 Spanish Lessons L
3:00 Knitting For Charity AR
4:00 Spiro 100 Class ML
6:00 Evening Movie L

27
WEDNESDAY

9:30 B-FIT Exercise ML
10:30 **Shopping: Trader Joes** BT
10:30 Crossword Puzzle/Trivia ML
2:00 **Catholic Mass** SN
2:00 **Flower Arranging** AR
3:30 **Eldersong Bingo** ML
6:00 Evening News L
7:00 Bible Study with Pastor Rich ML

28
THURSDAY

9:30 B-FIT Exercise ML
10:30 Crossword Puzzle/Trivia ML
10:30 **My Life Story** AR
1:00 Ted Talks L
1:00 Weekly Menu Chat ML
1:30 Bingo AR
2:45 Movie Matinee L
3:30 **OL Wellness Event: Tips For Reducing Fall Risk** AR
3:00 Nails/Hand Massages AR
6:00 Lutheran Service L
6:45 Evening Movie L

29
FRIDAY

NO EXERCISE
10:00 **Marconi Automotive Museum Outing, Tustin** BT
10:30 Flex Your Brain ML
1:30 Bingo AR
3:00 Indoor Volleyball ML
4:00 Spiro 100 Class ML
4:30 **Brookdale Celebrates Music of Our Lives: Big Band/Swing Dinner Party** DR
6:00 Friday Night Movie L

30
SATURDAY

NO EXERCISE
10:30 Saddleback Worship ML
Service
10:30 Outdoor Gardening Club G
1:00 Kings in the Corner ML
1:30 Bingo AR
2:45 Movie Matinee L
3:00 Afternoon Refreshments ML
3:00 **Resident Tech Committee** AR
5:30 Evening Movie L
5:30 **Bonfire & Music Under The Stars** RG

Health and Wellness

Live Your Optimum Life®: Pet Therapy



Animals can provide companionship, unconditional love and lifelong friendship. Pet therapy, also known as Animal-Assisted Therapy (AAT), is a broad technique involving any interaction that patients have with animals to make them feel better. Here is the best part, EVERYONE benefits from pet therapy. According to Mario Garrett, Ph.D., professor at San Diego State University, pets provide multiple benefits to their companions. It not only feels good to be around pets, but it makes you healthier.

Garrett says that even just owning a pet has been found to be beneficial. This is great news! Older adult pet owners walk significantly farther when they walked with a dog, which might contribute to their making fewer visits to the doctor. Garrett further notes that even if you don't own a dog, but live in a senior living community, the presence of a dog is associated with reduced need for medication, improved physical functioning, and improved vital signs.

Additional benefits of pet therapy include reductions in loneliness, agitation and depression as well as increases in engagement, well-being, nutritional intake, and social interactions. How are these health benefits being associated to pet therapy? The University of Missouri-Columbia is investigating how pet therapy

generates hormones that affect mood. Research suggests that hormonal changes that naturally occur when humans and dogs interact could help people cope with depression and certain stress-related disorders. Simply petting a dog for a few minutes prompts a release of a number of 'feel good' hormones in humans, including serotonin, prolactin and oxytocin.

If you already have a pet, you can share them and help others. Once your animal is certified you can volunteer with your pet and provide pet therapy to hospice, clinics or schools. If you are unsure how to do this, look up your local Humane Society and SPCA for local programs on training your pet for animal-assisted therapy.

Wellness Challenge

Pet therapy offers a connection that allows older adults to remember, vocalize their recollections and smile. Many enjoy sharing memories of pets that lived in their homes as they grew up, others that were family members as they raised their own children and even pets that served as faithful companions in later life. Start a conversation!

Be Well on Purpose!

Brookdale News

June is Brain Health Month



Most of us are aware that age is the biggest risk factor for Alzheimer's and other forms of dementia. While there is no way to prevent it and there is nothing we can do about our age, there are things we can do to reduce the risk of Alzheimer's or other dementias.

The brain is an amazingly complex organ that is impacted by everything we do from a health perspective. Here are the top six things we can all do to help reduce our risk for dementia and maintain a healthy brain:

- Stay socially connected
- Exercise for 20 minutes each day
- Keep learning new things-use the brain in new ways
- Control stress-stress is toxic to brain cells
- Eat good food-follow the MIND diet
- Correct hearing loss-recent research suggests that hearing loss is a risk factor for dementia

At Brookdale, our goal is to support good brain health no matter where a person is in their journey. Our Brain Fit program is designed to educate and promote a brain healthy lifestyle through the Know Your Brain class; provide opportunities to Grow Your Brain with novel and complex projects; and provide a mental fitness workout with weekly Flex Your Brain classes. Our Clare Bridge programs support those who are living with dementia through person-centered approaches to help them live their Optimum Life®.

Wishes of a Lifetime

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



Siblings Reconnect After 30 Years Apart

Thomas Martin found himself orphaned on the steps of the Simpson's family home at age 10. Following the death of his mother, his father had left him and his siblings with various neighbors in an act of desperation. Yet he found himself with a loving adoptive family, with whom he became very close.

Thomas joined the Army Air Corps and then made a career working as a civilian operations/security supervisor at Eglin Air Force Base in Florida. He went on to become a devoted family man, remaining in touch with his adopted family, especially older sister, Ella.

Although life and health issues kept the two apart for 30 years, Thomas received a letter from Ella after her 99th birthday. He knew a visit was in order.

Wish of a Lifetime and Brookdale were happy to reconnect Thomas and Ella in February. The pair stayed up until midnight every night chatting away, reliving memories of childhood and catching up.