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Brookdale Yorba Linda
17803 Imperial Hwy
Yorba Linda, CA 92886
(714) 777-9666 | brookdale.com

LOCATION KEY

- AL Assisted Living
- AR Activity Room
- BT Bus Trip
- CY Courtyard
- DR Dinning Room
- SNR Skilled Nursing Rooms

License Number

03

- 9:30 B-Fit for Life AR
- 10:00 Catholic Services AL
- 10:30 Christian Services AL
- 2:00 Super Bowl 2019 Super Bowl Party AL
- 6:00 Movie & Popcorn AR

04

- 9:30 B-Fit for Life AR
- 10:30 Garden Walk CY
- 11:00 Group Trivia AR
- 2:00 Bingo AR
- 6:00 Movie & Skittles AR

05

- 10:00 B-Fit for Life AR
- 11:00 Ipad Chain Of Thought AR
- 11:15 Resident Council Meeting AR
- 3:00 Mardi Gras Celebration AL
- 6:00 Movie & Bugels AR

06

- 10:00 B-Fit for Life AR
- 10:30 Arts & Crafts Pinteres AR
- 1:30 Catholic Communion AL
- 3:00 Cheese & Cracker Social AR
- 6:00 Classic Movie & Bugels AR

07

- 10:00 B-Fit for Life AR
- 11:30 Ipad Trivia Challenge AR
- 12:00 Live Music w/ David T. AR
- 2:00 Bingo AR
- 3:00 Movie & Chips AR
- 6:00 Bible Study AL

08

- 10:00 B-Fit for Life AR
- 10:30 Ipad Chain of Thought AR
- 2:00 Kings In The Corner AR
- 3:00 T.G.I.F. Social AR
- 6:00 Movie & Potato Chips AR

09

- 9:30 Zumba Gold w/ Sylvia AL
- 10:30 B-Fit for Life AR
- 11:00 Therapy Dog Visits AR
- 3:00 Movie & Potato Chips AR
- 6:00 Group Puzzle & Music AR

10

- 9:30 B-Fit for Life AR
- 10:00 Catholic Services AL
- 10:30 Christian Services AL
- 11:00 Flower Arrangements AR
- 1:30 Table Games AR
- 6:00 Movie & Pretzels AR

11

- 9:30 B-Fit for Life AR
- 10:30 Garden Walk CY
- 11:00 Group Trivia AR
- 2:00 Kings In The Corner AR
- 6:00 Movie & m&cm's AR

12

- 10:00 B-Fit for Life AR
- 11:00 Group Spelling Bee AR
- 1:15 Bible Reading w/ Pastor AR
- 2:00 Kings In The Corner AR
- 6:00 Movie & Skittles AR

13

- 10:00 B-Fit for Life AR
- 11:00 OLHT: Reduce Your Stress Protect Your Heart AR
- 1:30 Catholic Communion AL
- 2:00 Blackjack AR
- 3:00 Cheese & Cracker Social AR
- 6:00 Classic Movie & Skittles AR

14

Valentine's Day

- 10:00 B-Fit For Life AR
- 10:30 Live Music w/ Joe Tatar AR
- 11:30 Kindness Is Ageless AR
- 3:00 Valentines Day Afternoon Social AR
- 6:00 Bible Study AL

15

- 10:00 B-Fit for Life AR
- 10:30 Ipad Google Earth AR
- 12:00 Res. February Birthday Live Music w/ Al Valdez DR
- 3:00 T.G.I.F. Social AR
- 6:00 Classic Movie & Bugels AR

16

- 9:30 Zumba Gold w/ Sylvia AL
- 10:00 Angie Therapy Dog AR
- 10:30 B-Fit for Life AR
- 3:00 Classic Movie & m&cm's AR
- 6:00 Group Puzzle & Music AR

17

- 9:30 B-Fit for Life AR
- 10:00 Catholic Services AL
- 10:30 Christian Services AL
- 11:00 Flower Arrangements AR
- 1:30 Table Games AR
- 6:00 Movie & Skittles AR

18

President's Day

- 9:30 B-Fit for Live AR
- 10:30 Garden Walk CY
- 11:00 Presidents Day Trivia AR
- 2:00 Bingo AR
- 6:00 Movie & Popcorn AR

19

- 10:00 B-Fit for Life AR
- 11:00 Ipad Nature Sounds AR
- 1:15 Bible Reading AR
- 2:00 Bingo AR
- 6:00 Movie & Chips AR

20

- 10:00 B-Fit for Life AR
- 1:30 Catholic Communion AL
- 2:00 Table Game AR
- 3:00 Cheese & Cracker Social AR
- 6:00 Classic Movie & m&cm's AR

21

- 10:00 B-Fit for Life AR
- 11:00 Ipad Club AR
- 12:00 Live Music w/ Sean Clegg AR
- 3:00 Movie & Bugels AR
- 6:00 Bible Study AL

22

- 10:00 B-Fit for Life AR
- 11:00 Ipad Natures Sounds AR
- 2:00 Group Dominoes AR
- 3:00 T.G.I.F. Social AR
- 6:00 Classic Movie & Popcorn AR

23

- 9:30 Zumba Gold w/ Sylvia AL
- 10:30 B-Fit for Life AR
- 11:00 Therapy Dogs AR
- 3:00 Movie & Potato Chips AR
- 6:00 Group Puzzle & Music AR

24

- 9:30 B-Fit for Life AR
- 10:00 Catholic Services AL
- 10:30 Christian Services AL
- 11:00 Flower Arrangements AR
- 1:30 Table Games AR
- 6:00 Movie & m&cm's AR

25

- 9:30 B-Fit for Live AR
- 10:30 Garden Walk CY
- 11:00 Group Trivia AR
- 2:00 Kings In The Corner CY
- 6:00 Movie & Pretzels AR

26

- 10:00 B-Fit for Life AR
- 11:00 FFL: Health & Wellness AR
- 1:15 Bible Reading w/ Pastor AR
- 2:00 Table Games AR
- 6:00 Movie & Bugels AR

27

- 10:00 B-Fit for Life AR
- 1:30 Catholic Mass AL
- 2:00 Bingo AR
- 3:00 Cheese & Cracker Social AR
- 6:00 Classic Movie & Chips AR

28

- 10:00 B-Fit for Life AR
- 11:30 Ipad Trivia Challenge AR
- 12:00 Live Music w/ Tom Sperry AR
- 3:00 Movie & Ice Cream AR
- 6:00 Bible Study AL



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!



COMMUNITY CONNECTIONS



brookdale.com

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

Elsie 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, Elsie 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.

Elsie's sister, Evelyn Todd, who is 14 years older, had been like a mother to her. Elsie 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. Elsie 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.