

S M T W Th F S

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

LOCATION KEY

- AR Activity Room
- AL Assisted Living
- BT Bus Trip
- CK Country Kitchen
- DR Dining Room
- G Gazebo
- LC Leisure Cart
- RG Rose Garden

License Number

<p>03</p> <p>9:00 Catholic Communion AR 10:00 B-Fit AR 10:30 Newspaper Review AR 10:30 Pretty Nails AR 2:00 Bingo AR 3:30 53rd Super Bowl Party AR</p>	<p>04</p> <p>10:00 B-Fit AR 10:30 Flex Your Brain AR 1:30 Games & Trivia LC 3:00 Classic Movie AR 3:00 Ice Cream Social AR 7:00 Jeopardy Game AR</p>	<p>05</p> <p>10:00 B-Fit For Life Series AR 10:30 Table Games AR 10:30 iPad Exploration AR 11:00 Bingo with Hari AR 1:30 Music LC 3:00 My Life Story AR 3:00 Chinese New Year Social AR 4:00 Music with Hari AR</p>	<p>06</p> <p>10:00 B-Fit AR 10:30 Balloon Volleyball AR 11:00 Newspaper Review AR 11:00 Resident Engagement Chat AR 11:30 Chat with a Manager AR 3:00 Flower Arranging AR 4:00 Table Games AR</p>	<p>07</p> <p>10:00 B-Fit AR 10:30 Flex Your Brain AR 11:00 Bingo AR 1:30 iPads on the Go LC 3:00 Pet Therapy AR 3:30 Annual Interest Surveys AR 4:00 Table Games AR 6:00 Evening Movie AR</p>	<p>08</p> <p>10:00 B-Fit AR 10:30 iPad Exploration AR 11:00 Trivia & Games AR 1:30 Afternoon Stretch LC 4:00 Sing Along with Hari AR</p>	<p>09</p> <p>10:00 B-Fit AR 10:30 News Headlines AR 10:30 Baking Cookies AR 11:00 Trivia Games AR 11:30 Friends For Life Brunch AL 1:30 iPads on the Go LC 3:00 Afternoon Music AR 6:30 Card Games AR</p>	<p>01</p> <p>10:00 B-Fit AR 10:30 iPad Exploration AR 11:00 Trivia & Games AR 1:30 Afternoon Stretch LC 3:00 Celebrating African American History Month AR 4:00 Sing Along with Hari AR</p>	<p>02 Groundhog Day</p> <p>10:00 B-Fit AR 10:30 News Headlines AR 10:30 Baking Cookies AR 11:00 Trivia Games AR 1:30 iPads on the Go LC 3:00 Afternoon Music AR 6:30 Card Games AR</p>
<p>10</p> <p>9:00 Catholic Communion AR 10:00 B-Fit AR 10:30 Newspaper Review AR 10:30 Pretty Nails AR 2:00 Bingo AR 3:00 Sunday Classic Movie AR</p>	<p>11</p> <p>10:00 B-Fit AR 10:30 Flex Your Brain AR 1:30 Games & Trivia LC 3:00 Classic Movie AR 3:00 Ice Cream Social AR 7:00 Jeopardy Game AR</p>	<p>12</p> <p>10:00 B-Fit For Life Series AR 10:30 Table Games AR 10:30 iPad Exploration AR 11:00 Bingo with Hari AR 11:30 Resident/Food Mtg AR 1:30 Music LC 3:00 Reminiscing AR 4:00 Music with Hari AR</p>	<p>13</p> <p>10:00 B-Fit AR 10:30 Balloon Volleyball AR 11:00 Newspaper Review AR 11:30 Resident Tech Committee AR 3:00 Flower Arranging AR 4:00 Valentine's Day Crafts AR</p>	<p>14 Valentine's Day</p> <p>10:00 B-Fit AR 10:30 Kindless is Ageless Talk AR 11:00 Bingo AR 1:00 Scenic Drive w/ Hari BT 1:30 iPads on the Go LC 3:00 Pet Therapy AR 4:00 Table Games AR 4:30 Valentine's Day Dinner AL</p>	<p>15</p> <p>10:00 B-Fit AR 10:30 iPad Exploration AR 11:00 Trivia & Games AR 1:30 Afternoon Stretch LC 4:00 Sing Along with Hari AR</p>	<p>16</p> <p>10:00 B-Fit AR 10:30 News Headlines AR 10:30 Baking Cookies AR 11:00 Trivia Games AR 1:30 iPads on the Go LC 3:00 Afternoon Music AR 6:30 Card Games AR</p>		
<p>17</p> <p>9:00 Catholic Communion AR 10:00 B-Fit AR 10:30 Newspaper Review AR 10:30 Pretty Nails AR 2:00 Bingo AR 3:00 Sunday Classic Movie AR</p>	<p>18 President's Day</p> <p>10:00 B-Fit AR 10:30 President's Day History & Trivia AR 1:30 Games & Trivia LC 3:00 Classic Movie AR 3:00 Ice Cream Social AR 7:00 Jeopardy Game AR</p>	<p>19</p> <p>10:00 B-Fit For Life Series AR 10:30 Table Games AR 10:30 iPad Exploration AR 11:00 Bingo with Hari AR 1:30 Music LC 3:00 My Life Story AR 3:00 Reminiscing AR 4:00 Music with Hari AR</p>	<p>20</p> <p>10:00 B-Fit AR 10:30 Balloon Volleyball AR 11:00 Newspaper Review AR 11:30 Chat with a Manager AR 3:00 Flower Arranging AR 4:00 Table Games AR 5:00 Resident Family Meeting AR</p>	<p>21</p> <p>10:00 B-Fit AR 10:30 Flex Your Brain AR 11:00 Bingo AR 1:30 iPads on the Go LC 3:00 Pet Therapy AR 3:00 Chef K's Good Deeds For Life AL 6:00 Evening Movie AR</p>	<p>22</p> <p>10:00 B-Fit AR 10:30 iPad Exploration AR 11:00 Trivia & Games AR 1:30 Afternoon Stretch LC 4:00 Sing Along with Hari AR</p>	<p>23</p> <p>10:00 B-Fit AR 10:30 News Headlines AR 10:30 Baking Cookies AR 11:00 Trivia Games AR 1:30 iPads on the Go LC 3:00 Afternoon Music AR 6:30 Card Games AR</p>		
<p>24</p> <p>9:00 Catholic Communion AR 10:00 B-Fit AR 10:30 Newspaper Review AR 10:30 Pretty Nails AR 2:00 Bingo AR 3:00 Sunday Classic Movie AR 5:30 91st Academy Award Show AR</p>	<p>25</p> <p>10:00 B-Fit AR 10:30 Flex Your Brain AR 1:30 Games & Trivia LC 3:00 Classic Movie AR 3:00 Ice Cream Social AR 7:00 Jeopardy Game AR</p>	<p>26</p> <p>10:00 B-Fit For Life Series AR 10:30 Table Games AR 10:30 iPad Exploration AR 11:00 Bingo with Hari AR 1:30 Music LC 3:00 Reminiscing AR 3:00 OL Health Talk AR 4:00 Music with Hari AR</p>	<p>27</p> <p>10:00 B-Fit AR 10:30 Balloon Volleyball AR 11:00 Newspaper Review AR 12:00 Monthly Birthday Party DR 2:00 Catholic Mass AR 3:00 Flower Arranging AR 4:00 Table Games AR</p>	<p>28</p> <p>10:00 B-Fit AR 10:30 Flex Your Brain AR 11:00 Bingo AR 1:00 Scenic Drive w/ Hari BT 1:30 iPads on the Go LC 3:00 Pet Therapy AR 4:00 Table Games AR 6:00 Evening Movie AR</p>				



