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June 2018

Brookdale San Juan Capistrano

31741 Rancho Viejo Road

San Juan Capistrano, CA 92675

(949) 248-8855 | brookdale.com



01

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Make Me Laugh AR
1:30 Games and Cluster GrpAR
2:00 Snacks and Chat AR
3:00 Patio Bag Toss P
6:00 Evening Movie AR

02

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 Sing A-Long W/GretchAR
3:00 Afternoon Stroll AR
6:00 Evening Movie AR

03

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 TherapyAR
3:30 Live Music AL
6:00 Comedy Show AR

04

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 MusicTherapy W/VickyAR
2:00 Snacks and Chat AR
3:00 BINGO P
6:00 Movie and Pop Corn AR

05

10:00 B-Fit Exercise AR
10:45 Morning Meditation AR
11:30 Monthly Vital Signs FR
1:00 Parachute Group GameAR
1:30 Nail Salon W/ Staff AR
2:00 Snacks and Chat AR
3:00 Book Club W/ Violet AR
6:00 Movie And Pop Corn AR

06

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 Cluster GrpAR
2:00 Snacks and Chat AR
3:00 Arts and Crafts 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 & Cluster AR
1:30 Golf Game W/ Eric FR
2:00 Snacks and Chat AR
3:00 Sing A Long W/KristinAR
6:00 Movie And Pop Corn AR

08

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Make Me Laugh AR
1:30 Games and Cluster GrpAR
2:00 Black Jack W/ Eric AR
3:00 Patio Bag Toss P
6:00 Evening Movie AR

09

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 Afternoon Stroll AR
6:00 Evening Movie AR

10

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 TherapyAR
3:30 Live Music AL
6:00 Comedy Show AR

11

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 & Cluster GrpAR
2:00 Snacks and Chat AR
3:00 BINGO AR
6:00 Lawrence Welk Hour AR

12

10:00 B-Fit Exercises AR
10:45 Morning Meditation AR
11:15 Wet Warm Hands DR
1:00 Painting With Holli AR
1:30 Nail Salon w/ Staff AR
2:00 Snacks and Chat AR
3:00 Book Club With DianeAR
6:00 Silver Screen Cinema AR

13

10:00 Music Therapy W/BHAR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Ball Toss & Cluster AR
1:30 Puzzles and Games AR
2:00 Snacks and Chat AR
3:00 Arts and Crafts AR
6:00 Silver Screen Cinema AR

14

Flag Day
10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Parachute & Cluster AR
1:30 When in Rome... AR
2:00 Snacks and Chat AR
3:00 Afternoon Music AR
6:00 Silver Screen Cinema AR

15

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Make Me Laugh AR
1:30 Games and Cluster GrpAR
2:00 Snacks and Chat AR
3:00 Patio Bag Toss AR
6:00 Silver Screen Cinema AR

16

9:45 B-Fit Exercise AR
10:00 Fruit Medley Snack AR
10:30 Name That Tune AR
11:30 Father's Day Barbeque AL
1:00 Watercolor Painting AR
2:30 Sing A-Long W/GretchAR
3:00 Afternoon Stroll AR
6:00 Evening Movie AR

17

Father's Day

8:30 Sunday Communion AR
9:30 Chair Yoga AR
10:00 Fruit Smoothies AR
11:30 Father's Day Lunch DR
1:00 Church Service AL
2:30 Hand Massage TherapyAR
3:30 Live Music AL
6:00 Comedy Show AR

18

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 MusicTherapy W/VickyAR
2:00 Snacks and Chat AR
3:00 BINGO AR
6:00 Movie And Pop Corn AR

19

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 Book Club W/ Violet AR
6:00 Evening Movie AR

20

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:30 LadiesTeaLunchW/KrisFR
1:00 Ball Toss AR
1:30 Puzzles and Games AR
2:00 Resident Council Mtg AR
3:00 Giant Ring Toss P
6:00 Evening Movie AR

21

Summer Solstice

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:00 Ball Toss & Cluster GrpAR
1:30 When in Rome... AR
2:00 Snacks and Chat AR
3:00 Afternoon Music AR
6:00 Movie And Pop Corn AR

22

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:15 Wet Warm Hands DR
1:30 Make Me Laugh AR
1:30 Games and Cluster GrpAR
2:00 Black Jack W/ Eric AR
3:00 Patio Bag Toss AR
6:00 Evening Movie AR

23

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 Afternoon Stroll AR
6:00 Evening Movie AR

24

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 TherapyAR
3:30 Live Music AL
6:00 Comedy Show AR

25

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 & Cluster GrpAR
2:00 Snacks and Chat AR
3:00 BINGO AR
6:00 Lawrence Welk Hour AR

26

10:00 Travel W/ Natalie AR
10:45 B-Fit Exercise AR
11:15 Wet Warm Hands DR
1:00 Ball Toss & Cluster AR
1:30 Nail Salon w/ Staff AR
2:00 Snacks and Chat AR
3:00 Book Club With DianeAR
6:00 Movie And Pop Corn AR

27

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

28

10:00 B-Fit Exercise AR
10:45 Trivia/Local News AR
11:30 Monthly B-Day Party DR
1:00 Ball Toss & Cluster AR
1:30 When in Rome... AR
2:00 Snacks and Chat AR
3:00 Sing-A-Long W/ Staff AR
6:00 Movie And Pop Corn AR

29

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 Cluster GrpAR
3:00 Patio Bag Toss AR
4:30 BrookdaleFamilyDinnerAL
6:00 Evening Movie AR

30

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 Sing A-long W/Gretch AR
3:00 Afternoon Stroll AR
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
6:30 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
TH - Town Hall

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!



COMMUNITY CONNECTIONS



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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.