

# August 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.

|             |  |             |  |              |  |                |  |               |  |              |  |                |  |              |  |              |   |               |  |                 |  |                |   |              |   |                |   |              |  |              |  |               |   |                 |   |                |  |              |   |                |   |              |  |              |  |               |  |                 |  |                |  |              |  |              |   |
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| 5<br>SUNDAY | 9:00 Catholic Mass L<br>1:00 Church Service ML<br>2:00 Walking Club-Self Directed<br>3:30 Happy Hour with Live Entertainment ML<br>5:30 Card Games B | 6<br>MONDAY | 10:00 B-FIT Exercise ML<br>10:30 Walking Club-Self Direct ML<br>10:30 Flex Your Brain ML<br>1:00 Shopping: Ralps/CVS BT<br>1:30 Bingo AR<br>2:45 Pavarotti in Concert L<br>3:00 Italian Sweet Treats ML<br>3:30 Indoor Volleyball ML<br>6:30 Rummikub Club B | 7<br>TUESDAY | 9:30 B-FIT Exercise ML<br>10:30 Fellowship ML<br>11:00 Military Men's Club Luncheon AR<br>1:00 In the Gym with Roger GYM<br>1:00 Monthly Vitals Until 3:30pm MPR<br>1:30 Bingo AR<br>2:30 Book Club AR<br>3:00 Knitting For Charity AR<br>3:00 Learn Basic Italian L<br>6:00 Evening Movie L | 8<br>WEDNESDAY | 9:30 B-FIT Exercise ML<br>10:30 Shopping: Walmart BT<br>10:30 Crossword Puzzle/Trivia ML<br>1:00 Creative Expressions: Roman Mosaics AR<br>2:00 Catholic Communion CK<br>3:00 Bingo AR<br>6:00 Evening News L<br>7:00 Bible Study ML | 9<br>THURSDAY | 9:30 B-FIT Exercise ML<br>10:30 Shopping: Target BT<br>TBA Movie Outing VT<br>10:30 Crossword Puzzle/Trivia ML<br>1:00 World Cuisine, Italy Launch Party AR<br>2:00 Catholic Communion CK<br>2:00 Flower Arranging AR<br>3:00 Bingo AR<br>6:00 Evening News L<br>7:00 Bible Study ML | 10<br>FRIDAY | 9:30 B-FIT Exercise ML<br>10:30 Crossword Puzzle/Trivia ML<br>1:00 Weekly Menu Chat ML<br>1:30 Bingo AR<br>2:45 Movie Matinee L<br>3:00 Nails/Hand Massages AR<br>3:30 Resident Programs Chat B<br>6:00 Lutheran Service L<br>6:30 Rummikub Club B<br>6:45 Evening Movie L | 11<br>SATURDAY | 9:30 B-FIT Exercise ML<br>10:30 Flex Your Brain ML<br>11:15 Outing to the OC Fair VT<br>1:00 Dominoes B<br>1:00 Face Time Friday AR<br>1:30 Bingo AR<br>3:00 Indoor Volleyball ML<br>6:00 Friday Night Movie L<br>6:30 Rummikub Club B | 12<br>SUNDAY | 9:00 Catholic Mass L<br>1:00 Church Service ML<br>2:00 Walking Club-Self Directed<br>3:30 Happy Hour with Live Entertainment ML<br>5:30 Card Games B | 13<br>MONDAY | 10:00 B-FIT Exercise ML<br>10:30 Walking Club-Self Direct ML<br>10:30 Flex Your Brain ML<br>1:00 Shopping: Ralps/CVS BT<br>1:30 Bingo AR<br>2:45 Discovery of Art: Leonardo Da Vinci L<br>3:00 Italian Sweet Treats ML<br>3:30 Indoor Volleyball ML<br>6:30 Rummikub Club B | 14<br>TUESDAY | 9:30 B-FIT Exercise ML<br>10:30 My Life Story ML<br>1:00 In the Gym with Roger GYM<br>1:30 Bingo AR<br>2:30 Book Club AR<br>3:00 Knitting For Charity AR<br>3:00 Learn Basic Italian L<br>6:00 Evening Movie L | 15<br>WEDNESDAY | 9:30 B-FIT Exercise ML<br>10:30 Shopping: 99 Cent Store BT<br>10:30 Crossword Puzzle/Trivia ML<br>12:30 Flower Arranging AR<br>1:30 Resident Council Meeting AR<br>2:00 Catholic Communion CK<br>3:00 Bingo AR<br>6:00 Evening News L<br>7:00 Bible Study ML | 16<br>THURSDAY | 9:30 B-FIT Exercise ML<br>10:30 Crossword Puzzle/Trivia ML<br>1:30 Bingo AR<br>2:45 Movie Matinee L<br>3:00 Nails/Hand Massages AR<br>3:00 Brookdale Cares Club AR<br>6:00 Lutheran Service L<br>6:30 Rummikub Club B<br>6:45 Evening Movie L | 17<br>FRIDAY | 9:30 B-FIT Exercise ML<br>10:30 Flex Your Brain ML<br>11:15 Lunch Outing: Mangia Bene Cucina BT<br>1:00 Dominoes B<br>1:00 Face Time Friday AR<br>1:30 Bingo AR<br>3:00 Indoor Volleyball ML<br>6:00 Friday Night Movie L<br>6:30 Rummikub Club B | 18<br>SATURDAY | 9:30 Chair Chi Exercise ML<br>10:30 Outdoor Gardening Club G<br>10:30 