















































Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every Monday at 1:00 We Look Forward To Isa On The Piano!</p> 	<p><b>1</b></p> <p>9:00 Coffee Klatch 9:30 News &amp; Discussion 10:00 Bulletin Board Trivia 10:00 <u>Women's Group</u> 11:00 Morning Exercise 12:30 <u>Jagi's Variety Show</u> 1:15 Guess Who Hollywood 2:00 Snacks &amp; Memory Lane</p>	<p><b>2</b></p> <p>9:00 Coffee Klatch &amp; News 10:00 March Madness Social 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 1:00 Karaoke Wednesday 1:00 <u>Book club with Jim</u> 2:00 Snacks &amp; Mind Stretches</p>	<p><b>3</b></p> <p>9:00 Coffee Klatch 9:30 News &amp; Discussion 10:00 Spelling Bee 10:00 Painting w/ Tracy 11:00 <u>Sittercise</u> 1:00 <u>David Kramer</u> 2:00 Snacks &amp; Ultimate Trivia</p>	<p><b>4</b></p> <p>9:00 Coffee Klatch 9:30 News &amp; Discussion 10:00 Dress in Blue Party 10:00 Creative Expressions 11:00 Stretch 1:00 Bingo Bash 2:00 Snacks &amp; Table Games</p>	<p><b>5</b></p> <p><b>March Saturday Schedule</b> Please call 805-497-0159 To reserve a space on the <b>2nd &amp; 4th</b> Saturdays in March (March 12th &amp; 26th)</p>
<p><b>7</b></p> <p>9:00 Coffee Klatch 9:30 News &amp; Discussion 10:00 Fun Facts about Names day 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks &amp; Memory Lane</p>	<p><b>8</b></p> <p>9:00 Coffee Klatch 9:30 News &amp; Discussion 10:00 Crossword Puzzle 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 Battle of the Sexes 1:00 Pet Therapy w/ Nick 2:00 Snacks &amp; Memory Lane</p>	<p><b>9</b></p> <p>9:00 Coffee Klatch &amp; News 10:00 Ultimate Game Hour 10:00 Pet Therapy w/ Cindy 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 &amp; Mind Stretches</p>	<p><b>10</b></p> <p>9:00 Coffee Klatch 9:30 News &amp; Discussion 10:00 <u>George Clark Performs</u> 10:00 Painting w/ Tracy 11:00 <u>Sittercise</u> 1:00 Laughter Videos 1:30 20 Questions 2:00 Snacks &amp; Ultimate Trivia</p>	<p><b>11</b></p> <p>9:00 Coffee Klatch 9:30 News &amp; Discussion 10:00 <u>Gerry Weisbecker Performs</u> 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>True Thomas Story Teller</u> 2:00 Snacks &amp; Table Games</p>	<p><b>12</b></p> <p>10:0 Brunch Bunch 10:30 News &amp; Discussion 11:00 Slot ball &amp; Balloon Toss 12:00 Stretches &amp; Lunch 1:00 Bingo or Craft 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks &amp; Reminisce</p>
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## March is National Nutrition Month



### During National Nutrition Month® Make Sensible Snacks Part of Your Healthy Eating Plan, says Academy of Nutrition and Dietetics

Snacks can be a fun and valuable part of a person's healthful eating plan – but they can also add unneeded calories, sugar, sodium and fat. During National Nutrition Month®, the Academy of Nutrition and Dietetics offers smart snacking ideas that help everyone "Bite into a Healthy Lifestyle."

"If you choose carefully, and plan ahead, sensible snacks can be part of any healthful eating plan," says registered dietitian nutritionist and Academy Spokesperson Isabel Maples. "Snacks can prevent overeating at mealtimes and throughout the day. For children and adults alike, snacks can supply foods and nutrients that we might miss in meals. Snacks especially offer a great way to eat more fruits, vegetables, whole-grains and low-fat dairy."

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

#### Ideas for biting into healthy snacks:

- **Plan your snacks.** "Keep a variety of tasty, nutrient-rich, ready-to-eat foods nearby, for when you need a bite to take the edge off hunger. Then, you won't be so tempted by less-healthy options from vending machines, convenience stores or the contents of your own kitchen." Snack ideas include fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds and fat-free yogurt.
- **Make snack calories count.** "Snack on foods that fill the nutrient gaps in your day's eating plan. Think of snacks as mini-meals to help you eat more fruits, vegetables, whole grains and low-fat dairy – foods we often don't eat enough."
- **Go easy on high-calorie snacks such as chips, candy and soft drinks.** "They often contain solid fats, and added sugars. Make these occasional choices that fit your day's plan."
- **Snack when you're hungry – not because you're bored, stressed or frustrated.** "Exercise can actually be a great way to feed those emotional urges."
- **Snack on sensible portions.** "Choose single-serve containers, or put a small helping in a bowl rather than eating directly from the package."
- **Quench your thirst.** "Water, low-fat or fat-free milk and 100-percent juice are just a few options. Flavored waters might be high in added sugars, so check the label."

Courtesy of: Eat Right Pro [www.eatrightpro.org](http://www.eatrightpro.org)

## March 2016

### **\* Special Announcements \***



### **2016 Senior Concerns Empowered Caregiver Series**

**Tuesday, 3/1/16 from 4:00-6:00 Title: LIFE (Legal Information For Elders)**  
**Limited seating - please call to reserve your seat ASAP**

**Tuesday, 3/22/16 from 5:30 to 7:00PM Title: Alzheimer's & Dementia:  
Early Detection**

**To reserve your seat please call (805) 497-0189**

**Complimentary respite care is available for seniors with your advance reservation.**

#### **Caring Companions Grief Support Group**

Senior Concerns is partnering 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 meets weekly on Tuesdays from 10:00-11:00am, here at Senior Concerns, 401 Hodencamp Rd., Thousand Oaks. To learn more and reserve your seat, please call (805) 497-0189.

#### **Senior Concerns 2016 Holiday Closures:**

New Years Day	Friday	01/01/16
Presidents Day	Monday	02/15/16
Memorial Day	Monday	05/30/16
Independence Day	Monday	07/04/16
Labor Day	Monday	09/05/16
Thanksgiving Day	Thursday	11/24/16
Day after Thanksgiving	Friday	11/25/16
3pm Early Closure	Friday	12/23/16
In Observance of Christmas Day	Monday	12/26/16
3pm Early Closure	Friday	12/30/16
In Observance of New Years Day	Monday	01/02/17

#### **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.

**Saturday Care is available the 2nd & 4th Saturdays in March.**

**March 12th & 26th, from 10:00am to 4:00pm, You Must Call To Reserve A Seat!**

#### **\* 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**