







## FUNSEEKERS AND FITZGERALD CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Music Circle & Hollywood cards 10:00 <u>Women's Group</u> 11:00 Morning Exercise  1:00 <u>Jacqi's Variety Show</u> 2:00 Snacks & Memory Lane	<b>2</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bingo Bash/ <u>Christian Life</u> 10:00 Balloon toss & Brain games 11:00 Sit and Get Fit 1:00 Sing along & Trivia 1:00 Headbandz & Reminisce 2:00 Snacks & Mind Stretches	<b>3</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 December Word games 10:00 Painting w/ Maria 11:00 Sittercise 1:00 Karaoke Thursday 2:00 Snacks & Ultimate Trivia	<b>4</b> 9:00 Coffee Klatch 9:30 News & Discussion  10:00 <u>Forever Young Singers</u> 10:00 Creative Expressions w/ Mirella 11:00 Stretch 1:00 Kayla's Hawaii Slideshow 1:30 20 Questions 2:00 Snacks & Table Games	 <b>12/1 Jeanne F. 12/13 Anne D.</b> <b>12/3 Sylvia B. 12/15 Karen C.</b> <b>12/5 Ida S. 12/23 Stephanie A.</b> <b>12/8 Cathy H. 12/27 Max B.</b> <b>12/9 Harold L.</b>
<b>7</b> 9:00 Coffee Klatch  9:30 News & Discussion 10:00 Balance Exercises 10:30 Physical Activities word game 11:00 Card Making w/ Mirella 11:00 Meditation & Breathing exercises 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane	<b>8</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Gerry Weisbecker Sings</u> 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 John Lennon Remembrance 1:00 Laughter Videos & Reminisce 2:00 Snacks & Memory Lane	<b>9</b> 9:00 Coffee Klatch & News 10:00 <u>Garden Club/ Christian Life</u> 10:00 Hanukkah Celebration  11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 1:00 <u>Mark Monson on the Piano</u> 1:00 <u>Book club with Jim</u> 2:00 Snacks & Mind Stretches	<b>10</b> 9:00 Coffee Klatch & News  9:30 News & Discussion 10:00 <u>George Clark Performs</u> 10:00 Painting w/ Kayla 11:00 <u>Homemade Jammers Perform</u> 1:00 Crossword Puzzle 1:00 The Price is Right Game 2:00 Snacks & Ultimate Trivia	<b>11</b> 9:00 Coffee Klatch & News 10:00 Battle of the Sexes 10:00 Holiday Games 10:00 <u>Pet Therapy w/ Cindy</u> 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 Frank Sinatra's 100th Birthday 2:00 Snacks & Table Games	<b>12</b> 10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Elliot & Rocco Perform 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce
<b>14</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Humdingers Perform</u> 10:00 Card Making w/ Mirella 11:00 Sit & get Fit  1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends	<b>15</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Gunsalus Kids talent show</u> 10:00 <u>Women's Group</u>  11:00 Morning Exercise  1:00 <u>Alan Munson &amp; Friends</u> 2:00 Snacks & Memory Lane	<b>16</b> 9:00 Coffee Klatch & News 10:00 20 Questions & Brain Games 10:00 Slot Ball & Balloon toss 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit  12:30 <u>Men's Group with Jim</u> 1:00 <u>The Phillipsbury's Perform</u> 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches	<b>17</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Bethany Christian 6th graders</u> 10:00 Painting w/ Kayla 11:00 Sittercise  1:00 Bingo Bash  1:00 Guess Who & Name 5 2:00 Snacks & Ultimate Trivia	<b>18</b> 9:00 Coffee Klatch 10:00 Outburst & Trivia  10:00 <u>Pinecrest School Kids</u> 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>John &amp; Cheryl Perform</u> 1:00 Holiday Stories Social 2:00 Snacks & Table Games	<b>19</b> 10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Elliot & Rocco Perform 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce
<b>21</b> 9:00 Coffee Klatch  9:30 News & Discussion 10:00 <u>Piano Recital</u> 10:00 Card Making w/ Mirella 11:00 Morning Exercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane	<b>22</b> 9:00 Coffee Klatch & News 10:00 Holiday Staff Show & Tell 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 Bingo Bash 1:00 Karaoke Tuesday 2:00 Snacks & Memory Lane	<b>23</b> 9:00 Coffee Klatch & News 10:00 Spelling Bee Challenge 10:00 Laughter Videos & Discussion 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 1:00 Music Circle/ Winter Games 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches	<b>24</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Tea Party Social 10:00 <u>Pet Therapy w/ Cindy</u> 10:00 Painting w/ Kayla 11:00 Sittercise 1:00 Holiday Festivities 2:00 Snacks & Ultimate Trivia		<b>26</b> <b>December Saturday Schedule</b>  Please call 805-497-0159 To reserve a space on the <b>2nd &amp; 3rd</b> Saturdays in December  <b>(December 12th &amp; 19th)</b>
<b>28</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Sit & Get Fit/ Outburst 10:00 Card Making w/ Kayla 11:00 Celebrity Trivia  1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends	<b>29</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Ultimate Game Hour 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 Bingo Bash / A to Z word game 2:00 Snacks & Memory Lane	<b>30</b> 9:00 Coffee Klatch 10:00 Trivia Challenge 10:00 Holiday Race Game 11:00 Stretch and Flex 12:30 <u>Men's Group with Jim</u> 1:00 December Birthday Bash 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches	<b>31</b> 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Celebrate John Denver 10:00 Painting w/ Kayla 11:00 Sittercise 1:00 New Years Eve Party 2:00 Snacks & Ultimate Trivia		<b>Dining Room Hours</b> Morning Snack - 8:30 Lunch - 11:30 Afternoon Snack - 2:30  <b>Program Hours</b> Monday - Friday 9:00am-3:00pm  <b>Extended Hours</b> Monday - Friday 7:30am - 9:00am