Saddleback Worship ML<br>1:00 Kings in the Corner B<br>1:30 Bingo AR<br>2:45 Italians in America: The Journey Home L<br>3:00 iPad Basics AR<br>3:00 Afternoon Refreshments ML<br>6:00 Evening Movie L | 19<br>SUNDAY | 9:00 Catholic Mass L<br>1:00 Church Service ML<br>2:00 Walking Club-Self Directed<br>3:30 Happy Hour with Live Entertainment ML<br>5:30 Card Games B | 20<br>MONDAY | 10:00 B-FIT Exercise ML<br>10:30 Walking Club-Self Direct ML<br>10:30 Flex Your Brain ML<br>1:00 Shopping: Ralps/CVS BT<br>1:30 Bingo AR<br>2:45 Andrea Boceli in Concert L<br>3:00 Italian Sweet Treats ML<br>3:30 Indoor Volleyball ML<br>6:30 Rummikub Club B | 21<br>TUESDAY | 9:30 B-FIT Exercise ML<br>10:30 New Resident Meet & Greet AR<br>10:30 Fellowship ML<br>11:30 New Resident Luncheon AR<br>1:00 In the Gym with Roger GYM<br>1:30 Bingo AR<br>2:30 Book Club AR<br>3:00 Knitting For Charity AR<br>3:00 Learn Basic Italian L<br>6:00 Evening Movie L | 22<br>WEDNESDAY | 9:30 B-FIT Exercise ML<br>10:30 Shopping: Trader Joe's BT<br>10:30 Crossword Puzzle/Trivia ML<br>2:00 Catholic Mass SN<br>2:00 OL Wellness Event: Stay Hydrated For Better Health ML<br>3:00 Bingo AR<br>6:00 Evening News L<br>7:00 Bible Study ML | 23<br>THURSDAY | 9:30 B-FIT Exercise ML<br>10:30 Crossword Puzzle/Trivia ML<br>1:00 Weekly Menu Chat ML<br>1:30 Bingo AR<br>2:45 Movie Matinee L<br>3:00 Nails/Hand Massages AR<br>3:00 Sing Along with Hari & Mary ML<br>6:00 Lutheran Service L<br>6:30 Rummikub Club B<br>6:45 Evening Movie L | 24<br>FRIDAY | 9:30 Camp Pendleton Mechanized Museum Outing BT<br>10:00 B-FIT Exercise ML<br>10:30 Flex Your Brain ML<br>1:00 Dominoes B<br>1:00 Face Time Friday AR<br>1:30 Bingo AR<br>3:00 Indoor Volleyball ML<br>5:30 Gelato Paradiso Outing & Sunset Drive VT<br>6:00 Friday Night Movie L<br>6:30 Rummikub Club B | 25<br>SATURDAY | 9:30 Chair Chi Exercise ML<br>10:00 Zen Meditation ML<br>10:30 Outdoor Gardening Club G<br>10:30 Saddleback Worship ML<br>11:30 Monthly Brunch DR<br>1:00 Kings in the Corner B<br>1:30 Bingo AR<br>2:45 Movie Matinee L<br>3:00 Resident Tech Committee AR<br>3:00 Afternoon Refreshments ML<br>6:00 Evening Movie L | 26<br>SUNDAY | 9:00 Catholic Mass L<br>1:00 Church Service ML<br>2:00 Walking Club-Self Directed<br>3:30 Happy Hour with Live Entertainment ML<br>5:30 Card Games B | 27<br>MONDAY | 10:00 B-FIT Exercise ML<br>10:30 Walking Club-Self Direct ML<br>10:30 Flex Your Brain ML<br>1:00 Shopping: Ralps/CVS BT<br>1:30 Bingo AR<br>2:45 Rudolph Valentine: The Great Lover L<br>3:00 Italian Sweet Treats ML<br>3:30 Indoor Volleyball ML<br>6:30 Rummikub Club B | 28<br>TUESDAY | 9:30 B-FIT Exercise ML<br>10:30 Fellowship ML<br>11:30 Monthly Birthday Party AR<br>1:00 In the Gym with Roger GYM<br>1:30 Bingo AR<br>2:30 Book Club AR<br>3:00 Knitting For Charity AR<br>3:00 CCRC Meeting ML<br>6:00 Evening Movie L | 29<br>WEDNESDAY | 9:30 B-FIT Exercise ML<br>10:30 Shopping: MV Mall BT<br>10:30 Crossword Puzzle/Trivia ML<br>11:30 Homemade Italian Lunch & Movie Party AR<br>2:00 Catholic Communion CK<br>2:00 Flower Arranging AR<br>3:00 Bingo AR<br>6:00 Evening News L<br>7:00 Bible Study ML | 30<br>THURSDAY | 9:30 B-FIT Exercise ML<br>10:30 Crossword Puzzle/Trivia ML<br>1:00 Weekly Menu Chat ML<br>1:30 Bingo AR<br>2:45 Movie Matinee L<br>3:00 Nails/Hand Massages AR<br>3:00 Taste & Tour of Italy AR<br>6:00 Lutheran Service L<br>6:30 Rummikub Club B<br>6:45 Evening Movie L | 31<br>FRIDAY | 9:30 B-FIT Exercise ML<br>10:30 Flex Your Brain ML<br>1:00 Dominoes B<br>1:00 Face Time Friday AR<br>1:30 Bingo AR<br>4:30 Brookdale Celebrates World Cuisine Italy Dinner Party DR<br>6:00 Friday Night Movie L<br>6:30 Rummikub Club B | LOCATION KEY | AR - Activity Room<br>B - Bistro<br>BT - Bus Trip<br>CK - Country Kitchen<br>DR - Dining Room<br>G - Gazebo<br>GYM - GYM (Second Floor)<br>L - Library/TV Room<br>ML - Main Lobby<br>MPR - Multi-Purpose Room<br>RG - Rose Garden<br>SN - Skilled Nursing |
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# COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

