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November 2018

Brookdale San Juan Capistrano

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



01

9:30 Music Piano W/ Scott AR
10:15 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
2:00 Snacks and Chat AR
3:00 Afternoon Music AR
6:00 Evening Movie AR

02

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Make Me Laugh AR
2:00 Snacks and Chat AR
3:00 Pet Therapy FR
6:00 Evening Movie AR

03

9:45 B-Fit Exercise AR
10:00 Fruit Medley Snack AR
10:30 Name That Tune AR
11:15 Wet Warm Hands DR
1:00 Watercolor Painting AR
2:30 Baking Cookies AR
3:00 Bingo & Table Games AR
6:00 Evening Movie AR

04

Daylight Saving Time Ends

8:30 Sunday Communion AR
9:30 Chair Yoga AR
10:00 Fruit Smoothies AR
11:15 Wet Warm Hands DR
1:00 Church Service AL
2:30 Hand Massage Therapy AR
3:30 Live Music AL
6:00 Comedy Show AR

05

10:00 B-Fit Exercise AR
10:30 Harbor Picnic BT
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Music Therapy W/Vicky AR
2:00 Snacks and Chat AR
3:00 BINGO AR
6:00 Lawrence Welk Hour AR

06

Election Day

10:00 B-Fit Exercise AR
10:45 Morning Meditation AR
11:15 Military/Veterans Lunch AL
1:00 Ball Toss AR
1:30 Nail Salon w/ Staff AR
2:00 Snacks and Chat AR
3:00 Future Predictions AR
6:00 Evening Movie AR

07

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Puzzles and Games AR
2:00 Snacks and Chat AR
3:00 Arts and Crafts AR
6:00 Evening Movie AR

08

9:30 Music Piano W/ Scott AR
10:00 B-Fit Exercise AR
10:30 Dining Experience AL
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
2:00 Snacks and Chat AR
3:00 Afternoon Music AR
6:00 Evening Movie AR

09

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Arts & Crafts AR
2:00 Snacks and Chat AR
3:00 Pet Therapy AR
6:00 Evening Movie AR

10

9:45 B-Fit Exercise AR
10:00 Fruit Medley Snack AR
10:30 Name That Tune AR
11:15 Wet Warm Hands DR
1:00 Watercolor Painting AR
2:30 Baking Cookies AR
3:00 Sing A Long W/Care Staff AR
6:00 Evening Movie AR

11

Veterans Day

8:30 Sunday Communion AR
9:30 Chair Yoga AR
10:00 Fruit Smoothies AR
11:15 Veterans Day BBQ AL
1:00 Church Service AL
2:30 Hand Massage Therapy AR
3:30 Live Music AL
6:00 Comedy Show AR

12

10:00 B-Fit Exercise AR
10:30 Harbor Picnic BT
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Painting AR
2:00 Snacks and Chat AR
3:00 BINGO AR
6:00 Lawrence Welk Hour AR

13

10:00 B-Fit Exercise AR
10:45 Morning Meditation AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Nail Salon w/ Staff AR
2:00 Snacks and Chat AR
3:00 Future Predictions AR
6:00 Evening Movie AR

14

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Puzzles and Games AR
2:00 Snacks and Chat AR
3:00 Arts and Crafts AR
6:00 Evening Movie AR

15

9:30 Music Piano W/ Scott AR
10:45 B-Fit Exercise AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Nature Appreciation P
2:00 Snacks and Chat AR
3:00 Afternoon Music AR
6:00 Evening Movie AR

16

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Music Karaoke AR
2:00 Snacks and Chat AR
3:00 Pet Therapy AR
6:00 Evening Movie AR

17

9:45 B-Fit Exercise AR
10:00 Fruit Medley Snack AR
10:30 Name That Tune AR
11:15 Wet Warm Hands DR
1:00 Watercolor Painting AR
2:30 Baking Cookies AR
3:00 Sing A Long W/Care Staff AR
6:00 Evening Movie AR

