

COMMUNITY CONNECTIONS CALENDAR

AUGUST 2026 THE DAILY PATH

S	M	T	W	T	F	S
August 30 9:00 B-FIT AR 9:30 Worship Service AR 10:30 Intouch w/SusyQ AR 1:00 Garden Walk OUT 2:30 The Daily Chronicles AR 3:00 Sunday Hymns AR 5:00 Sensory AR	August 31 9:00 B-FIT AR 9:30 Do You Remember AR 10:00 The Daily Chronicles DR 1:00 Jenga DR 2:30 Karaoke DR 3:00 Garden Walk OUT 5:00 National Geo. AR	Brookdale Brookhurst 15302 Brookhurst Street Westminster, CA 92683 (714) 775-6775 brookdale.com Clare Bridge All activities are subject to change.				01 9:00 B-Fit AR 9:00 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Garden Clean-up OUT 2:00 Ice Cream Social DR 2:30 Popcorn & Movie AR 5:00 Cluster Group AR
02 9:00 B-FIT AR 9:30 Worship Service AR 10:30 Intouch w/SusyQ AR 1:00 Garden Walk OUT 2:30 The Daily Chronicles AR 3:00 Sunday Hymns AR 5:00 Sensory AR	03 9:00 B-FIT AR 9:30 Do You Remember AR 10:00 The Daily Chronicles DR 1:00 Jenga AR 2:30 Karaoke AR 3:00 Garden Walk OUT 5:00 National Geo. AR	04 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Bowling DR 2:30 Finish the Lyrics DR 5:00 Evening News AR	05 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Wine Down WednesdayDR 2:30 Name that Tune DR 3:00 Puzzles DR 5:00 Cluster Group AR	06 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Arts & Crafts DR 2:30 Happy Hour DR 3:30 Music Trends AR 5:00 Easy Listening AR	07 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Outing OUT 1:00 Remember When... AR 2:30 Travel the World AR 5:00 Evening News AR	08 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Garden Clean-up OUT 2:00 Ice Cream Social AR 2:30 Popcorn & Movie AR 5:00 Cluster Group AR
09 9:00 B-FIT AR 9:30 Worship Service AR 10:30 Intouch w/SusyQ AR 1:00 Garden Walk OUT 2:30 The Daily Chronicles AR 3:00 Sunday Hymns AR 5:00 Sensory AR	10 9:00 B-FIT AR 9:30 Do You Remember AR 10:00 The Daily Chronicles DR 1:00 Jenga AR 2:30 Karaoke AR 3:00 Garden Walk OUT 5:00 National Geo. AR	11 9:00 B-Fit AR 9:30 The Daily Chronciles AR 10:00 Walking Club OUT 1:00 Chair Volleyball AR 2:30 Finish the Lyrics AR 5:00 Evening News AR	12 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Wine Wednesday DR 2:30 Name that Tune AR 3:30 Puzzles AR 5:00 Cluster Group AR	13 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Arts & Crafts DR 2:30 Happy Hour DR 3:30 Music Trends DR 5:00 Easy Listening AR	14 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Outings OUT 1:00 Who, What, Where AR 2:30 Travel the World AR 5:00 Evening News AR	15 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Garden Clean-up OUT 2:00 Ice-cream Social AR 2:30 Popcorn & Movie AR 5:00 Cluster Group AR
16 9:00 B-FIT AR 9:30 Worship Service AR 10:30 Intouch w/SusyQ AR 1:00 Garden Walk OUT 2:30 The Daily Chronicles AR 3:00 Sunday Hymns AR 5:00 Sensory AR	17 9:00 B-FIT AR 9:30 Do You Remember AR 10:00 The Daily Chronicles DR 1:00 Jenga DR 2:30 Karaoke DR 3:00 Garden Walk DR 5:00 National Geo. AR	18 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Bowling AR 2:30 Finish the Lyrics AR 5:00 Evening News AR	19 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Wine down Wednesday DR 2:30 Name that Tune DR 3:00 Puzzles DR 5:00 Cluster Group AR	20 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Arts & Crafts DR 2:30 Happy Hour DR 3:30 Music Trends DR 5:00 Easy Listening AR	21 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Outing OUT 1:00 Remember When... AR 2:30 Travel the World AR 5:00 Evening News AR	22 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Garden Clean-up OUT 2:00 Ice Cream Social AR 2:30 Popcorn & Movie AR 5:00 Cluster Group AR
23 9:00 B-FIT AR 9:30 Worship Service AR 10:30 Intouch w/SusyQ AR 1:00 Garden Walk OUT 2:30 The Daily Chronicles AR 3:00 Sunday Hymns AR 5:00 Sensory AR	24 9:00 B-FIT AR 9:30 Do You Remember AR 10:00 The Daily Chronicles DR 1:00 Jenga AR 2:30 Karaoke AR 3:00 Garden Walk AR 5:00 National Geo. AR	25 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Ring Toss DR 2:30 Finish the Lyrics DR 5:00 Evening News AR	26 9:00 B-Fit AR 9:30 The Daily Chronciles AR 10:00 Walking Club OUT 1:00 Wine down Chronicles DR 2:30 Name that Tune DR 3:00 Puzzles DR 5:00 Cluster group AR	27 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Arts & Crafts DR 2:30 Happy Hour DR 3:30 Music Trends DR 5:00 Easy Listening AR	28 9:00 B-Fit AR 9:30 The Daily Chronicles AR 10:00 Outing OUT 10:30 Who, What, Where AR 2:30 Garden Walk OUT 6:30 Evening News AR	29 9:00 B-Fit AR 9:00 The Daily Chronicles AR 10:00 Walking Club OUT 1:00 Garden Clean-up OUT 2:00 Ice Cream Social AR 2:30 Popcorn & Movie AR 5:00 Cluster Group AR

UPCOMING EVENTS	
7:00	Breakfast
9:00	B-Fit, Exercise
10:00	Refreshments
9:30	Morning Mental Workout: Reminiscing/ Discussion and Clustered Groups
11:00	Lunch
1:00	Creative/Crafts/Art and Clustered Groups
1:45	Physical
2:00	Refreshments
3:30	Music/ Intergenerational
4:00	Dinner
5:00	Sensory/News and Reading Groups
6:00	Refreshments

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

LOCATION KEY	
AR	AR
DR	Dining Room
CY	Courtyard
ACY	Assisted Living Courtyard
OUT	Outing
ALR	Assisted Living Act Room

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®.

