

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday		
1 9:00 – Meet & Greet 9:45 – Morning Socials 10:30 – Zumba with Susy 1:30 – Word Game/ Art 2:30 – Jewelry Making 3:30 – Table Games 	2 9:00 – Meet & Greet 10:00 – Group Exercise 10:30 – Sing Along 1:30 – Art Projects 2:15 – Guess The Song 3:00 – Alternative Activities 	3 9:00 – Meet & Greet 10:00 – Morning Exercise 10:30 – Bingo/Loteria 11:00- Prt. Council Meeting 1:30 – Art & Social Group w/Sergio 3:30 – Table Games 	4 9:00 – Meet & Greet 9:45 – Social Circle Group 10:30 – Zumba with Susy 1:30 – Art Projects 2:30 – Guess the person 3:30 – Table Games 	5 9:00 – Meet and Greet 10:15 – Music Therapy w/Sara 1:30 – Arts and Crafts 2:30 – Group Exercise 3:30 – Table Games 		
8 9:00 – Meet & Greet 9:45 – Morning Socials 10:30 – Zumba with Susy 1:30 – Word Game/ Art 2:30 – Jewelry Making 3:30 – Table Games 	9 9:00 – Meet & Greet 10:00 – Group Exercise 10:30 – Sing Along 1:30 – Art Projects 2:15 – Guess the song 3:00 – Alternative Activities 	10 9:00 – Meet & Greet 10:00 – Morning Exercise 10:30 – Bingo/Loteria 1:30 – Art & Social Group w/Sergio 3:30 – Table Games 	11 9:00 – Meet & Greet 9:45 – Social Circle Group 10:30 – Zumba with Susy 1:30 – Art Projects 2:30 – Guess the song 3:30 – Table Games 	12 9:00 – Meet and Greet 10:15 – Music Therapy w/Sara LA Public Library 1:30 – Arts and Crafts 2:30 – Group Exercise 3:30 – Table Games 		
15 9:00 – Meet & Greet 9:45 – Morning Socials 10:30 – Zumba with Susy 1:30 – Word Game/ Art 2:30 – Jewelry Making 3:30 – Table Games 	16 9:00 – Meet & Greet 10:00 – Group Exercise 10:30 – Sing Along 1:30 – Art Projects 2:15 – Guess The Song & Ice Cream 3:00 – Alternative Activities 	17 9:00 – Meet & Greet 10:00 – Morning Exercise 10:15 – Bingo/Loteria 1:30 – Art & Social Group w/Sergio 3:30 – Table Games 	18 9:00 – Meet & Greet 9:45 – Social Circle Group 10:30 – Zumba with Susy 1:30 – Art Projects 2:30 – Guess the person 3:30 – Table Games 	19 9:00 – Meet and Greet 10:15 – Music Therapy w/Sara 1:30 – Movie/Popcorn 3:30 – Table Games 		
22 9:00 – Meet & Greet 9:45 – Morning Socials 10:30 – Birthday Celebration 1:30 – Word Game/ Art 2:30 – Jewelry Making 3:30 – Table Games 	23 9:00 – Meet and Greet 10:00 – Group Exercise 10:30 – Sing Along 1:30 – Art Projects 2:30 – Guess the song 3:30 – Table Games 	24 9:00 – Meet & Greet 10:00 – Morning Exercise 10:30 – Bingo/Loteria 1:30 – Art & Social Group w/Rabbi 3:30 – Table Games 	25 9:00 – Meet & Greet 10:00 – Exercise Group 10:30 – Zumba with Susy 1:30 – Art Projects 2:15 – Horse Racing 3:00 – Alternative Activities 	26 9:00 – Meet and Greet 10:15- Music Therapy w/Sara 1:30 – Karaoke 3:30 – Table Games 		
29 9:00 – Meet & Greet 9:45 – Morning Socials 10:30 – Zumba with Susy 1:30 – Word Game/ Art 2:30 – Jewelry Making 3:30 – Table Games 	30 9:00 – Meet & Greet 10:00 - Group Exercise 10:30 – Sing Along 1:30 – Art Projects 2:30 – Guess the song 3:00 – Alternative Activities 				<p><i>This Activities Calendar is subject to change without Notice!</i></p>	<p><i>Board games and puzzles are available to use anytime. Please help yourself or see any staff member for assistance!</i></p>



Chun Hui. Yi 04/01
 Daryl Spencer 04/04
 Maria Cacho 04/04
 Ok Kim 04/05
 Cynthia Reposa 04/05
 Doris D. Min 04/06
 Nicasio Cervantes 04/07
 Mary T. Harvey 04/09
 Hui Ja Choi 04/10
 Carmen De Cortes 04/11
 Rosemary Ramirez 04/11
 Mary Anne. Hendershaw 04/14
 Alda De Balbela 04/15
 Wol Song 04/15
 James Wiederschall 04/16
 Ana Vergara 04/16
 Sadou Hneide 04/17
 Stuart Blenner 04/17
 Jalaa Saddy 04/17
 Wesley E. Samuels 04/17
 Martin Becker 04/19
 Michaele Price 04/20
 Ana Vasquez 04/21
 Jose Humberto Sintigo 04/22
 Dalila Maria. Perez 04/23
 Simona Candelaria 04/24
 Ana C. Torres Martinez 04/25
 Erna Rischar 04/28

Brandma Centers for Senior Care (BCSC) Day Center Guidelines

- We want you to feel like Brandman is your home away from home! Please feel free to play with any table games, card games, and puzzles we have.
- Attendance days are provided to each participant. You may only attend the center on your scheduled attendance days, unless you have a scheduled appointment.
- Please do not bring outside food or drink into the center. BCSC is a kosher program and it is our policy that we do not allow outside food or drink to be consumed at the center.
- Please do not bring in bags from the outside. We want to ensure yours safety and that your walker and wheelchairs will fit on the bus and in the center when you are here.
- We want everyone to feel welcome to sit wherever there is an open seat. Please know we have no assigned seating at BCSC. We encourage participants to all socialize with each other and engage in the variety of activities offered during the day.

Have fun and let us know any other way we can make your time with us meaningful and enjoyable!

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 Manager – (818) 757-5580
 Karla Lopez, Activities Team Leader – (818) 774-3221

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

During off hours, for any medical concerns, change of condition or falls, please call our 24-hour nursing line at 818-774-8444.



Bus Protocol



Remember to be ready at the times of your pick up.

Remain seated until destination in reached.

No food or drink allowed inside the Bus.

Seatbelts must be worn at all times.

Get your COVID vaccination

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



April 2024 Newsletter and Calendar



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.

WHAT IS PARTICIPANT COUNCIL MEETING?

At the Participants' Council Meeting participants are informed about important matters, it is a voluntary program where participants are given the opportunity to voice their opinions such as suggestions, comments and other matters which helps meet the needs of participants.



April
 Wednesday 3rd
 11:00am
 Quiet Room

