

COMMUNITY CONNECTIONS

August 2026

S	M	T	W	T	F	S
August 30	August 31	Brookdale Brookhurst 15302 Brookhurst Street Westminster, CA 92683 (714) 775-6775 brookdale.com Assisted Living All activities are subject to change.		LOCATION KEY FL Front Lobby AR Activity Room 3FL 3rd Floor Lounge CY Court Yard 3LB 3rd Floor Library PDR Private Dining Room 2FL 2nd Floor Lounge DR Dining Room		01
9:00 Coffee Corner AR	9:00 B-Fit Exercise AR					9:00 B-Fit Exercise AR
10:00 Worship Services AR	10:00 Coffee Social AR					9:15 Shopping Trip FL
1:00 10 Cent Bingo AR	10:30 Trivia Mondays AR					10:00 Catholic Communion AR
2:00 Sunday Matinee AR	1:00 10 Cent Bingo AR					1:00 10 Cent Bingo AR
2:00 UNO 3FL	2:00 King's Corner AR					2:15 Ice Cream Social AR
3:30 B-Fit Walking 3FL	3:00 Lemonade Social CY					3:00 Blackjack AR
3:30 Koi Pond Visits CY	6:00 Evening Games 3FL					
02	03	04	05	06	07	08
9:00 Coffee Corner AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR
10:00 Worship Services AR	10:00 Coffee Social AR	10:00 Cookies & Coffee Social AR	9:15 Local Banking FL	10:30 Bible Study with Pastor AR	9:15 CVS pharmacy FL	9:15 Shopping Trip FL
1:00 10 Cent Bingo AR	10:30 Flex Your Brain AR	1:00 10 Cent Bingo AR	10:00 Flex Your Brain AR	1:30 Engagement Chat AR	10:00 Grocery Store FL	10:00 Catholic Communion AR
2:00 Sunday Matinee AR	1:00 10 Cent Bingo AR	2:00 King's Corner 3FL	11:00 Lunch at Brodard Chateau FL	2:15 Bingo AR	2:00 Rummikub 3FL	1:00 10 Cent Bingo AR
2:00 UNO 3FL	2:00 King's Corner AR	3:00 Conversations in Aging AR	1:00 Right Left Center AR	3:30 Root Beer Float Social CY	3:00 10 Cent Bingo AR	2:15 Ice Cream Social AR
3:30 B-Fit Walking 3FL	3:00 Aloha Party with George AR	6:00 Tuesday Matinee AR	2:00 UNO AR	4:00 Koi Pond Visits CY	5:00 B-Fit Walking 3FL	3:00 Blackjack AR
3:30 Koi Pond Visits CY	6:00 Evening Games 3FL	6:00 B-Fit Walking 3FL	3:00 10 Cent Bingo AR	6:00 Evening Games AR		
		Chocolate Cookie Day		Root Beer Float Day		
09	10	11	12	13	14	15
9:00 Coffee & Donut Social AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR
10:00 Worship Services AR	10:00 Coffee Social AR	10:00 Flex Your Brain AR	9:15 Local Banking FL	10:30 Bible Study with Pastor AR	9:15 CVS pharmacy FL	9:15 Shopping Trip FL
1:00 10 Cent Bingo AR	10:30 Modern Jeopardy AR	1:00 10 Cent Bingo AR	10:00 Flex Your Brain AR	Don	10:00 Grocery Store FL	10:00 Catholic Communion AR
2:00 Sunday Matinee AR	1:00 10 Cent Bingo AR	2:00 King's Corner 3FL	11:00 Lunch at Polly's Pies FL	1:00 10 Cent Bingo AR	2:00 Rummikub AR	1:00 10 Cent Bingo AR
