
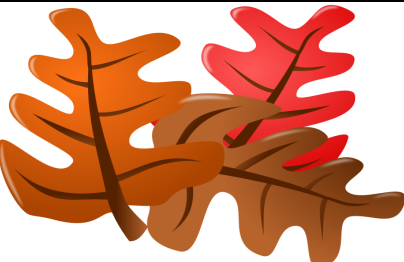





















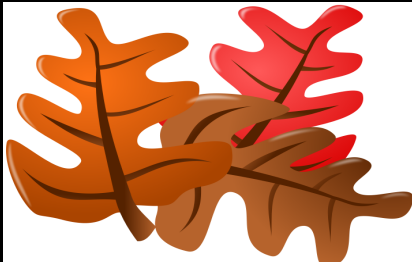



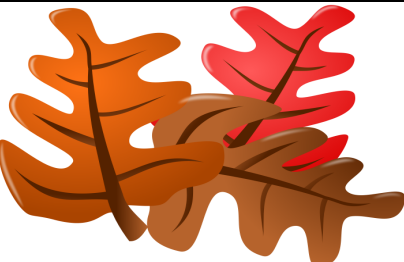




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every Monday at 1:00 We Look Forward To Isa On The Piano!</p> 		<p><i>Hello</i> AUTUMN</p>	<p>¹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Spelling Bee 11:00 <u>Sittercise</u> 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia</p> 	<p>² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bowling & Brain Games 10:00 Creative Expressions 11:00 Stretch 1:00 Celebrate September! 2:00 Snacks & Table Games</p>	<p>³ <u>September Saturday Schedule</u> Please call 805-497-0159 To reserve a space on the 2nd & 4th Saturdays in September (September 10th & 24th)</p>
<p>Enjoy the day off Happy Labor Day</p> 	<p>⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Slot ball & Trivia 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Sunshine Club</u> 2:00 Snacks & Memory Lane</p> 	<p>⁷ 9:00 Coffee Klatch & News 10:00 <u>Forever Young Perform</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 1:00 1950's Discussion 2:00 Snacks & Mind Stretches</p> 	<p>⁸ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Paralympics Game Social 11:00 <u>Sittercise</u> 1:00 Celebrate NFL Season kick off 2:00 Snacks & Ultimate Trivia</p> 	<p>⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 This was the year...1972 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>Gerry Weisbecker Performs</u> 2:00 Snacks & Table Games</p> 	<p>¹⁰ 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</p>
<p>¹² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Headbandz & word game 10:00 Card Making w/ Nancy 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p> 	<p>¹³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Magic w/ Gerry</u> 10:00 <u>Women's Group</u> 11:00 Morning Exercise 12:30 <u>Jacqi Bowe's Variety Show</u> 1:15 Group Sing along 2:00 Snacks & Memory Lane</p> 	<p>¹⁴ 9:00 Coffee Klatch & News 10:00 Green monster toss & outburst 11:00 Sit and Get Fit 1:00 <u>Mark Monson on the Piano</u> 1:00 Slot ball & Reminisce 2:00 Snacks & Mind Stretches</p> 	<p>¹⁵ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Celebrate Hispanic Heritage 10:00 <u>Craft w/ Dierdre</u> 11:00 Sittercise 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia</p> 	<p>¹⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Eat an apple a day Social 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 <u>John & Cheryl Perform</u> 2:00 Snacks & Table Games</p> 	<p>¹⁷  9/3 Bill S. 9/26 Mary C. 9/4 Allan B. 9/27 Aase B. 9/8 Milli P. 9/28 Doug B. 9/9 Lester M.</p>
<p>¹⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Pirate Day Party 10:00 Card Making w/ Nancy 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p> 	<p>²⁰ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 The Price is Right 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers Perform</u> 2:00 Snacks & Memory Lane</p> 	<p>²¹ 9:00 Coffee Klatch & News 10:00 Music Circle & Beach ball 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 Pillsburys Perform</u> 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p> 	<p>²² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Joyful Memories</u> 11:00 Sittercise 1:00 Autumn Hat Dance Party 2:00 Snacks & Ultimate Trivia</p> 	<p>²³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bulls eye game & Trivia 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>Gunsalus Kid's Talent Show</u> 2:00 Snacks & Table Games</p> 	<p>²⁴ 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</p>
<p>²⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Wayne on the Piano 10:00 Card Making w/ Nancy 11:00 Morning Exercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p> 	<p>²⁷ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Honey taste & talk 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Alan Munson & the Quartet</u> 2:00 Snacks & Memory Lane</p> 	<p>²⁸ 9:00 Coffee Klatch & News 9:30 <u>Men's Group w/ Jim</u> 10:00 <u>Book Club w/ Jim</u> 10:00 <u>Phil on the Guitar</u> 11:00 Sit and Get Fit 1:00 <u>Mark Monson on the Piano</u> 1:00 Bingo Bash 2:00 Snacks & Mind Stretches</p> 	<p>²⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Fall Match Game 11:00 Sittercise 1:00 Celebrate Gene Autry! 2:00 Snacks & Ultimate Trivia</p>	<p>³⁰ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Jobs & Careers Social 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 September Birthday Bash! 2:00 Snacks & Table Games</p>	<p>³¹ 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</p>