## Respiratory Illnesses and Flu– Prevention

'Tis the holiday season, but it is also the season for respiratory illnesses including the flu. The respiratory illness, the common cold, is commonly during the winter months. The flu virus typically spreads from October through May with most cases occurring in January and February. The flu is different each year and affects people differently. Most healthy individuals have mild symptoms for a week or two and then can resume their normal activities; however, some individuals may develop more severe cases. This usually occurs in individuals with other health conditions such as heart disease, diabetes, preexisting lung disease, or a weakened immune system. Individuals older than 65 are also more susceptible to the flu.

The common cold and flu are both respiratory illnesses but are both caused by different viruses. Cold symptoms are usually milder than flu symptoms and include runny/ stuffy nose, sneezing, and coughing with no fever. The flu is generally worse than the common cold. Symptoms of the flu include a high fever, headache, body aches, extreme fatigue, runny nose, dry cough, and sore throat.

Respiratory viruses are spread mainly from person to person through droplets when people cough, sneeze or talk. Viruses may also spread when people touch something with the virus on it and then touch their mouth, eyes, or nose. Some viruses can live 20 minutes to two hours on surfaces such as tables, desks, doorknobs, or computer keyboards. People infected with the flu can infect others from the day before they exhibit symptoms up to five to seven days after becoming ill.

### Proven Preventative Measures

- Keeping your hands clean is one of the most important steps that you can take to avoid getting sick and spreading germs to others. Use a good antibacterial soap and warm water. Rub the entire surface of your hands for at least 20 seconds ( or the time it takes to sing Happy Birthday twice),
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
  - Cover your mouth or nose when coughing or sneezing.
  - Avoid contact with sick people, if at all possible.
  - Clean and disinfect surfaces and objects that may be contaminated.
- If you get sick, avoid and limit contact with others. Stay at home at least 24 hours after the fever is gone or you are free of symptoms.
- Practice healthy lifestyle habits. Get plenty of sleep (seven to nine hours is recommended), eat a healthy diet rich in fruits and vegetables, drink plenty of fluids, be physically active, and manage stress as well as possible. These healthy habits will be better able to fight off illnesses such as the common cold or flu.

Courtesy of: Creative Musings Medical Notes by Valerie J. Schreck, MSN, ANP-C

# December 2015



\* Special Announcements \*

### Caregiver Recognition Day

*Share your story. Renew your spirit. Relieve your stress.*

**YOU ARE A CAREGIVER, whether you're a man or a woman, long-distance or local. When your needs are met, the person you care for will feel the benefits too. It's YOUR turn!**

**Saturday, January 30, 2016 from 9:30am to 1:30pm  
Los Robles Greens, 299 Moorpark Road, Thousand Oaks**

### Caring Companions Grief Support Group

Senior Concerns is pleased to announce a partnership with Hospice of the Conejo to present a free weekly grief support group for seniors who need help to recover from the loss of a spouse or significant other. The group is meeting weekly on Tuesdays from 4:00-5:00 pm, here at Senior Concerns, 401 Hodencamp Rd., Thousand Oaks.

To learn more and reserve your seat, please call (805) 497-0189.

### Senior Concerns 2015 Holiday Closures:

New Years Day	Thursday,	01/01/15
Presidents Day	Monday,	02/16/15
Memorial Day	Monday,	05/25/15
Independence Day	Friday,	07/03/15
Labor Day	Monday,	09/07/15
Thanksgiving Day	Thursday,	11/26/15
Friday after Thanksgiving	Friday,	11/27/15
Christmas Day	Friday,	12/25/15
New Years Day	Friday,	01/01/16

### Additional Days & Saturday Care

If you need additional days, to change scheduled days or to schedule Saturday Care for your loved ones please call ASAP.

**\*We will be offering Saturday Care the 2nd & 3rd Saturdays in December\*  
December 12th & 19th, from 10:00am to 4:00pm - Please call to RSVP!**

### \* Wish List \*

**Senior Concerns has a wish list! If you are able to donate any items listed it would be greatly appreciated! Please contact Kayla at (805) 497-0189**

**Thank you, Thank You, Thank You!!!**

**Recliners \* Loveseats \* Watercolor Paint \* Nail Polish \* Moistened Wipes  
Variety of Sizes of Men & Women's Elastic Waste Pants**