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**01**  
 9:00 Catholic Communion AR  
 10:00 Chair Exercise AR  
 10:30 Newspaper Review AR  
 10:30 Pretty Nails AR  
 2:00 Bingo AR  
 3:00 Sunday Classic Movie AR

**02**  
 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

**03**  
 10:00 Spiro 100: Tai Chi 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

**04 Independence Day**  
 10:00 B-Fit AR  
 10:30 July 4 History/Trivia AR  
 11:00 Newspaper Review AR  
 11:00 Resident Programs Chat AR  
 11:30 Chat with a Manager AR  
 3:00 Flower Arranging AR  
 4:00 Table Games AR  
 5:00 Firework Show, PBS Ch 10

**05**  
 10:00 Spiro 100 Class AR  
 10:30 Flex Your Brain AR  
 11:00 Bingo AR  
 1:30 iPads on the Go LC  
 3:00 Pet Therapy AR  
 4:00 Table Games AR  
 6:00 Evening Movie AR

**06**  
 10:00 B-Fit AR  
 10:30 iPad Exploration AR  
 11:00 Trivia & Games AR  
 1:30 Afternoon Stretch LC  
 3:00 Route 66 History & Fun Facts AR  
 4:00 Sing Along with Hari AR

**07**  
 Tour de France Begins  
 10:00 Morning Exercise 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

**08**  
 9:00 Catholic Communion AR  
 10:00 Chair Exercise AR  
 10:30 Church Service w/ Pastor Jon AR  
 10:30 Pretty Nails AR  
 2:00 Bingo AR  
 3:00 Sunday Classic Movie AR

**09**  
 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

**10**  
 10:00 Spiro 100: Tai Chi 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  
 4:00 Music with Hari AR

**11**  
 10:00 B-Fit AR  
 10:30 Balloon Volleyball AR  
 11:00 Newspaper Review AR  
 11:30 Resident/Food Mtg AR  
 3:00 Flower Arranging AR  
 4:00 Table Games AR

**12**  
 10:00 Spiro 100 Class AR  
 10:30 Flex Your Brain AR  
 11:00 Bingo AR  
 1:30 iPads on the Go LC  
 3:00 Sing Along with Hari AL  
 4:00 Table Games AR  
 6:00 Evening Movie AR

**13**  
 10:00 B-Fit AR  
 10:30 iPad Exploration AR  
 11:00 Trivia & Games AR  
 1:30 Afternoon Stretch LC  
 3:00 Route 66 Amazing Aerial Views AR  
 4:00 Sing Along with Hari AR

**14**  
 10:00 Morning Exercise 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

**15**  
 9:00 Catholic Communion AR  
 10:00 Chair Exercise AR  
 10:30 Newspaper Review AR  
 10:30 Pretty Nails AR  
 2:00 Bingo AR  
 3:00 Sunday Classic Movie AR

**16**  
 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

**17**  
 10:00 Spiro 100: Tai Chi 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

**18**  
 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

**19**  
 10:00 Spiro 100 Class 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

**20**  
 10:00 B-Fit AR  
 10:30 iPad Exploration AR  
 11:00 Trivia & Games AR  
 1:30 Afternoon Stretch LC  
 3:00 Route 66 Music Tribute AR  
 4:00 Sing Along with Hari AR

**21**  
 10:00 Morning Exercise 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

**22**  
 9:00 Catholic Communion AR  
 10:00 Chair Exercise AR  
 10:30 Church Service w/ Pastor Jon AR  
 10:30 Pretty Nails AR  
 2:00 Bingo AR  
 3:00 Sunday Classic Movie AR

**23**  
 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

**24**  
 10:00 Spiro 100: Tai Chi 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 Wellness Event AR  
 4:00 Music with Hari AR

**25**  
 10:00 B-Fit AR  
 10:30 Balloon Volleyball AR  
 11:00 Newspaper Review AR  
 2:00 Catholic Mass AR  
 3:00 Flower Arranging AR  
 4:00 Table Games AR

**26**  
 10:00 Spiro 100 Class AR  
 10:30 Flex Your Brain AR  
 11:00 Bingo AR  
 1:30 iPads on the Go LC  
 3:00 Pet Therapy AR  
 4:00 Table Games AR  
 4:00 Resident Tech Committee AR  
 6:00 Evening Movie AR

**27**  
 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  
 4:30 Brookdale Celebrates: Route 66 Dinner Party AR

**28**  
 10:00 Morning Exercise 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

**29**  
 9:00 Catholic Communion AR  
 10:00 Chair Exercise AR  
 10:30 Newspaper Review AR  
 10:30 Pretty Nails AR  
 2:00 Bingo AR  
 3:00 Sunday Classic Movie AR

**30**  
 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

**31**  
 10:00 Spiro 100: Tai Chi AR  
 10:30 Table Games AR  
 10:30 iPad Exploration AR  
 11:00 Bingo with Hari AR  
 12:00 Monthly Birthday Party DR  
 1:30 Music LC  
 3:00 Reminiscing AR  
 4:00 Music with Hari AR

### 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

**Brookdale San Juan Capistrano**  
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# Health and Wellness

## Live Your Optimum Life®: Reducing Your Risk of Falling



According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the problems associated with falling and a proactive plan.

### Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

### Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

### Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

### Interventions that Can Increase Safety and Reduce the Risk of Falls

Medication Plan of Care: Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

Therapy: Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

## Wellness Challenge

### 10 Tips to Prevent Falls:

Avoiding falls requires a pro-active approach. Below are 10 tips to help prevent falls:

1. Stay physically active
2. Have annual eye and hearing exams
3. Review your medications with your health care provider
4. Talk with your doctor regarding your Vitamin D level
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls
8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you



# COMMUNITY CONNECTIONS



brookdale.com

## Brookdale News

### Inaugural Film Festival Named Best of the Best



Brookdale residents are taking center stage on a national level. Argentum, a leading senior trade organization, recently honored Brookdale with its “Best of the Best” award for Brookdale’s innovative Celebrate Aging Film Festival.

“We established the Celebrate Aging Film Festival to change the perception of aging, and it is doing just that,” said Carol Cummings, senior director of Optimum Life at Brookdale.

The film festival showcased short films created entirely by Brookdale residents and associates using iPads. Each film’s focus was to challenge the stereotypes of senior living and aging.

A total of 74 films were submitted in the inaugural year, and nine received nominations for Best Acting, Best Technical Design, Best Writing, Best Picture and the Courage Award.

The second annual Celebrate Aging Film Festival is scheduled for October 3, 2018 at the historic Franklin Theatre in Franklin, Tennessee.

To learn more, see your Resident Programs or Clare Bridge Programs leader.



## Wishes of a Lifetime

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



### Resident Hopes To Inspire Others With New Skill

It’s never too late to pick up a new talent. Just ask Judy Moore from Brookdale Murray in Kentucky. This lifelong volunteer, who dedicated her life to helping underprivileged children, recently found herself on the receiving end of a little extra kindness.

Wish of a Lifetime partnered with Brookdale Murray to provide Judy with the opportunity to pick up a skill she’d wanted for years: playing the piano.

Through her weekly lessons, Judy learned several carols on the piano. Her dream became a reality, and she even shared her newly developed talents with friends in a Christmas recital.

As with her volunteer efforts earlier in life, learning this skill was about lifting up the people around her. “My friend Sue wants me to teach her if I learn how,” she said.

Judy hopes that her efforts will inspire others that it is never too late to try a new hobby or learn a new skill.