

# March 2018

Activities Staff: Karla Lopez, Netner Kelly & Celina Santos

Center Coordinator: Jessica Lopez

Center Director: Amy Graham

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**Board games and puzzles are available to use anytime. Please help yourself or see any staff member for assistance!**

**This Activities Calendar is subject to change without Notice**

**5**  
9:30- Meet & Greet  
10:00- Table Games & Walking Group  
10:30- Tai – Chi w/Greg and Palmer  
1:15- Bingo  
Reminiscing Activities w/Netner  
2:30- Alternative Activities

**6**  
9:30- Meet & Greet & Daily News  
10:15- **Memories in the Making**  
10:30- Fit and Strong  
11:00- Spiritual Social Group w/Rabbi  
1:15- Ring Toss and Exercise Game  
2:30- Radio Tunes

**7**  
9:30- Meet & Greet  
10:30- Tai – Chi w/Greg and Palmer  
11:00- **Participant Council Meeting**  
1:15- Arts & Crafts Project  
Alternative activities  
2:00- Aroma Therapy and Hand Massage  
3:00- Table Games

**1**  
9:30- Meet & Greet  
10:15- Arts and Crafts Project  
10:30- Fit and Strong  
Table Games  
1:30- Movie Matinee & Snacks  
3:30- Social Hour, Magazines & Puzzles

**2**  
9:30- Meet & Greet  
10:00- Table Games  
10:15- **WORD GAME IN ENGLISH**  
10:30- Exercise Group  
1:00- **Music Therapy w/Andrea**  
2:30- Radio Tunes



**12**  
9:30- Meet & Greet  
10:00- Table Games & Walking Group  
10:30- Arts & Crafts Project  
1:15- Bingo  
Reminiscing Activities w/Netner  
2:30- Alternative Activities  
Movie Matinee & Snacks

**13**  
9:30- Meet & Greet and Daily News  
10:15- **Nutrition Questions of the Day w/Randi**  
10:30- Fit and Strong  
11:00- Spiritual Social Group w/Rabbi  
1:15- Ring Toss and Exercise Game  
2:30- Radio Tunes

**14**  
9:30- Meet & Greet  
10:30- **How to read a Food Label w/Randi**  
10:30- Tai – Chi w/Greg and Palmer  
1:15- **WORD GAME IN SPANISH**  
Alternative activities  
2:00- Aroma Therapy and Hand Massage  
3:00- Table Games



**15**  
9:30- Meet & Greet  
10:30- **St. Patrick's Day Happy Hour Celebration**  
1:30- Movie Matinee & Snacks  
3:30- Social Hour, Magazines & Puzzles



**16**  
9:30- Meet & Greet  
10:00- Table Games  
10:30- **Nutrition Games & Quizzes w/Randi**  
1:00- **St. Patrick's Day Happy Hour Celebration**  
2:30- Radio Tunes



**19**  
9:30- Meet & Greet  
10:00- Table Games & Walking Group  
10:30- **Social Work Presentation**  
1:30- **Cooking Class w/Karla**  
1:30- Bingo  
2:30- Alternative Activities



**20**  
9:30- Meet & Greet and Daily News  
10:15- **Memories in the Making**  
10:30- Fit and Strong  
11:00- Spiritual Social Group w/Rabbi  
1:30- **Cooking Class w/Karla**  
2:30- Radio Tunes



**21**  
9:30- Meet & Greet  
10:30- Tai – Chi w/Greg and Palmer  
1:15- **HAPPY HOUR MUSIC AND APPETIZERS**  
2:00- Aroma Therapy and Hand Massage  
3:00- Table Games



**22**  
9:30- Meet & Greet  
10:15- Arts and Crafts Project  
10:30- **Social Work Presentation**  
Table Games  
1:30- Movie Matinee & Snacks  
3:30- Social Hour, Magazines & Puzzles

**23**  
9:30- Meet & Greet  
10:00- Table Games  
10:15- **WORD GAME IN ENGLISH**  
10:30- Exercise Group  
1:00- **Music Therapy w/Andrea**  
2:30- Radio Tunes



**26**  
9:30- Meet & Greet  
10:00- Table Games & Walking Group  
10:30- Arts & Crafts Project  
1:15- Bingo  
Reminiscing Activities w/Netner  
2:30- Alternative Activities  
Movie Matinee & Snacks

**27**  
9:30- Meet & Greet and Daily News  
10:15- **Memories in the Making**  
10:30- Fit and Strong  
11:00- Spiritual Social Group w/Rabbi  
1:15- Ring Toss and Exercise Game  
2:30- Radio Tunes

**28**  
9:30- Meet & Greet  
10:30- Tai – Chi w/Greg and Palmer  
1:15- **WORD GAME IN SPANISH**  
Alternative activities  
2:00- Aroma Therapy and Hand Massage  
3:00- Table Games



**29**  
9:30- Meet & Greet  
10:15- Arts and Crafts Project  
10:30- Fit and Strong  
Table Games  
1:30- Movie Matinee & Snacks  
3:30- Social Hour, Magazines & Puzzles

**30**  
9:30- Meet & Greet  
10:00- Table Games  
10:30- Exercise Group  
1:00- **Music Therapy w/Andrea**  
2:30- Radio Tunes

## National Nutrition Month



In this month of March 2018

**National Nutrition Month** promotes, **"Savor the Flavor of Eating Right,"** as a way to encourage you to enjoy your food's culture and tradition through appreciating the taste, aroma, and appearance of your food through healthy eating habits.

Join us this month for Nutrition-related activities

**Nutrition Games & Quizzes**  
**How to Read a Food Label**  
**Nutrition Questions of the Day**

**Registered Dietitian Nutritionist**  
**Day**  
**Wednesday March 14<sup>th</sup>, 2018**



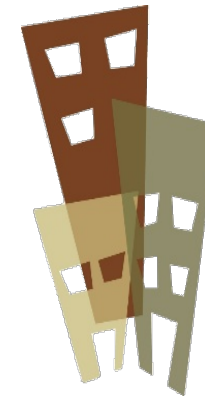
Meet and Greet with BCSC Social Work Department

### *What is social work?* Presentation

Monday, March 19<sup>th</sup>  
&  
Thursday, March 22<sup>nd</sup>

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!



**BrandmanCenters**  
FOR SENIOR CARE

March 2018 Newsletter and Calendar

**MARCH IS  
SOCIAL  
WORK  
MONTH!**

**IMPORTANT!** PLEASE READ

**march**  
national  
nutrition  
**month**



### 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.

Don't forget to...



**SPRING  
FORWARD!**

In the USA, at 2 a.m. on 11 March 2018,  
clocks will be forwarded one hour,  
marking the beginning of Daylight Saving Time



**March 30  
Doctors' Day**