18

8:30 Sunday Communion AR
9:30 Chair Yoga AR
10:00 Fruit Smoothies AR
11:15 Wet Warm Hands DR
1:00 Church Service AL
2:30 Hand Massage Therapy AR
3:30 Live Music AL
6:00 Comedy Show AR

19

10:00 B-Fit Exercise AR
10:30 Harbor Picnic BT
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Music Therapy W/Vicky AR
2:00 Snacks and Chat AR
3:00 BINGO AR
6:00 Lawrence Welk Hour AR

20

10:00 B-Fit Exercise AR
10:45 Morning Meditation AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Nail Salon W/ Staff AR
2:00 Resident Council Mtg AR
3:00 Future Predictions AR
6:00 Evening Movie AR

21

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Puzzles and Games AR
2:00 Snacks and Chat AR
3:00 Arts and Crafts AR
6:00 Evening Movie AR

22

Thanksgiving Day

9:30 Music Piano W/ Scott AR
10:45 B-Fit Exercise AR
11:15 Thanksgiving Luncheon AL
1:00 Ball Toss AR
1:30 Arts and Crafts AR
2:00 Snacks and Chat AR
3:00 Afternoon Music AR
6:00 Evening Movie AR

23

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Arts & Crafts With Eric AR
2:00 Snacks and Chat AR
3:00 Pet Therapy AR
5:00 Family Group Support PD
6:00 Evening Movie AR

24

9:45 B-Fit Exercise AR
10:00 Fruit Medley Snack AR
10:30 Name That Tune AR
11:15 Wet Warm Hands DR
1:00 Watercolor Painting AR
2:30 Baking Cookies AR
3:00 Sing A Long W/Care Staff AR
6:00 Evening Movie AR

25

8:30 Sunday Communion AR
9:30 Chair Yoga AR
10:00 Fruit Smoothies AR
11:15 Wet Warm Hands DR
1:00 Church Service AL
2:30 Hand Massage Therapy AR
3:30 Live Music AL
6:00 Comedy Show AR

26

10:00 B-Fit Exercise AR
10:30 Harbor Picnic BT
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Painting AR
2:00 Snacks and Chat AR
3:00 BINGO AR
6:00 Lawrence Welk Hour AR

27

10:00 B-Fit Exercise AR
10:45 Morning Meditation AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Nail Salon w/ Staff AR
2:00 Snacks and Chat AR
3:00 Future Predictions AR
6:00 Evening Movie AR

28

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Ladies Tea Lunch P
1:00 Ball Toss AR
1:30 Puzzles and Games AR
2:00 Snacks and Chat AR
3:00 Arts and Crafts AR
6:00 Evening Movie AR

29

9:30 Music Piano W/ Scott AR
10:45 B-Fit Exercise AR
11:15 Wet Warm Hands DR
1:00 Ball Toss AR
1:30 Nature Appreciation P
2:00 Snacks and Chat AR
3:00 Afternoon Music AR
6:00 Evening Movie AR

30

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Arts & Crafts With Eric AR
2:00 Snacks and Chat AR
3:00 Pet Therapy AR
4:30 Brookdale Family Dinner AL
6:00 Evening Movie AR

THE DAILY PATH

UPCOMING EVENTS

- 7:30 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 1:00 Creative/Crafts/Art and Clustered Groups
- 2:00 Physical
- 2:30 Refreshments
- 3:00 Music/ Intergenerational
- 4:30 Dinner
- 6:00 Sensory/News and Reading Groups
- 7:30 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- AL - Assisted Living
- AR - Activity Room
- BT - Bus Trip
- DR - Dining Room
- FR - Family Room
- G - Gazebo
- P - Patio
- RG - Rose Garden
- SN - Skilled Nursing

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!



COMMUNITY CONNECTIONS



brookdale.com

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.