

Brookdale Rancho Mirage

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THE DAILY PATH

UPCOMING EVENTS

- 7:30 Breakfast
- 9:15 B-Fit Exercise
- 10:00 Refreshments
- 10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 1:15 Creative/Crafts/Art and Clustered Groups
- 2:00 Physical
- 2:30 Refreshments
- 3:00 Music/ Intergenerational
- 4:30 Dinner
- 6:15 Sensory/News and Reading Groups
- 7:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- LR - Living room
- TH - Town Hall
- DR - Dining Room
- AL - Assisted Living
- BT - Bus Trip
- OP - Outside Pavilion
- AR - Activity Room

03

- 9:15 B-Fit Exercise TH
- 9:15 Church Service AL
- 10:30 Daily Chronicle TH
- 1:15 Superbowl Party Set up AR
- 2:00 Superbowl Dip Snacks AR
- 3:30 Superbowl Show AR
- 6:15 Coffee & Newspaper TH

04

- 9:15 B-Fit Exercise TH
- 10:30 Animals Samaritans TH
- 1:15 Valentine Art TH
- 2:00 Garden Club - Water OP
- 3:00 Accordion Dwayne AL
- 6:15 Book Reading InTouchTH

05

- 9:15 B-Fit Exercise TH
- 10:30 Rancho Mirage Tour BT
- 1:15 Peacock Painting TH
- 2:00 Popcorn Toss TH
- 3:00 Country Music TH
- 6:15 Special Prayer Request TH

06

- 9:15 B-Fit Exercise TH
- 10:30 Hang Man TH
- 1:15 Creative Cupcakes AR
- 2:00 Garden Club - Water OP
- 3:00 Hymns with Susie Q TH
- 6:15 Classic TV TH

07

- 9:15 B-Fit Exercise TH
- 10:30 February Gazette TH
- 1:15 Romare Bearden Art TH
- 2:00 Community Stroll AL
- 3:00 Hawaiian Music TH
- 6:15 Book Reading InTouchTH

08

- 9:15 B-Fit Exercise TH
- 10:00 City Cruising BT
- 10:15 Paws & Hearts TH
- 1:15 Flower Arrangements TH
- 2:00 Live Entertainment AL
- 3:00 Garden Club - Water OP
- 6:15 Friday Night Flick AR

09

- 9:15 B-Fit Exercise TH
- 10:30 Daily Chronicle TH
- 1:15 It Was the Year of... TH
- 2:00 Popcorn Toss AR
- 3:00 1940's Music TH
- 5:30 Ricky Simms Performs AL
- 6:15 Evening News AR

10

- 9:15 B-Fit Exercise TH
- 9:15 Church Service AL
- 10:30 Daily Chronicle TH
- 1:15 Table Talk TH
- 2:00 Outdoor Patio CleanUpOP
- 3:00 Hawaiian Music TH
- 6:15 Coffee & Newspaper TH

11

- 9:15 B-Fit Exercise TH
- 10:30 Animal Samaritans TH
- 1:15 Manicure Monday TH
- 2:00 Garden Club - Water OP
- 3:00 Country Music TH
- 6:15 Movie Monday AR

12

- Happy Birthday Sylvia**
- 9:15 B-Fit Exercise TH
 - 10:00 Service w/Pastor Brian TH
 - 10:30 Rancho Mirage Tour BT
 - 1:15 Terrific Tuesday CookiesAR
 - 2:00 Community Stroll AL
 - 3:00 Residents Birthday's AL
 - 6:15 Book Reading InTouchTH

13

- 9:15 B-Fit Exercise TH
- 10:30 February Gazette TH
- 1:15 Pigs In A Blanket AR
- 2:00 Garden Club - Water OP
- 3:00 Hymns with Susie Q TH
- 6:15 Classic TV TH

14

Valentine's Day

- 9:15 B-Fit Exercise TH
- 10:30 Music with Amanda TH
- 1:15 Valentine's Celebration AR
- 2:00 Valentine's Dance AR
- 3:00 Romantic R&B Music TH
- 6:15 Special Prayer Request TH

