












July 2018

Activities Staff: Karla Lopez & Celina Santos
 Center Coordinator: Jessica Lopez
 Center Director: Amy Graham

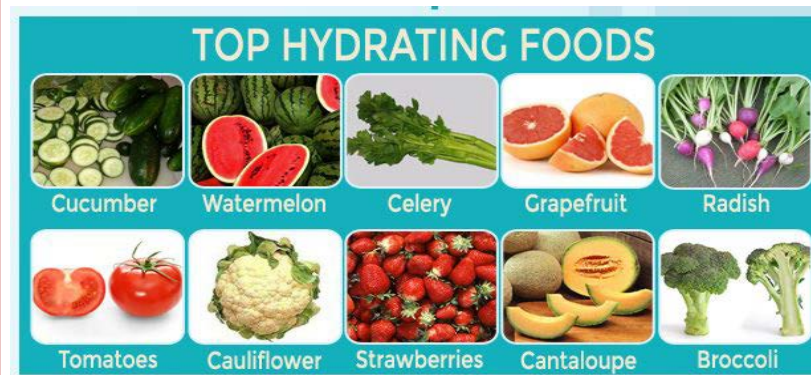
Monday	Tuesday	Wednesday	Thursday	Friday	
2 9:30 - Meet and Greet 10:00 - Table Games & Walking Group 10:30 - Zumba Class w/Susy 1:15 - Patriotic music and Ice Cream Social Reminiscing Activities 2:30 - Alternative Activities 	3 9:30 - Meet and Greet & Daily News 10:15 - Memories in the Making 10:30 - Patriotic sing-along 11:00 - Spiritual Social Group w/Rabbi 1:15 - Ice Cream Social 2:30 - Radio Tunes 	4 	5 9:30 - Meet and 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	6 9:30 - Meet & Greet 10:00 - Table Games 10:30 - Word Game Exercise Group 11:00 - Shabbat w/Rabbi Bender 1:15 - Music Therapy w/Andrea 2:30 - Radio Tunes 	
9 9:30 - Meet & Greet 10:00 - Table Games & Walking Group 10:30 - Zumba Class w/Susy 1:15 - Bingo Reminiscing Activities 2:30 - Alternative Activities Movie Matinee & Snacks	10 9:30 - Meet & Greet & Daily News 10:15 - Memories in the Making 10:30 - Nutrition Group w/Randi Stay Hydrated 11:00 - Spiritual Social Group w/Rabbi 1:15 - Ring Toss and Exercise Game 2:30 - Radio Tunes	11 9:30 - Meet & Greet 10:30 - Nutrition Group w/Randi Stay Hydrated 1:15 - Fit and Strong Alternative activities 2:00 - Aroma Therapy and Hand Massage 3:00 - Table Games	12 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	13 9:30 - Meet & Greet 10:00 - Table Games 10:30 - Word Game Exercise Group 1:15 - Music Therapy w/Andrea 2:30 - Radio Tunes 	
16 9:30 - Meet & Greet 10:00 - Table Games & Walking Group 10:30 - Zumba Class w/Susy 1:15 - Bingo 1:30 - Cooking Class w/Karla 2:30 - Alternative Activities 	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 - Cooking Class w/Karla 2:30 - Radio Tunes 	18 9:30 - Meet and Greet 10:30 - Word Game 1:15 - HAPPY HOUR Music & Appetizers 2:00 - Aroma therapy and Hand Massage 3:00 - Table Games 	19 9:30 - Meet & Greet 10:15 - Arts and Crafts Project 10:30 - Fit and Strong Table Games 1:30 - HAPPY HOUR Music & Appetizers 3:30 - Social Hour, Magazines & Puzzles 	20 9:30 - Meet & Greet 10:00 - Table Games 10:30 - Exercise Group 11:00 - Shabbat w/Rabbi Bender 1:15 - Music Therapy w/Andrea 1:45- HAPPY HOUR Music & Appetizers 	
23 9:30 - Meet & Greet 10:00 - Table Games & Walking Group 10:30 - Zumba Class w/Susy 1:15 - Bingo Reminiscing Activities 2:30 - Alternative Activities Movie Matinee & Snack	24 9:30 - Meet & Greet and Daily News 10:15 - Memories in the Making 10:30 - Fit and Strong 1:15 - Ring Toss and Exercise Game 2:30 - Radio Tunes	25 9:30 - Meet & Greet 10:30 - WORD GAME 1:15 - Fit and Strong Alternative activities 2:00 - Aroma Therapy and Hand Massage 3:00 - Table Games	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	27 9:30 - Meet & Greet 10:00 - Table Games 10:30 - Word Game Exercise Group 1:15 - Music Therapy w/Andrea 2:30 - Radio Tunes 	
30 9:30 - Meet & Greet 10:00 - Table Games & Walking Group 10:30 - Zumba Class w/Susy 1:15 - Bingo Reminiscing Activities 2:30 - Alternative Activities	31 9:30 - Meet & Greet and Daily News 10:15 - Memories in the Making 10:30 - Fit and Strong 1:15 - Ring Toss and Exercise Game 2:30 - Radio Tunes	<div style="background-color: #333; color: white; padding: 10px; text-align: center;"> Board games and puzzles are available to use anytime. Please help yourself or see any staff member for assistance! </div>			<div style="background-color: #90EE90; padding: 10px; text-align: center;"> This Activities Calendar is subject to change without Notice </div>

Corner Tip

July, August and September are the hottest months of the year in the San Fernando Valley. So it is very important to stay hydrated as much as possible. Remember it doesn't always require 8 "glass of water" per day to stay hydrated. Try some of these great innovative ways to keep your bodies cooled off this summer:

[Check out our special activities for the month of July](#)

Nutrition Group w/Randi
Stay Hydrated



Dear Participants and Families,
Brandman Centers for Senior Care will be closed on July 4, 2018 in observance of Independence Day.

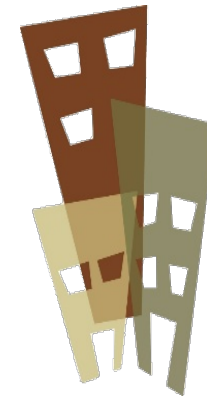
Please check your medications and call for refills at least 3 business days in advance to ensure timely delivery of your medications. Late requests may result in delayed medication deliveries.

BCSC afterhours nursing team will be available to assist with urgent medication issues.

Thank you for cooperation to ensure timely delivery of all your medications.

Your Pharmacist,
Ani Aramyan, PharmD, BCGP, BCPS
BCSC Clinical Pharmacist
818 774 8444

INDEPENDENCE DAY



BrandmanCenters
FOR SENIOR CARE

July 2018 Newsletter and Calendar

July is



Dehydration Prevention Month

IMPORTANT! PLEASE READ

Brandman Centers for Senior Care would like to remind all participants that you will be receiving a new Medicare card by mail. When it arrives please bring it to Brandman. We need a copy for your file. If you need any assistance ask any BCSC staff.



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.