

COMMUNITY CALENDAR

October 2026

Discover your
Optimum Life® today

S

M

T

W

T

F

S

Brookdale San Ramon

18888 Bollinger Canyon Rd

San Ramon, CA 94583

(925) 831-3964

brookdale.com

Brookdale

All activities are subject to change.

LOCATION KEY

01

10:30 Gerifit W/ Martin AR
1:00 Chef Demo - Mocha's AR
3:00 Happy Hour w/ Harmony AR

International Coffee Day

02

10:30 Zumba w/ Carissa AR
11:00 Lunch Outing- AR
In 'N' Out Burger
1:00 Crafts w/ Martin AR
2:00 BINGO! AR
3:15 Bridge Club 2FN
Guardian Angel Day

03

10:30 Gentle Morning Exercises AR
2:00 Music w/ Ciro
3:00 Board Game Time!
6:00 Saturday Night Movie

04

10:30 Catholic Mass LB
10:30 Gentle Morning Exercises AR

World Animal Day

05

10:30 Zumba w/ Carissa AR
12:00 Painting w/ Daisy AR
2:00 BINGO! AR

World Teachers' Day

06

10:30 Gerifit w/ Martin AR
11:00 Shopping Trip - AR
CVS & Safeway
1:00 Weekly Menu Chat AR
2:00 Catholic Service Rosary LB
3:00 Book Club LB
4:00 Tech Tuesdays! AR

07

10:30 B-Fit Exercise w/ Martin AR
1:00 Exercise w/ Lisa AR
2:00 BINGO! AR
3:30 Music w/ Susan AR

08

10:30 Gerifit w/ Martin AR
1:30 Activity Chat w/ Martin AR
3:00 Happy Hour w/ John AR

09

10:30 Zumba w/ Carissa AR
1:00 Crafts w/ Martin AR
2:00 BINGO! AR
3:15 Bridge Club 2FN

10

10:30 Gentle Morning Exercises AR
2:00 Saturday Matinee TR
3:00 Board Game Time! AR

World Mental Health Day

11

10:30 Catholic Mass LB
10:30 Gentle Morning Exercises AR

12

10:30 Zumba w/ Carissa AR
2:00 BINGO! AR

13

10:30 Gerifit w/ Martin AR
11:00 Shopping Trip AR
Marshall's and Costco
1:00 Exercise w/ Lisa AR
2:00 Catholic Service Rosary LB
3:00 Book Club AR
4:00 Tech Tuesdays! AR

14

10:30 B-Fit Exercise w/ Martin AR
1:00 Exercise w/ Lisa AR
2:00 Oktoberfest! AR
2:00 BINGO! AR
3:00 Chef Demo - Dessert AR

National Dessert Day

15

10:30 Gerifit w/ Martin AR
1:00 Spirit Care - AR
w/ Jeremiah
3:00 Happy Hour w/ Barry AR

16

10:30 Zumba w/ Carissa AR
11:00 Lunch Outing - AR
Primavera
1:00 Crafts w/ Martin AR
2:00 BINGO! AR
3:00 Music w/ Tradewinds AR
3:15 Bridge Club 2FN
World Food Day

17

10:30 Gentle Morning Exercises AR
3:00 Board Game Time!
6:00 Saturday Night Movie TR

18

10:30 Catholic Mass LB
10:30 Gentle Morning Exercises AR

19

10:30 Zumba w/ Carissa AR
2:00 BINGO! AR

20

10:30 Gerifit w/ Martin AR
11:00 Shopping Trip - BT
Target
11:00 Ladies Day Out - BT
Concannon Winery
2:00 Catholic Service Rosary LB
3:00 Book Club LB
4:00 Tech Tuesdays! AR

21

10:30 B-Fit Exercise w/ Martin AR
1:00 Exercise w/ Lisa AR
2:00 BINGO! AR
4:30 Around the World cuisine BT
Serving Chinese Food
for dinner in house

22

10:30 Gerifit w/ Martin AR
1:00 Watercolor w/ Saba AR
3:00 Happy Hour w/ Alex AR

23

10:30 Zumba w/ Carissa AR
11:00 Men's Day Out - BT
Alcosta Senior Community
1:00 Crafts w/ Martin AR
2:00 BINGO! AR
3:15 Bridge Club 2FN

24

10:30 Gentle Morning Exercises AR
2:00 Saturday Matinee TR
3:00 Board Game Time! AR

25

10:30 Catholic Mass LB
10:30 Gentle Morning Exercises AR
3:00 Black Sheep A cappella AR

26

10:30 Zumba w/ Carissa AR
1:00 Caption Call w/ Estel AR
2:00 BINGO! AR
3:00 Town Hall w/ Rachael AR

27

10:30 Gerifit w/ Martin AR
11:00 Shopping Trip - BT
Trader Joes
1:00 Chat w/ Estelle
2:00 Catholic Service Rosary LB
3:00 Book Club LB
4:00 Tech Tuesdays! AR