15

- 9:15 B-Fit Exercise TH
- 10:00 City Cruising BT
- 10:15 Paws & Hearts TH
- 1:15 Flower Arrangements TH
- 2:00 Live Entertainment AL
- 3:00 Garden Club - Water OP
- 6:15 Book Reading InTouchTH

16

- 9:15 B-Fit Exercise TH
- 10:30 Daily Chronicle TH
- 1:15 Beads & Things TH
- 2:00 Community Stroll AL
- 3:00 Hawaiian Music TH
- 6:15 Evening News AR

17

- 9:15 B-Fit Exercise TH
- 9:15 Church Service AL
- 10:30 Daily Chronicle TH
- 1:15 Table Talk TH
- 2:00 Outdoor Patio CleanupOP
- 3:00 Instrumental Music TH
- 6:15 Coffee & Newspaper TH

18

President's Day

- 9:15 B-Fit Exercise TH
- 10:30 Animal Samaritans TH
- 1:15 President's Day Art TH
- 2:00 Garden Club - Water OP
- 3:00 Hawaiian Music TH
- 6:15 Special Prayer Request TH

19

- 9:15 B-Fit Exercise TH
- 10:30 Rancho Mirage Tour BT
- 1:15 Number Paint Flower TH
- 2:00 What's Cooking In Feb?AR
- 3:00 Country Music TH
- 6:15 Evening News AR

20

- 9:15 B-Fit Exercise TH
- 10:30 Resident Council AR
- 1:15 Resident Dining Out BT
- 2:00 Garden Club - Water OP
- 3:00 Hymns with Susie Q TH
- 6:15 Book Reading InTouchTH

21

- 9:15 B-Fit Exercise TH
- 10:30 Detective Portrait TH
- 1:15 Pig Portrait Art TH
- 2:00 Community Stroll AL
- 3:00 1940's Music TH
- 6:15 Classic TV TH

22

- 9:15 B-Fit Exercise TH
- 10:00 City Cruising BT
- 10:30 Paws & Hearts TH
- 1:15 Flower Arrangements TH
- 2:00 Live Entertainment AL
- 3:00 Garden Club - Water OP
- 6:15 Friday Night Flick AR

23

- 9:15 B-Fit Exercise TH
- 10:30 Daily Chronicle TH
- 1:15 Hang Man TH
- 2:00 Popcorn Toss TH
- 3:00 Classic Rock TH
- 6:15 Book Reading InTouchTH

24

- 9:15 B-Fit Exercise TH
- 9:15 Church Service AL
- 10:30 Daily Chronicle TH
- 1:15 It Was the Year of... TH
- 2:00 Community Stroll AL
- 3:00 Inspirational Music TH
- 6:15 Coffee & Newspaper TH

25

- 9:15 B-Fit Exercise TH
- 10:30 Animal Samaritans TH
- 1:15 Manicure Monday TH
- 2:00 Garden Club - Water OP
- 3:00 Accordion Dwayne AL
- 6:15 Special Prayer Request TH

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- 9:15 B-Fit Exercise TH
- 10:30 Rancho Mirage Tour BT
- 1:15 Flower Vase Art TH
- 2:00 Community Stroll AL
- 3:00 Hawaiian Music TH
- 6:15 Book Reading InTouchTH

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- 9:15 B-Fit Exercise TH
- 10:30 Daily Chronicle TH
- 1:15 Mini Grilled Cheese AR
- 2:00 Garden Club - Water OP
- 3:00 Hymns with Susie Q TH
- 6:30 Friends & Family NightAL

28

- 9:15 B-Fit Exercise TH
- 10:30 Music with Amanda TH
- 1:15 Beads & Things TH
- 2:00 Planting Spring Herbs OP
- 3:00 Country Music TH
- 6:15 Drama Movie Night AR

COMMUNITY CONNECTIONS



brookdale.com

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!



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.