



# June 2022

<p>Board games and puzzles are available to use anytime. Please help yourself or see any staff member for assistance!</p>	<p>Walking Group will be available every morning at 10:00am</p>		<p>1 Meet and Greet Table Games/ Arts &amp; Crafts Group Exercise Lunch Loteria/Bingo Art of your choice </p>	<p>2 Meet and Greet Social Circle Group Zumba with Susy Lunch Art Class/Board Game Table Games</p>	<p>3 Meet and Greet Arts and Craft Boost Your Memory Lunch Loteria/Bingo Group Exercise Table Games </p>
<p>6 Meet and Greet Morning Socials Arts and Crafts Lunch Zumba with Susy Art of your choice Table Games</p>	<p>7 Meet and Greet Art Class Social Circle Group Lunch Fun Exercise Guess who is Singing Game? Table games of your choice</p>	<p>8 Meet and Greet Table Games/Arts &amp; Crafts Group Exercise Lunch Word Game  Art of your choice</p>	<p>9 Meet and Greet Social Circle Group Zumba with Susy Lunch Art Class/Board Game Table Games</p>	<p>10 Meet and Greet Arts &amp; Craft Boost Your Memory Lunch Guess the word  Group Exercise Table Games</p>	
<p>13 Meet and Great Morning Socials Arts and Crafts Lunch Zumba with Susy Guess the word Table Games</p>	<p>14 Meet and Greet Social Circle Group Music Therapy with Sonya Lunch Fun Exercise Guess who is Singing Game? Table games of your choice</p>	<p>15 Meet and Greet Table Games/ Arts &amp; Crafts Group Exercise Lunch Loteria/Bingo  Art of your choice</p>	<p>16 Meet and Greet Father's Day Celebration Lunch Art Class Table Games</p>	<p>17 Meet and Greet Arts and Craft Boost Your Memory Lunch Loteria/Bingo  Group Exercise Table Games</p>	
<p>20 Meet and Greet Morning Socials Arts and Crafts Lunch Zumba with Susy Art of your choice Table Games</p>	<p>21 Meet and Greet Art Class Social Circle Group Lunch Fun Exercise Guess who is Singing Game? Table games of your choice</p>	<p>22 Meet and Greet Table Games/Arts &amp; Crafts Group Exercises Lunch Word Game  Art of your choice Table Game</p>	<p>23 Meet and Greet Social Circle Group Zumba with Susy Lunch Art Class/Board Game Table Games</p>	<p>24 Meet and Greet Arts &amp; Craft Boost Your Memory Lunch Guess the word  Group Exercise Table Games</p>	
<p>27 Meet and Greet Morning Socials Arts and Crafts Lunch Zumba with Susy Guess the word Table Games</p>	<p>28 Meet and Greet Social Circle Group Music Therapy with Sonya Lunch Fun Exercise Guess who is Singing Game? Table games of your choice</p>	<p>29 Meet and Greet Table Games/ Arts &amp; Crafts Group Exercise Lunch Loteria/Bingo  Art of your choice</p>	<p>30 Meet and Greet Social Circle Group Zumba with Susy Lunch Art Class/Board Game Table Games</p>	<p><b>This Activities Calendar is subject to change without notice.</b></p>	



# BEAT THE HEAT

The heat and summer are upon us and the weather is only going to get hotter. The most important thing to remember is to stay **HYDRATED** and to avoid “dehydration.” How do I do this you ask? Well the best way is to take in plenty of **FLUIDS!** This not only includes “water” but a variety of other foods and liquids such as:



- Juices
- Fruit
- Vegetables
- Popsicles
- Frozen Yogurt
- Salads
- Soups

Remember, staying hydrated keeps our internal body temperatures down, and prevents dehydration!

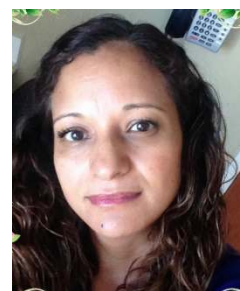
Don't forget to check our June Calendar for the cooking projects involving staying hydrated!

## “As a reminder”

Brandman Centers will be closed on Monday, July 4<sup>th</sup>!

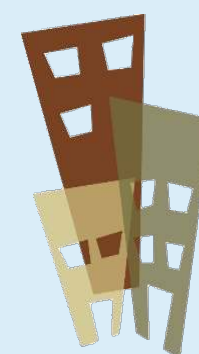


## Spotlight



Brandman Centers is pleased to announce that the activities department has a new member on the team. Irma Rubio, who

she describes herself as creative and friendly. Irma loves arts and crafts, her favorite hobbies are to spend time with family and listening to music. Please, welcome her to our Activities team.



**BrandmanCenters**  
FOR SENIOR CARE

## JUNE 2022

### CALENDAR AND NEWSLETTER

HAPPY  
**Father's**  
DAY

## Brandman Centers Information:

Questions? Please call one of our helpful staff members who would be happy to assist in any way they can.

Maria Hernandez, Center Coordinator – (818) 757-5580

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

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

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