### Live Your Optimum Life®: Fruits & Veggies – More Matters Month



However, many people don't eat enough fruits and vegetables:

- Fewer than 1 in 4 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 7 adults eat the recommended amount of vegetables every day.

Next month is “Fruits & Veggies – More Matters Month”. We can use this month to raise awareness about the importance of getting enough fruits and vegetables in our daily diet.

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, Type 2 Diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

The good news is communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables. Help spread the word about tips for healthy eating and encourage your family and friends to get involved.

#### Get Involved

- Post information about a different vegetable or fruit every week and include a quick and easy recipe in your community newsletter or bulletin.

- Help start or support a community garden.
- Conduct a cooking demonstration using recipes full of vegetables and fruits.
- Find a farmers market in your area.

More than 90 percent of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the ChooseMyPlate.gov nutrition guide. Try to remember these two helpful tips to add more fruits and veggies into your diet:

1. Fill half your plate with fruits and vegetables at each meal or eating occasion
2. All forms (fresh, frozen, canned, dried and 100% juice) count toward your daily intake

## Wellness Challenge

### Eating more fruits and veggies can be fun – and it's worth it!

Here are some ideas to help you fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy.
- When possible, cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge yourself to try a new fruit or vegetable each week.
- Buy vegetables and fruits in a variety of colors.

**Be Well on Purpose!**



## Brookdale News

### Brookdale Launches New Online Newsroom



Want to stay “in the know” on all things Brookdale? Check out Brookdale’s new online newsroom at BrookdaleNews.com. BrookdaleNews.com is your source for everything happening at Brookdale. From local community stories to corporate initiatives and expert blogs, BrookdaleNews.com is your one-stop-shop to get all the information you want. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Read blogs from Brookdale experts on topics relevant to you, such as advancements in Alzheimer’s and dementia care, senior living industry insights and tips for living an Optimum Life. BrookdaleNews.com brings stories from the field and corporate office to life. It is candid, genuine and beneficial to anyone wanting to know what life is

really like at Brookdale. Click “subscribe for news alerts” at the top of the screen to receive a notification when a new story posts. Do you have a story idea? Click on “submit a story” to share your idea with the Public Relations team.

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## Wishes of a Lifetime

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



#### Helen Takes a Thrilling Ride

Florida resident Helen Takagi has not tamed her wild streak. The 95-year-old may seem reserved, but this petite thrill seeker has always wanted to ride a Harley-Davidson motorcycle.

Helen spent most of her life raising four children and volunteering in their schools. Later, she spent her life travelling wherever the wind took her. Now she teaches exercise classes at her assisted living community within Lake Port Square and plays pool on her off time.

Wish of a Lifetime and Brookdale were thrilled to grant Helen’s unique and daring wish. She finally got a true Harley experience December 21. Leesburg’s Gator Harley Davidson made sure that Helen was riding in style, supplying her with a black and white riding vest, sunglasses and riding gloves so that she looked “like a true biker babe,” Helen said.

Helen hit the road on a brand new 2018 Harley Davidson Ultra Limited driven by one of the company’s employees, Johnny Malik. They took a scenic ride around Lake Harris and even swung by Lake Port Square to greet her friends.