2:00 UNO 3FL	2:00 King's Corner AR	3:00 S'mores Sundae Social AR	1:00 Right Left Center AR	2:00 Sun-Kissed Coasters AR	3:00 10 Cent Bingo AR	2:15 Ice Cream Social AR
3:30 B-Fit Walking 3FL	3:00 Sunny Citrus Art AR	6:00 Tuesday Matinee AR	2:00 UNO AR	3:00 Blackjack AR	5:00 B-Fit Walking 3FL	3:00 Blackjack AR
3:30 Koi Pond Visits CY	6:00 Evening Games 3FL	6:00 B-Fit Walking 3FL	3:00 10 Cent Bingo AR	4:00 Koi Pond Visits CY		
16	17	18	19	20	21	22
9:00 Coffee Corner AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR
10:00 Worship Services AR	10:00 Coffee Social AR	9:30 Flex Your Brain AR	9:15 Local Banking FL	10:30 Bible Study with Pastor AR	9:15 CVS pharmacy FL	9:15 Shopping Trip FL
1:00 10 Cent Bingo AR	10:30 Trivia Mondays AR	10:00 Scrapbooking Club AR	9:30 Flex Your Brain AR	Don	10:00 Grocery Store FL	10:00 Catholic Communion AR
2:00 Sunday Matinee AR	1:30 Resident Council AR	1:00 10 Cent Bingo AR	10:30 Coffee at Moongoat FL	12:00 New Resident Luncheon PDR	2:00 Rummikub AR	1:00 10 Cent Bingo AR
2:00 UNO 3FL	2:00 King's Corner 3FL	2:00 King's Corner 3FL	1:00 Right Left Center 3FL	1:00 10 Cent Bingo AR	3:00 10 Cent Bingo AR	2:15 Ice Cream Social AR
3:30 B-Fit Walking 3FL	2:30 Live Music with Paul AR	3:00 Jeopardy AR	1:30 Health Talk with Claudia AR	3:00 Blackjack AR	5:00 B-Fit Walking 3FL	3:00 Blackjack AR
3:30 Koi Pond Visits CY	6:00 Evening Games 3FL	6:00 Tuesday Matinee AR	2:00 UNO AR	4:00 Koi Pond Visits CY		
			3:00 10 Cent Bingo AR			
23	24	25	26	27	28	29
9:00 Coffee Corner AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR	9:00 B-Fit Exercise AR
10:00 Worship Services AR	10:00 Coffee Social AR	9:30 Flex Your Brain AR	9:15 Local Banking FL	10:30 Bible Study with Pastor AR	9:15 CVS pharmacy FL	9:15 Shopping Trip FL
11:00 Sunday Brunch DR	10:30 Trivia Mondays AR	10:00 Jeopardy AR	10:00 Flex Your Brain AR	Don	10:00 Grocery Store FL	10:00 Catholic Communion AR
1:00 10 Cent Bingo AR	1:00 10 Cent Bingo AR	1:00 10 Cent Bingo AR	12:30 Seaside Scenic Drive FL	12:00 Resident Birthday Lunch PDR	2:00 Rummikub AR	1:00 25 Cent Bingo AR
2:00 Sunday Matinee AR	2:00 King's Corner AR	2:00 King's Corner AR	1:00 Right Left Center AR	1:00 10 Cent Bingo AR	3:00 10 Cent Bingo AR	2:15 Ice Cream Social AR
2:00 UNO 3FL	3:00 Sunflower at Sunset Art AR	3:00 Live Music with Kristen AR	2:00 UNO AR	3:00 Banana Split Sundaes AR	5:00 B-Fit Walking 3FL	3:00 Blackjack AR
3:30 B-Fit Walking 3FL	6:00 Evening Games 3FL	6:00 Tuesday Matinee AR	3:00 10 Cent Bingo AR	4:00 Koi Pond Visits CY		
3:30 Koi Pond Visits CY						

