







# October 2017

Activities Staff: Karla Lopez, Steven Bouldin & Netner Kelly

Center Coordinator: Jessica Lopez

Center Director: Amy Graham

Monday	Tuesday	Wednesday	Thursday	Friday		
<b>2</b> 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Relaxation Yoga w/Savanah 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities Movie Matinee & Snacks	<b>3</b> 9:30- Meet & Greet & Daily News 10:15- <b>Memories in the Making</b> 10:30- Fit and Strong 1:15- <b>Root Beer Float Social &amp; Ring Toss</b> 2:30- Radio Tunes	<b>4</b> 9:30- Meet & Greet 10:00- Arts & Crafts Project Alternative Activities 1:15- <b>Word Game</b> 2:00- Aroma Therapy and Hand Massage 3:00- Table Games 	<b>5</b> 9:30- Meet & Greet 10:00- <b>Ceramics w/Netner</b> 10:30- Fit and Strong Table Games 1:30- <b>Movie Matinee &amp; Snacks</b> 3:30- Social Hour, Magazines & Puzzles	<b>6</b> 9:30- Meet & Greet 10:00- Table Games 10:30- Exercise group 1:00- <b>Music Therapy w/Andrea</b> 2:30- Radio Tunes		
<b>9</b> 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Relaxation Yoga w/Savanah 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities	<b>10</b> 9:30- Meet & Greet & Daily News 10:15- <b>Memories in the Making</b> 10:30- Fit and Strong 10:45- <b>Men's Group w/Steve</b> 1:15- <b>Jewelry Making</b> 2:30- Radio Tunes 	<b>11</b> 9:30- Meet & Greet 10:00- <b>Jewelry Making</b> Alternative Activities 11:00- <b>Participant Council Meeting</b> 1:15- <b>Word Game</b> 2:00- Aroma Therapy and Hand Massage 3:00- Table Games 	<b>12</b> 9:30- Meet & Greet 10:00- <b>Ceramics w/Netner</b> 10:30- Horse Racing Table Games 11:00- <b>Participant Council Meeting</b> 1:15- <b>Cooking Class</b> 3:30- Social Hour, Magazines & Puzzles 	<b>13</b> 9:30- Meet & Greet 10:00- Table Games 10:30- Relaxation Yoga w/Shireen 1:00- <b>Music Therapy w/Andrea</b> 2:30- Radio Tunes		
<b>16</b> 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Relaxation Yoga w/Savanah 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities Movie Matinee & Snacks	<b>17</b> 9:30- Meet & Greet and Daily News 10:15- <b>Memories in the Making</b> 10:30- Fit and Strong 11:00- Spiritual Social Group w/Rabbi 1:15- <b>Root Beer Float Social &amp; Ring Toss</b> 2:30- Radio Tunes	<b>18</b> 9:30- Meet & Greet 10:00- Arts & Crafts Project Alternative Activities 1:15- <b>HAPPY HOUR</b> 2:00- Aroma Therapy and Hand Massage 3:00- Table Games 	<b>19</b> 9:30- Meet & Greet 10:00- <b>Ceramics w/Netner</b> 10:30- Fit and Strong Table Games 1:15- <b>HAPPY HOUR</b> 3:30- Social Hour, Magazines & Puzzles 	<b>20</b> 9:30- Meet & Greet 10:00- Table Games 10:30- Relaxation Yoga w/Shireen 1:00- <b>Music Therapy w/Andrea</b> 1:15- <b>HAPPY HOUR</b> 2:30- Radio Tunes 		
<b>23</b> 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Relaxation Yoga w/Savanah 1:15- <b>Cooking Class w/Karla</b> Reminiscing Activities w/Netner 2:30- Alternative Activities 	<b>24</b> 9:30- Meet & Greet and Daily News 10:00- <b>Memories in the Making</b> 10:30- Fit and Strong 11:00- Spiritual Social Group w/Rabbi 1:15- <b>Jewelry Making</b> 2:30- Radio Tunes	<b>25</b> 9:30- Meet & Greet 10:00- <b>Jewelry Making</b> Alternative Activities 1:15- <b>Word Game</b> 2:00- Aroma Therapy and Hand Massage 3:00- Table Games 	<b>26</b> 9:30- Meet & Greet 10:00- <b>Ceramics w/Netner</b> 10:30- Horse Racing Table Games 1:30- <b>Movie Matinee &amp; Snacks</b> 3:30- Social Hour, Magazines & Puzzles	<b>27</b> 9:30- Meet & Greet 10:00- Table Games 10:30- Relaxation Yoga w/Shireen 1:00- <b>Music Therapy w/Andrea</b> 2:30- Radio Tunes		
<b>30</b> 9:30- Meet & Greet 10:00- Table Activities & Walking Group 10:30- Relaxation Yoga w/Savanah 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities Movie Matinee & Snacks	<b>31</b> 9:30- Meet & Greet and Daily News 10:15- <b>Memories in the Making</b> 10:30- Fit and Strong 11:00- Spiritual Social Group w/Rabbi 1:15- <b>Root Beer Float Social &amp; Ring Toss</b> 2:30- Radio Tunes	<b>This Activities Calendar is subject to change without Notice</b>			<b>Walking group at 10:00am Monday - Friday</b>	<b>Board games and puzzles are available to use anytime. Please help yourself or see any staff member for assistance!</b>



**FLU SEASON IS HERE!**  
**BCSC FLU CLINIC STARTS**  
**OCTOBER 1<sup>st</sup>**

Vaccinations will be available from Oct 1!

Flu season starts in October and could last until May. Please make sure to get the current vaccination to prevent flu symptoms and its complications, such as emergency room visits and hospitalizations. Even if you get the flu this season, getting a shot might reduce the symptoms you experience. A flu shot is the best way to protect yourself from the flu.

**Brandman Centers Information:**

Questions? Please call one of our helpful staff members

who would be happy to assist in any way they can.

Jessica Lopez, Center Coordinator – (818) 757-5580

Karla Lopez, Activities Coordinator – (818) 774-3221

Amy Graham, Center Director – (818) 774-3328

Contact Information for the Brandman Centers

7150 Tampa Avenue, Reseda, CA 91335

Phone: (818) 774-8444 Toll Free: (855) 774-8444

Fax: (818) 774-3248 TTY: (818) 774-3194

For any medical concerns, change of condition or falls,  
Please call our 24-hour nursing line at 818-774-8444.

Help us protect you  
and your loved ones!

Get your free flu  
vaccination today!

If you have  
questions, please  
ask to speak with a  
clinic staff member  
in the center or call  
(818) 774-8444

We hope you stay  
healthy this season.



**BrandmanCenters**  
FOR SENIOR CARE

October 2017 Newsletter and Calendar

**October is National Physical Therapy Month**

Our BCSC therapists offer a variety of services including scheduled treatments in the gym and specialized programs led in coordination with our Personal Care Attendants for group and individual exercises in the center. The goals for rehabilitation are to help participants improve their quality of life by:

- Increasing Independence with activities of daily living (ADLs), endurance and strength
- Improving balance and fall prevention
- Managing pain by utilizing multiple treatment techniques



**IMPORTANT! PLEASE READ**

Brandman Centers for Senior Care would like to remind all participants of the importance of bringing your BCSC insurance card with you for medical appointments, hospital visit and emergency room visits. This will help you facilitate efficient care.

Thank you!

