

S M T W Th F S

30 June

9:45 BFit AL  
 10:00 Flex Your Brain AL  
 10:30 Church w/ Rev. Dixon AL  
 1:30 Bingo AL  
 3:00 Music Social w/ Arland Riverboat Piano Player  
 6:00 Movie Night ATV

**Brookdale Alamo Heights**  
 855 E Basse Rd  
 San Antonio, TX 78209  
 (210) 930-1040 | brookdale.com



**LOCATION KEY**

HC Healthcare dining room    ACT Activities room  
 AL AL Living room    ATV AL Living room TV  
 ALB AL Bistro    B40 Back40 Garden  
 Lib AL Library  
 DR AL Dining room  
 AL Calendar subject to chg

*License Number*

01

9:45 BFit AL  
 10:30 Bingo  
 1:30 Movie Matinee ATV  
 2:00 iPad: Crossword Lib  
 4:00 Pet Visit w/ Tuppy

02

9:45 BFit AL  
 10:00 Flex Your Brain AL  
 10:30 First Baptist Church AL  
 1:30 Bingo w/ YMSL boys AL  
 3:00 Music Social w/ Sharon AL  
 6:00 Movie Night ATV

03

9:45 BFit w/ Dr. Moe AL  
 10:30 Bingo  
 1:30 Know Your Brain AL  
 1:45 Chicken Foot AL  
 2:00 Scenic Drive  
 2:30 Flex Your Brain AL  
 3:15 Popcorn Social AL

04

9:45 BFit w/ Sandy AL  
 10:30 Catholic Service HC  
 10:30 Mahjongg AL  
 10:45 Menu Chat ACT  
 1:30 Poker  
 1:45 Chain of Thought ATV  
 2:00 HEB Trip  
 3:00 OLWellness AL

05

9:30 Morgan's Wonderland trip  
 9:45 BFit AL  
 10:30 Pet Visit  
 1:45 Chicken Foot AL  
 3:00 Music w/ Rolando AL  
 6:30 Bingo w/ YMSL boys AL

06

9:45 BFit w/ Sandy AL  
 10:30 Bible Study Lib  
 1:30 Poker  
 1:45 Resident Council AL  
 3:00 Walking thru History w/ Joe Scroggins AL  
 6:30 Mexican Train Dominoes AL

07

9:45 BFit w/ Sandy AL  
 10:30 Flex Your Brain AL  
 1:30 Chicken Foot AL  
 3:00 Summer Kick-off Party AL  
 6:00 Movie Night ATV

08

**BKD CAR SHOW**  
 9:45 BFit AL  
 10:30 Bingo  
 12:00 BKD CAR SHOW  
 1:30 Movie Matinee ATV  
 3:30 Saturday Social AL  
 4:00 Pet Visit w/ Tuppy

09

9:45 BFit AL  
 10:00 Flex Your Brain AL  
 10:30 St David's Episcopal Church AL  
 1:30 Bingo w/ NCL girls AL  
 3:00 Music Social w/ Steve AL  
 6:00 Movie Night ATV

10

9:45 BFit w/ Dr. Moe AL  
 10:30 Bingo  
 1:30 Know Your Brain AL  
 1:45 Chicken Foot AL  
 2:00 Scenic Drive  
 2:30 Flex Your Brain AL  
 3:15 Popcorn Social AL

11

9:45 BFit w/ Sandy AL  
 10:30 Catholic Service HC  
 10:30 Mahjongg AL  
 10:45 Menu Chat ACT  
 1:30 Poker  
 1:45 Chain of Thought ATV  
 2:00 Target Trip  
 3:00 My Life Story AL

12

9:45 BFit w/ Sandy AL  
 10:30 Lunch Bunch outing El Jara  
 10:30 Pet Visit  
 1:45 Chicken Foot AL  
 3:00 Birthday Bash w/ Frank Valdez AL  
 6:30 Bingo w/ NCL girls AL

13

9:45 BFit w/ Sandy AL  
 10:30 Bible Study Lib  
 1:30 Poker  
 1:45 Rummikub AL  
 3:00 Res. Engagement Chat AL  
 6:30 Mexican Train Dominoes AL

