

## S

### 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

## M

### 01

- 10:00 B-Fit AR
- 10:30 Columbus Day Trivia AR
- 1:30 iPad Games LC
- 3:00 Classic Movie AR
- 3:00 Ice Cream Social AR
- 7:00 Jeopardy Game AR

### 07

- 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

### 14

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

### 21

- 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

### 28

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

## T

### 02

- 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

### 09

- 10:00 Spiro 100: Tai Chi AR
- 10:30 Table Games AR
- 10:30 iPad Exploration AR
- 11:30 Resident/Food Mtg AR
- 1:30 Music LC
- 3:00 My Life Story AR
- 4:00 Music with Hari AR

### 16

- 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

### 23

- 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 OL Wellness Event AR
- 4:00 Music with Hari AR

### 30

- 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
- 4:00 Music with Hari AR

## W

### 03

- 10:00 B-Fit AR
- 10:30 Balloon Volleyball AR
- 11:00 Newspaper Review AR
- 11:00 Resident Programs Chat AR
- 11:30 Chat with a Manager AR
- 1:00 Aging Film Festival AR
- 3:00 Flower Arranging AR
- 4:00 Table Games AR

### 10

- 10:00 B-Fit AR
- 10:30 Balloon Volleyball AR
- 11:00 Newspaper Review AR
- 3:00 Flower Arranging AR
- 3:30 Halloween Craft AR
- 4:00 Table Games AR

### 17

- 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

### 24

- 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
- 3:30 Pumpkin Carving AR
- 4:00 Table Games AR

### 31

#### Halloween

- 10:00 B-Fit AR
- 10:30 Balloon Volleyball AR
- 11:00 Newspaper Review AR
- 3:00 Flower Arranging AR
- 3:30 Halloween Social AR
- 4:00 Table Games AR

## Th

### 04

- 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

### 11

- 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

### 18

- 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

### 25

- 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

## F

### 05

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

### 12

- 10:00 B-Fit AR
- 10:30 iPad Exploration AR
- 11:00 Trivia & Games AR
- 1:30 Afternoon Stretch LC
- 3:00 Let's Travel to Germany AR
- 4:00 Sing Along with Hari AR

### 19

- 10:00 B-Fit AR
- 10:30 iPad Exploration AR
- 11:00 Trivia & Games AR
- 1:30 Afternoon Stretch LC
- 3:00 German Dance & Music AR
- 4:00 Sing Along with Hari AR

### 26

- 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: Oktoberfest Dinner AL

## S

### 06

- 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

### 13

- 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

### 20

- 10:00 Morning Exercise AR
- 10:30 News Headlines AR
- 10:30 Baking Cookies AR
- 11:00 Trivia Games AR
- 11:30 Oktoberfest Luncheon AL
- 1:30 iPads on the Go LC
- 3:00 Afternoon Music AR
- 6:30 Card Games AR

### 27

- 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

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## COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

## Live Your Optimum Life®: Getting a Good Night's Sleep



**S**leep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of it won't just leave you tired and irritable, it can actually be dangerous and seriously deteriorate the quality of your life.

According to the National Institutes of Health (NIH) not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In

other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

**Physical Benefits**

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

**Mental Benefits**

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing

sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 9 hours each night.

**8 Tips for Better Sleep**

- Exercise
- Reserve your bed for sleep
- Keep your bedroom comfortable
- Start a sleep ritual
- Avoid alcohol and caffeine
- De-stress
- Get checked by your doctor

## Wellness Challenge

## Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

**Be Well on Purpose!**



## Brookdale News

## Flu Season



**F**lu Season will be here soon, and Brookdale wants to help you stay well. **Make plans to get vaccinated** to protect yourself, your family and your fellow residents from illness. Preparing is easy!

1. **Watch** for the flu clinic posters to inform you of date and time and place of the community flu clinic
2. **Attend** the community flu clinic and receive your annual influenza vaccine
3. **Stay healthy!**

Kim Elliot, SVP Clinical Services at Brookdale says, “we want it to be as easy as possible for you to be vaccinated in your own home.” She also adds that Brookdale has new opportunities for wellness this year. “We’re excited to be working with one of the nation’s top pharmacies for vaccines. CVS pharmacists will be on site to deliver the senior-dose vaccine specific for those over 65 years old. In addition, if you are eligible for a pneumonia or shingles vaccine, CVS can provide those on clinic-day as well.”

Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans. CVS will perform a pre-authorization to advise you of any co-pays and to determine eligibility for the shingles or pneumonia vaccine.

Take advantage of these opportunities for a healthy start to the flu season.

## Wishes of a Lifetime

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

**Cancer Survivor Tackles Fear, Inspires Others**

Vernie Burkett lives at Brookdale Missoula Valley in Montana. She is a tough woman who is committed to bettering herself and those around her. Five years ago, Vernie was diagnosed with breast cancer. She was also wheelchair-bound. Unwilling to give in to her situation, she says she “outgrew the fear of it” and found the courage to fight back.

Now in remission, Vernie realized she could tackle just about anything, and she turned her attention to her one life-long fear: water. At 72-years-old, Vernie wanted to try swimming lessons. Thanks to Wish of a Lifetime, her Brookdale community and the local YMCA, Vernie not only overcame her fears about the water, she now happily gets in the pool all on her own and starts her aquatic workouts without the prodding of her instructor.

Plus, she has inspired others to join her.

“I learned I’m stronger than I thought I was, and it’s wonderful to be able to do things that you never figured,” Vernie says. “You can’t just sit in a chair. You are wasting your life if you sit there in the chair and can’t do nothing. And the world profits from your experiences.”

*Information courtesy of ABCFoxMontana.com*