28

10:30 B-Fit Exercise w/ Martin AR
1:00 Exercise w/ Lisa AR
2:00 BINGO! AR

29

10:30 Gerifit w/ Martin AR
3:00 Happy Hour w/ Joe Mattox AR
4:00 Birthday Night w/ Guiver DR

30

10:30 Zumba w/ Carissa AR
11:00 Men's Day out - BT
1:30 Drums w/ Sean AR
Sean Potts Music
2:30 BINGO! AR
3:15 Bridge Club 2FN
4:30 Dinner Outing - BT
Hana Japan

31

HALLOWEEN

10:30 Gentle Morning Exercises AR
3:00 Board Game Time! AR
6:00 Saturday Night Movie TR

Happy Ghoulish Halloween

Optimum Life® Inspiration

Heartfelt Ways to Express Love and Appreciation Long-Distance

Being far apart from friends and family can be hard, but staying in touch doesn't have to be difficult. Here's a list of thoughtful ways to stay connected with the people you love and appreciate most, no matter the distance.

Embrace Mail and Send a Card or a Care Package

These days, writing an actual card or a letter might feel like a lost art. But the physical act of dropping something in the mail, such as a handwritten note that simply says hello or thank you, could be the perfect way to remind someone you're thinking of them.



Host a Virtual Party

This way of connecting is super-flexible: You can make hosting a virtual party as intricate or as simple as you choose. And the best part? You don't have to worry about getting your home ready for guests. Think about what platform you want use for hosting, such as WhatsApp®, Zoom®, Microsoft Teams® or others, and send attendees the link in advance.

Send Voice Memos and Texts

Suppose you don't have the time to coordinate a party or an online meet-up: Enter the voice memo. Whether it's via an iPhone, Android or some other smartphone or device, sending a voice message to your favorite person can be a fun, entertaining way to stay in touch.

Schedule Regular Phone Calls

While it may seem old-fashioned, you might be surprised at just how effective a regularly scheduled phone call can be. Sending a text may technically be "easier," but sometimes there's nothing like quality one-on-one time and actually hearing the other person's voice.

As you can see, there are many different methods you and those you care about can use to stay connected. So, stop the second-guessing, consult the list above for ideas on how to get started and surprise a special person in your life today by reaching out in a thoughtful way to let them know they're on your mind.

Did You Know?

Feedback is a Gift

At Brookdale, it is our mission to enrich lives every day, and we strive to create the best possible experience for our residents and their families. Your feedback is a gift. Below is how you can share with us.

Fill Out a Survey

You may be randomly selected to receive a survey via mail, email from Brookdale, or a third-party organization such as U.S. News or J.D. Power. All you have to do is fill it out and send it back. Your feedback is important to us and we appreciate you taking the time to complete a survey. All responses will remain anonymous unless you choose to self-identify.

Give Us a Call or Email

Feel free to provide feedback to your local community managers at any time, or call the Resident & Family Connection Line at **(877) 400-5296** or email familyconnection@brookdale.com. An associate will be happy to connect with you.



COMMUNITY CONNECTIONS

October 2026

Brookdale News

U.S. News & World Report Best Senior Living Survey

Brookdale has once again partnered with Activated Insights, a third-party research firm, as part of a senior living recognition program from U.S. News & World Report. Residents and their families will have the opportunity to participate in this survey from **September 14 - October 4**.

The U.S. News' Best Senior Living ratings evaluate over 3,500 communities in the U.S. in one or more of the following categories: independent living, assisted living, memory care and continuing care retirement. Senior living communities are evaluated on several criteria, including resident and family members' satisfaction with safety, care, community management and staff, value and other services and amenities. This is a great opportunity to tell us how we are doing and to publicly recognize your community leaders and associates for their hard work. Resident Engagement leaders will be reaching out to residents*; our Assisted Living and Memory Care families will receive an email with a link to the survey. We sincerely appreciate you taking a few minutes to participate in the survey. Activated Insights will receive and process the results. Survey responses are confidential, unless you choose to identify yourself in the survey.



Your feedback is a gift!

**Residents (or their families) who moved in after 8/17/26 are not eligible take this year's U.S. News Survey.*

An Engaged Life



When Lynn decided she wanted to move into a senior living community, she had a clear starting point in what she was looking for. She grew up in Monroe, Washington and that was where she wanted to be. Lynn chose Brookdale Monroe in March of 2025 for various reasons including its great reputation, and she also had friends living at the community. In addition, it was close to a local hospital and most importantly her family. Lynn started her career in the Air Force and rose to Captain and later followed her passion as a teacher. She married a military career officer and they traveled frequently.

One of Lynn's passions is singing. She is a spontaneous singer and loves to burst into song anytime, either alone or with others. She enjoys bringing others together to sing with enthusiasm and for socialization. It wasn't a surprise when Lynn approached her Resident Engagement team to start a singing group. She has been able to use her skills as a teacher to connect with residents who had been isolated and found friendships within the singing group. Her smile and kindness shine through as she connects throughout the community. Lynn is truly living a full engaged life.