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August 2018

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

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



01

10:00 B-Fit Exercise	AR
10:45 Trivia/Local News	AR
11:15 Wet Warm Hands	DR
1:00 Ball Toss&Table Games	AR
1:30 Puzzles and Games	AR
2:00 IceCreamSocial W/Eric	FR
3:00 Arts and Crafts	AR
6:00 Movie & Pop Corn	AR

02

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 Pet Therapy	AR
2:00 Snacks & Hydration	AR
3:00 Afternoon Music	AR
6:00 Evening Movie	AR

03

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 & Hydration	AR
3:00 Patio Bag Toss	P
6:00 Evening Movie	AR

04

9:45 B-Fit Exercise	AR
10:00 Fruit Medley Snack	AR
10:30 Sing A Long W/ Staff	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

05

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

06

10:00 B-Fit Exercise	AR
10:30 Picnic(BT)&Gardening	BT
10:45 Trivia/Local News	AR
11:15 Wet Warm Hands	DR
1:00 Music Therapy W/Vicky	AR
2:00 Snacks & Hydration	AR
3:00 BINGO & Table Games	AR
6:00 Lawrence Welk Hour	AR

07

10:00 B-Fit Exercise	AR
10:45 Morning Meditation	AR
11:00 Military Luncheon	AL
1:00 Ball Toss	AR
1:30 Nail Salon w/ Staff	AR
2:00 Snacks & Hydration	AR
3:00 Book Club W/ Violet	AR
6:00 Evening Movie	AR

08

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

10

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 & Hydration	AR
3:00 Patio Bag Toss	P
6:00 Evening Movie	AR

11

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/ Staff	AR
3:00 Afternoon Stroll	AR
6:00 Evening Movie	AR

12

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

13

10:00 B-Fit Exercise	AR
10:30 Scenic Dr & Gardening	BT
10:45 Trivia/Local News	AR
11:15 Wet Warm Hands	DR
1:30 Painting	AR
2:00 Snacks & Hydration	AR
3:00 BINGO	AR
6:00 Lawrence Welk Hour	AR

14

10:00 B-Fit Exercise	AR
10:45 Morning Meditation	AR
11:15 Wet Warm Hands	DR
1:00 Painting W/ Holli (BH)	AR
1:30 Nail Salon w/ Staff	AR
2:00 Snacks & Hydration	AR
3:00 Book Club W/ Diane	AR
6:00 Evening Movie	AR

15

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

16

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 Pet Therapy	AR
2:00 Snacks & Hydration	AR
3:00 Afternoon Music	AR
6:00 Evening Movie	AR

17

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 & Hydration	AR
3:00 Patio Bag Toss	AR
6:00 Evening Movie	AR

18

9:45 B-Fit Exercise	AR
10:00 Fruit Medley Snack	AR
10:30 Sing A Long W/ Staff	AR
11:30 Luau Lunch Party	AL
1:00 Watercolor Painting	AR
2:30 Baking Cookies	AR
3:00 Afternoon Stroll	AR
6:00 Evening Movie	AR

19

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

20

10:00 B-Fit Exercise	AR
10:30 Picnic(BT)&Gardening	BT
10:45 Trivia/Local News	AR
11:15 Wet Warm Hands	DR
1:00 Music Therapy W/Vicky	AR
2:00 Snacks & Hydration	AR
3:00 BINGO & Table Games	AR
6:00 Movie and Pop Corn	AR

21

10:00 Travel With Natalie	AR
10:45 B-Fit Exercise	AR
11:15 Wet Warm Hands	DR
1:00 Ball Toss & Table Game	AR
1:30 Nail Salon w/ Staff	AR
2:00 Snacks & Hydration	AR
3:00 Book Club W/ Violet	AR
6:00 Evening Movie	AR

22

10:00 B-Fit Exercise	AR
10:45 Trivia/Local News	AR
11:30 Ladies Tea Lunch	P
1:00 Giant Ring Toss	AR
1:30 Puzzles and Games	AR
2:00 Snacks & Hydration	AR
3:00 Arts and Crafts	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
1:00 Ball Toss	AR
1:30 Pet Therapy	AR
2:00 Snacks & Hydration	AR
3:00 Afternoon Music	AR
6:00 Evening Movie	AR

24

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 & Hydration	AR
3:00 Patio Bag Toss	P
6:00 Evening Movie	AR

25

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/ Staff	AR
3:00 Afternoon Stroll	AR
6:00 Evening Movie	AR

26

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

27

10:00 B-Fit Exercise	AR
10:30 Scenic Dr & Gardening	BT
10:45 Trivia/Local News	AR
11:15 Wet Warm Hands	DR
1:30 Painting	AR
2:00 Snacks & Hydration	AR
3:00 BINGO	AR
6:00 Lawrence Welk Hour	AR

28

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 & Hydration	AR
3:00 Life Story Sharing	AR
6:00 Evening Movie	AR

29

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

30

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 Pet Therapy	AR
2:00 Snacks & Hydration	AR
3:00 Afternoon Music	AR
6:00 Evening Movie	AR

31

10:00 B-Fit Exercise	AR
10:45 Monthly Birthday Party	AR
11:15 Wet Warm Hands	DR
1:30 Make Me Laugh	AR
2:00 Snacks & Hydration	AR
3:00 Patio Bag Toss	P
4:30 Brookdale Family Dinner	AL
6:00 Evening Movie	AR

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

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



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.

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.

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.

Share BrookdaleNews.com with your friends and family so they can see how we are enriching lives every day.

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.