










Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Smile & Be Happy Hour 10:00 Card Making w/ Kayla 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane	2 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Slot Ball & Staff Choice 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Sunshine Club</u> 2:00 Snacks & Memory Lane	3 9:00 Coffee Klatch & News 10:00 Celebrate Tony Bennett 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 1:00 <u>The Homemade Jammers</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Mind Stretches	4 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Wheel of Fortune WII 11:00 <u>Sittercise</u> 1:00 <u>David Kramer</u> 1:00 Painting w/ Tracey 2:00 Snacks & Ultimate Trivia	5 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Pie Day Taste & Talk 10:00 Creative Expressions 11:00 Stretch 1:00 2016 Summer Olympics Social 2:00 Snacks & Table Games	6 <u>August Saturday Schedule</u> Please call 805-497-0159 To reserve a space on the 2nd & 4th Saturdays in August (August 13th & 27th)
8 9:00 Coffee Klatch 9:30 News & Discussion 10:00 The Price is right 10:00 Card Making w/ Kayla 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane	9 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Hannah's back to school party 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 Smokey Bear's Birthday Social 2:00 Snacks & Memory Lane	10 9:00 Coffee Klatch & News 10:00 Elvis Presley Dance Party 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	11 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>George Clark Performs</u> 10:00 Painting w/ Tracey 11:00 <u>Sittercise</u> 1:00 Bingo Bash 1:00 <u>Pet Therapy w/ Nick</u> 2:00 Snacks & Ultimate Trivia	12 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Match Game & Staff Choice 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 Vinyl Record Dance Party 2:00 Snacks & Table Games	13 10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Bingo or Craft 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce
15 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Headbandz & Trivia 10:00 Card Making w/ Kayla 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends	16 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Magic with Gerry</u> 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 Green Monster Game & Outburst 1:00 <u>Pet Therapy w/ Nick</u> 2:00 Snacks & Memory Lane	17 9:00 Coffee Klatch & News 10:00 <u>Phil on the Guitar</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 12:30 <u>Cabrillo Music Theater</u> 1:00 <u>Pillsburys Perform</u> 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches	18 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Joyful Memories</u> 10:00 Painting w/ Tracey 11:00 Sittercise 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia	19 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Hawaiian Luau Party 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 <u>Gerry Weisbecker Performs</u> 2:00 Snacks & Table Games	20  8/2 Margaret S. 8/3 Phyllis M. 8/3 William F. 8/14 John M. 8/15 Marianne C.
22 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Elliot & Friends Perform</u> 10:00 Card Making w/ Kayla 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends	23 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Drum circle</u> 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Alan Munson & the Quartet</u> 2:00 Snacks & Memory Lane	24 9:00 Coffee Klatch & News 10:00 Solar System Social 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	25 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bulls eye Game & Trivia 11:00 Sittercise 1:00 August Birthday Bash! 1:00 Painting w/ Tracey 2:00 Snacks & Ultimate Trivia	26 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Banana Lover's taste & talk 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>John & Cheryl Perform</u> 2:00 Snacks & Table Games	27 10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Bingo or Craft 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce
29 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Wayne on the Piano</u> 10:00 Card Making w/ Kayla 11:00 Morning Exercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane	30 9:00 Coffee Klatch 9:30 News & Discussion 10:00 August Word games & Trivia 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 Reminiscent Corner 2:00 Snacks & Memory Lane	31 9:00 Coffee Klatch & News 10:00 National Dog Day Fun 10:00 <u>Pet Therapy w/ Nick</u> 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 1:00 Music Circle & Beach Ball toss 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches			Dining Room Hours Morning Snack @ 8:30 Lunch @ 11:30 - Afternoon Snack @ 2:30 Program Hours Monday - Friday 9:00am-3:00pm Extended Hours Monday - Friday 7:30am - 9:00am 3:00pm - 5:30pm

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15 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Watermelon Social 10:00 Card Making w/ Kayla 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends	16 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Magic with Gerry</u> 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 Sing along 1:00 <u>Pet Therapy w/ Nick</u> 2:00 Snacks & Memory Lane	17 9:00 Coffee Klatch & News 10:00 <u>Phil on the Guitar</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 12:30 <u>Cabrillo Music Theater</u> 1:00 <u>Pillsburys Perform</u> 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches	18 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Joyful Memories</u> 10:00 Painting w/ Tracey 11:00 Sittercise 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia	19 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Hawaiian Luau Party 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 <u>Gerry Weisbecker Performs</u> 2:00 Snacks & Table Games	20  8/7 Bruce L. 8/10 Camille C. 8/16 Aggie S. 8/29 Harvey F.
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10 Tips for Family Caregivers

1. Care giving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, **accept the offer** and suggest specific things that they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.
6. **Trust your instincts.** Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**
8. Grieve for your losses, and then allow yourself to **dream new dreams.**
9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.
10. **Stand up for your rights** as a caregiver and a citizen.

NATIONAL FAMILY CAREGIVERS ASSOCIATION www.thefamilycaregiver.org 800-896-3650

August 2016



*** Special Announcements ***

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 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 August.
August 13th & 27th, from 10:00am to 4:00pm, You Must Call To Reserve Your Space!

*** 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!!!

*** 25 to 50 large piece puzzles* Dvd's ***
Cd's * Crockpot * Recliners * Loveseats * Watercolor Paint * Moistened Wipes
Variety of Sizes of Men & Women's Elastic Waste Pants