14

**Flag Day**  
 9:45 BFit w/ Sandy AL  
 10:30 Flex Your Brain AL  
 12:00 Father's Day Men's Fish Fry  
 1:30 Chicken Foot AL  
 3:00 Happy Hour AL  
 6:00 Movie Night ATV

15

9:45 BFit AL  
 10:30 Bingo  
 1:30 Movie Matinee ATV  
 2:00 iPad: Crossword Lib  
 3:30 Saturday Social AL  
 4:00 Pet Visit w/ Tuppy

16

**Father's Day**

9:45 BFit AL  
 10:00 Flex Your Brain AL  
 10:30 Alamo Heights United Methodist Church AL  
 1:30 Bingo w/ YMSL boys AL  
 3:00 Music Social w/ Carlos AL  
 6:00 Movie Night ATV

17

9:45 BFit w/ Dr. Moe AL  
 10:30 Bingo  
 1:30 Know Your Brain AL  
 1:45 Chicken Foot AL  
 2:00 Scenic Drive  
 2:30 Flex Your Brain AL

18

9:45 BFit w/ Sandy AL  
 10:30 Catholic Service HC  
 10:30 Mahjongg AL  
 10:45 Menu Chat ACT  
 1:30 Poker  
 1:45 Chain of Thought ATV  
 2:00 HEB Trip  
 3:00 Welcome Wagon

19

9:45 BFit w/ Sandy AL  
 10:30 Pet Visit  
 11:30 In-House Lunch Panera Bread  
 1:45 Chicken Foot AL  
 3:15 Arland- Riverboat Piano Player AL  
 6:30 Bingo w/ YMSL boys AL

20

9:45 BFit w/ Sandy AL  
 10:30 Bible Study Lib  
 1:30 Poker  
 1:45 Rummikub AL  
 3:00 Walking thru History w/ Joe Scroggins Lib  
 6:30 Mexican Train Dominoes AL

21

**Summer Solstice**

9:45 BFit w/ Sandy AL  
 10:00 Slush Splash Pool Party  
 10:30 Flex Your Brain AL  
 1:30 Chicken Foot AL  
 3:00 Happy Hour AL  
 6:00 Movie Night ATV

22

9:45 BFit AL  
 10:30 Bingo- Teens Give Back  
 1:30 Movie Matinee ATV  
 2:00 iPad: Crossword Lib  
 3:30 Saturday Social AL  
 4:00 Pet Visit w/ Tuppy

23

9:45 BFit AL  
 10:00 Flex Your Brain AL  
 10:30 The Church of Jesus Christ of Latter-day Saints AL  
 1:30 Bingo w/ NCL girls AL  
 3:00 Music Social w/ Jorge AL  
 6:00 Movie Night ATV

24

9:45 BFit w/ Dr. Moe AL  
 10:30 Bingo  
 1:30 Know Your Brain AL  
 1:45 Chicken Foot AL  
 2:00 Scenic Drive  
 2:30 Flex Your Brain AL  
 3:15 Popcorn Social AL

25

9:45 BFit w/ Sandy AL  
 10:30 Catholic Service HC  
 10:30 Mahjongg AL  
 10:45 Menu Chat ACT  
 1:30 Poker  
 1:45 Chain of Thought ATV  
 2:00 WalMart Trip

26

9:45 BFit w/ Sandy AL  
 10:00 Going to the Movies & Lunch  
 10:30 Pet Visit  
 1:45 Chicken Foot AL  
 3:00 Friends For Life AL  
 6:30 Bingo w/ NCL girls AL

27

9:45 BFit w/ Sandy AL  
 10:30 Bible Study Lib  
 1:30 Poker  
 1:45 Rummikub AL  
 2:30 Resident Tech Committee AL  
 6:30 Mexican Train Dominoes AL

28

9:45 BFit w/ Sandy AL  
 10:30 Flex Your Brain AL  
 1:30 Chicken Foot AL  
 3:00 Happy Hour AL  
 6:00 Movie Night ATV

29

9:45 BFit AL  
 10:30 Saturday Social  
 1:30 Bingo ATV  
 2:00 Movie Matinee Lib  
 4:00 iPad: Crossword  
 Pet Visit w/ Tuppy

# Health and Wellness

Live Your Optimum Life®: Stay Hydrated for Better Health



According to the Centers for Disease Control and Prevention (CDC), drinking enough water every day is good for overall health.

### Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration and bowel movements

When fluid intake is inadequate, we can become dehydrated. Why is dehydration more common in

older adults? Reduced muscle mass, decreased sensitivity to thirst and less efficient kidney function all can contribute to dehydration. Our bodies continue to need water, but older adults tend to experience less thirst, and are prone to drinking less water, even though their recommended daily fluid intake does not decrease.

In addition to not taking in enough fluids, other factors can affect hydration status. For example, dry winter air can increase fluid loss, running a fever increases fluid needs as well as medications, especially diuretics and laxatives can also contribute to fluid loss.

What are the signs and symptoms of dehydration? Although it may seem obvious, the first warning sign of dehydration is extreme thirst. Additional symptoms include:

- Less frequent urination
- Dark-colored urine

- Fatigue
- Headache
- Confusion

The amount of fluid you should be drinking everyday varies from person to person. Discuss the amount of fluids that you should drink with your doctor or healthcare professional. Although it was often recommended that healthy adults consume eight 8-ounce (oz.) glasses of water per day, some health conditions call for a person to limit or restrict fluids. Milk, juice, coffee, tea and water all count as sources of fluid.

If you are eating a well-balanced diet you can get the equivalent of two to three 8-oz glasses of water from the fluids in the foods you eat. Many fruits and vegetables have high water content, as do soups, gelatin, and pudding.

As the summer temperatures rise – be sure to drink water and stay hydrated!

## Wellness Challenge

Optimum Life Inspiration – Tips to Stay Hydrated

- Add flavor to water with lemon, cucumber slices, or mint leaves.
- Keep a glass of water nearby and take frequent sips.
- Eat five to nine servings of fruits and vegetables each day. Limit fruit juice.
- Drink a glass of water or other beverage with meals, snacks, and medications.
- Be alert for signs and symptoms of dehydration.

*Be Well on Purpose!*



# COMMUNITY CONNECTIONS



brookdale.com

## Brookdale News

It's Survey Time!



Brookdale's 2019 Resident and Family survey is under way! Every day, our associates work hard to meet your needs and exceed your expectations. We are committed to your satisfaction and sincerely value the trust you place in us. As a member of the Brookdale family, your feedback is important to us, and we want to hear from you about what we are doing well and how we can improve your overall experience. If you or your loved one moved-in prior to April 1<sup>st</sup>, 2019, you should have received a paper survey from

your community along with a postage paid envelope. You can complete and mail back the paper survey or follow the included instructions on how to complete the survey online.

The survey is confidential, and you will not need to provide your or your loved one's name unless you choose to. Return envelopes must be postmarked by Monday July 15<sup>th</sup> as this is the day the survey will close. We hope you will take the time to complete this year's Resident and Family Survey. We sincerely look forward to hearing from you. And remember, our community teams always welcome your feedback.

## Wishes of a Lifetime

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



### Resident Returns to Hometown for School Reunion

Sandra Arkin was born and raised in Tacoma, Washington. She attended Stadium High School and graduated with the class of 1955. She had not been back to Tacoma since 1975 when she attended her 20<sup>th</sup> high school reunion. Although it's been many years since she's been back, Sandra has kept in touch with her closest friends and cousins that still reside in the area.

Sandra wanted nothing more than the opportunity to go back to her hometown and be reunited with her classmates. Especially for the 62<sup>nd</sup> high school reunion with the opportunity for them to celebrate their 80<sup>th</sup> birthdays together.

Wish of a Lifetime and Brookdale were excited to send Sandra and her friend, Deborah Massa, to Tacoma, where Sandra reconnected with her former classmates and friends.