

April 2018

Activities Staff: Karla Lopez, Netner Kelly & Celina Santos

Center Coordinator: Jessica Lopez

Center Director: Amy Graham

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Zumba Class 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities Movie Matinee & Snacks</p>	<p>3 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</p>	<p>4 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</p> 	<p>5 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</p>	<p>6 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</p> 
<p>9 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Zumba Class 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities</p>	<p>10 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</p>	<p>11 9:30- Meet & Greet 10:30- Tai – Chi w/Greg and Palmer 11:00- Participant Council Meeting 1:15- WORD GAME IN SPANISH Alternative activities 2:00- Aroma Therapy and Hand Massage 3:00- Table Games</p> 	<p>12 9:30- Meet & Greet 10:15- Arts and Crafts Project 10:30- Fit and Strong Table Games 11:00- Participant Council Meeting 1:30- Movie Matinee & Snacks 3:30- Social Hour, Magazines & Puzzles</p>	<p>13 9:30- Meet & Greet 10:00- Table Games 10:30- Exercise Group 1:00- Music Therapy w/Andrea 2:30- Radio Tunes</p>
<p>16 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Zumba Class 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities Movie Matinee & Snacks</p>	<p>17 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</p>	<p>18 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</p> 	<p>19 9:30- Meet & Greet 10:15- Arts and Crafts Project 10:30- Fit and Strong Table Games 1:15- HAPPY HOUR MUSIC AND APPETIZERS 3:30- Social Hour, Magazines & Puzzles</p> 	<p>20 9:30- Meet & Greet 10:00- Table Games 10:30- Exercise Group 1:00- Music Therapy w/Andrea 1:15- HAPPY HOUR MUSIC AND APPETIZERS 2:30- Radio Tunes</p> 
<p>23 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Zumba Class 1:30- Cooking Class w/Karla 1:30- Bingo 2:30- Alternative Activities</p> 	<p>24 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</p> 	<p>25 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</p> 	<p>26 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</p>	<p>27 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</p> 
<p>30 9:30- Meet & Greet 10:00- Table Games & Walking Group 10:30- Zumba Class 1:15- Bingo Reminiscing Activities w/Netner 2:30- Alternative Activities Movie Matinee & Snacks</p>	<p>Board games and puzzles are available to use anytime. Please help yourself or see any staff member for assistance!</p>		<p>This Activities Calendar is subject to change without Notice</p>	

A Reminder for Bus Protocol

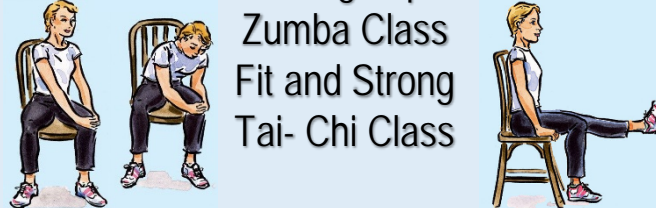
- Remember to be ready at the time of your pick up.
- Remain seated until destination is reached.
- No food or drink allowed inside the Bus.
- Seatbelts must be worn at all times.

THANK YOU!

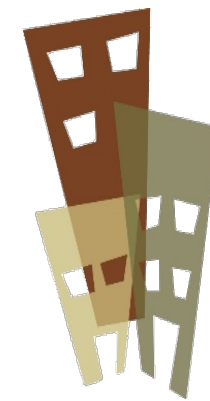
Springing Into Action with Senior Fitness Activities

Physical activity or exercise can improve your health and reduce the risk of developing several diseases. Most importantly, regular activity can improve your quality of life.

Join us for fun group exercises



Please, check the calendar for more information on scheduled group exercises



BrandmanCenters

FOR SENIOR CARE

April 2018 Newsletter and Calendar

National Occupational Therapy Month 2018

Adult Coloring

Coloring is effective activity to reduce anxiety and increase mindfulness. Activities department provides coloring sheets, markers and pencils. Please ask any BCSC staff for assistance!!



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!



What is Occupational Therapy?

- **Overcoming daily life challenges.** Occupational therapy helps seniors compensate for some of the challenges they face each day, whether it be dressing, feeding themselves, home management or participation in social activities.
- **Preventing falls.** Falls are the leading cause of injury among seniors, and occupational therapists can help them to problem-solve the best way to stay active while avoiding falls.
- **Home environmental modifications.** Occupational therapists can help seniors acquire devices like a bathtub bench or grab bars to make their lives easier. Seniors can learn how they can optimize their homes to promote full participation in activities of daily life.
- **Better health and wellness.** Occupational therapy can have a positive influence on mental health and life satisfaction. Therapists provide a unique educational approach to help seniors redesign their lives to experience greater quality of life, promote longevity and a healthier lifestyle all around.
- **Working with caregivers.** Occupational therapists can assess a family's loved one to help the caregiver make better decisions about their loved one's daily care needs. They alleviate some of the pressure a caregiver might feel when helping their loved one, which will allow them to separate themselves from core care-giving and maintain their own life.

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

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