Optimum Life® Inspiration

A Simple Guide to Reading a New Genre

Stepping outside your reading comfort zone can be uncomfortable, but there's so much to be gained by exploring new genres. From learning something you never would have otherwise to discovering a brand-new obsession, you might wonder why you didn't branch out sooner. Here are a few simple ways to get started.

1. Start With an Author You Already Love

It's common for authors to write across multiple genres. If you love an author's writing in one genre, try picking up something they've written in another. Their voice, style and storytelling will feel familiar, which can make stepping into a new genre feel far less intimidating.

2. Ask for Recommendations

Maybe there's a genre you're interested in trying, but you're not sure where to begin. Or maybe you're starting completely from scratch. Asking others for recommendations can be a great way to get started.

3. Try Cross-Genre Works

Some books mix multiple genres such as historical romance, paranormal thrillers and action comedies. If you're hesitant about a new genre, choosing a book that mixes it with something you're already comfortable with can make the transition easier.

4. Join a Book Club

The great thing about a book club is that the reading choices often aren't up to you. While many book clubs allow members to vote on what to read, you may end up picking up books you wouldn't normally choose on your own.

5. Stay Curious

Keeping an open mind is key when trying a new genre. Approaching unfamiliar stories with curiosity can lead you to books, authors and ideas you might never have discovered otherwise. Exploring a new genre might feel intimidating at first, but it can also lead to some of the most rewarding reading experiences. With a little curiosity and a willingness to take a literary leap, you might just find your next favorite book, author or genre.



Did You Know?

Brookdale's Friends for Life Incentive

Friends for Life (FFL) is an incentive program to encourage residents and families to tell their family and friends about living at Brookdale. Relationships and friendships support a culture of community and social connectedness within both Brookdale and the greater community. For each referral that moves into a community, the current (referring) resident receives fabulous rewards. See your ED or sales team for more details.

How to refer friends:

1. Tell us the name of a friend who would love to live at your community
2. If your friend moves in, you'll qualify for a rent credit*
3. Refer more friends for even more rent credits, and have more friends in your community!

**Terms and conditions apply.*



COMMUNITY CONNECTIONS

August 2026

Brookdale News

Celebrating Brookdale's 2025 Excellence Award Winners

Brookdale is proud to recognize the outstanding leaders honored with the 2025 Brookdale Excellence Awards. These annual awards celebrate associates who exemplify operational excellence, compassionate leadership, teamwork, and an unwavering commitment to residents and families.

Honorees were recognized this week at the Brookdale Excellence Awards event in Clearwater, Florida, where top-performing leaders from operations, clinical, sales, and dining were celebrated for their exceptional contributions and impact across the organization.

This year's "Leader of the Year" recipients include:

- **Vice President of Operations:** [Elena Whitemarsh](#) (Mountain West)
- **District Director of Operations:** [Christina Rocha](#) (Southwest)
- **Executive Director:** [Jessica Arenholz](#), Brookdale Overland Park 119th (Kansas)
- **Health & Wellness Director:** [Ken Patrick Padilla](#), Brookdale Monrovia (California)
- **Dining Leader:** [Zachary Willy](#), Brookdale University Park (Colorado)

Brookdale also recognized its top-performing sales associates through the Sales Chairman's Club Awards.

Congratulations to all of our 2025 award recipients for their dedication, leadership, and commitment to helping residents live their Optimum Life® every day.



An Engaged Life

Eileen has always embraced life with curiosity, creativity, and passion for helping others. Throughout the years, she has worn many hats, from inspiring young minds as a kindergarten teacher to pursuing a wide range of creative hobbies, including quilting, painting, furniture restoration, and even ziplining.

Since Eileen moved to Brookdale Florence in New Jersey, those passions have flourished once again. She shares her love for learning with the next generation by volunteering reading to local kindergarten students. After a 40-year hiatus, she rediscovered her passion for art. Eileen's stunning creations can be found displayed throughout the community.

Eileen's commitment to bringing people together is equally inspiring. She hosts a Bible Study group, creating a welcoming space for all walks of faith. As a leader in the community, she also shares her talents with fellow residents by teaching quilting and forming a sewing club, both of which have become cherished programs within the community.

Eileen continues to inspire those around her through her creativity, generosity, and enthusiasm for life. She is truly living both an engaged and Optimum Life®.