Health and Wellness

Live Your Optimum Life®: Food Choices to Promote Good Health



We all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category. According to the Dietary Guidelines for Americans, an essential resource for health professionals, there are many

paths to a healthy eating pattern and emphasizes the importance of overall healthy eating patterns throughout our lifetime.

Eating patterns have a significant impact on health. Diet is one of the most powerful tools we have to reduce the onset of disease. Healthy eating patterns can help prevent obesity, heart disease, high blood pressure, and Type 2 diabetes. Currently, about half of all American adults have one or more of these diet-related chronic diseases.

Healthy eating patterns are adaptable. When people follow a healthy eating pattern, they can incorporate many of the foods they enjoy. Healthy eating patterns can work for anyone, accommodating their

traditions, culture, and budget. Eating food that is healthier and as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain. In addition:

- Consume an eating pattern low in added sugars, saturated fats, and sodium.
- Cut back on foods and beverages higher in added sugars and saturated fats to amounts that fit within healthy eating patterns.
- When selecting beverages, flavored water, tea and low-fat milk are great healthy options over sweetened beverages.

Wellness Challenge

Food Choices to Promote Good Health

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease and is also associated with a reduced incidence of cancer, and both Parkinson's and Alzheimer's disease. Here are some Mediterranean diet guidelines for making healthy food choices:

1. Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts.
2. Replacing butter with healthy fats such as olive oil and canola oil.
3. Using herbs and spices instead of salt to flavor foods.
4. Limiting red meat to no more than a few times a month.
5. Eating fish and poultry at least twice a week.
6. Enjoying meals with family and friends.
7. Drinking red wine in moderation (optional).
8. Getting plenty of exercise.

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Join us for Kindness is Ageless



Mark Twain said, "Kindness is the language which the deaf can hear and the blind can see." Participate in this year's Kindness is Ageless campaign and speak the language that everyone understands.

Through Brookdale's Ageless Spirit program we engage in various spiritual practices through "campaigns" that demonstrate the wisdom of our residents. February's campaign is called Kindness is Ageless.

Designed around the spiritual practice of kindness, residents at all Brookdale communities are invited to engage in acts of kindness on February 14th, in celebration of Random Acts of Kindness Day. Each community makes the acts of kindness meaningful and their own.

Last year one community in New York went to a local diner and surprised guests by handing out homemade chocolates and paying for a portion of their bills.

One of the residents who participated said, "Sometimes you run into people that are sad and that's our job, to show them that everything will be ok in time."

Another resident said, "It isn't just the recipient who feels better. I think the giver is rewarded even more. To think you've made someone, even if for a very brief time, enjoy the day more and feel better about themselves is a great thing."

Wishes of a Lifetime

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



Sisters Reunited After Eight Years

Elisie Grogan, 71, of Brookdale Tyler East in Tyler, Texas, had a fulfilling life as a Christian clown, a puppeteer and a ventriloquist. In her spare time, Elisie crocheted for others and volunteered for organizations against elder abuse and domestic violence. And she was finding plenty to do in her senior living community.

But she greatly missed her sister, whom she had not seen in eight years.

Elisie's sister, Evelyn Todd, who is 14 years older, had been like a mother to her. Elisie and her sister talked on the phone weekly, though they had been struggling to figure out how to see each other.

Wish of a Lifetime, in collaboration with Brookdale, was thrilled to bring the sisters together again. Elisie and her sister spent three wonderful days together during September 2018. The sisters smiled, laughed, hugged and cried during their long overdue visit. Wish of a Lifetime is so glad to have brought these wonderful sister's together and that they got the reunion that they deserve.