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<p>Every Monday at 1:00 We Look Forward To Isa On The Piano!</p> 		<p>Hello AUTUMN</p>	<p>¹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Slot ball & 20 questions 11:00 <u>Sittercise</u> 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia</p>	<p>² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bulls eye game & Reminisce 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 Celebrate September! 2:00 Snacks & Table Games</p>	<p>³ September Saturday Schedule Please call 805-497-0159 To reserve a space on the 2nd & 4th Saturdays in September (September 10th & 24th)</p>
<p>Enjoy the day off Happy Labor Day</p> 	<p>⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Laughter Hour 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Sunshine Club</u> 2:00 Snacks & Memory Lane</p>	<p>⁷ 9:00 Coffee Klatch & News 10:00 <u>Forever Young Perform</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 1:00 Outburst & Balloon toss 2:00 Snacks & Mind Stretches</p>	<p>⁸ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Headbandz & kick ball 11:00 <u>Sittercise</u> 1:00 Celebrate NFL Season kick off 2:00 Snacks & Ultimate Trivia</p>	<p>⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Paralympics' games social 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>Gerry Weisbecker Performs</u> 2:00 Snacks & Table Games</p>	<p>¹⁰ 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</p>
<p>¹² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Lemonade on the patio 10:00 <u>Card Making w/ Nancy</u> 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p>	<p>¹³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Magic w/ Gerry</u> 10:00 <u>Women's Group</u> 11:00 Morning Exercise 12:30 <u>Jacqi Bowe's Variety Show</u> 1:15 Group Sing Along 2:00 Snacks & Memory Lane</p>	<p>¹⁴ 9:00 Coffee Klatch & News 10:00 Creative Hour 11:00 Sit and Get Fit 1:00 <u>Mark Monson on the Piano</u> 1:00 Slot ball & Reminisce 2:00 Snacks & Mind Stretches</p>	<p>¹⁵ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Celebrate Hispanic Heritage 10:00 <u>Craft w/ Dierdre</u> 11:00 Sittercise 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia</p>	<p>¹⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Eat an apple a day Social 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 John & Cheryl Perform 2:00 Snacks & Table Games</p>	<p>¹⁷  9/3 Bill S. 9/26 Mary C. 9/4 Allan B. 9/27 Aase B. 9/8 Milli P. 9/28 Doug B. 9/9 Lester M.</p>
<p>¹⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Pirate Day Party 10:00 <u>Card Making w/ Nancy</u> 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p>	<p>²⁰ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bulls eye Game 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers Perform</u> 2:00 Snacks & Memory Lane</p>	<p>²¹ 9:00 Coffee Klatch & News 10:00 Music Circle & beach ball 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 Pillsburys Perform</u> 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>²² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Joyful Memories</u> 11:00 Sittercise 1:00 Autumn hat dance party! 2:00 Snacks & Ultimate Trivia</p>	<p>²³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Guess Who Hollywood 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>Gunsalus Kid's Talent Show</u> 2:00 Snacks & Table Games</p>	<p>²⁴ 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</p>
<p>²⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Wayne on the Piano</u> 10:00 <u>Card Making w/ Nancy</u> 11:00 Morning Exercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p>	<p>²⁷ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Honey taste & talk 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Alan Munson & the Quartet</u> 2:00 Snacks & Memory Lane</p>	<p>²⁸ 9:00 Coffee Klatch & News 9:30 <u>Men's Group w/ Jim</u> 10:00 <u>Book Club w/ Jim</u> 10:00 <u>Phil on the Guitar</u> 11:00 Sit and Get Fit 1:00 <u>Mark Monson on the Piano</u> 1:00 Bingo Bash 2:00 Snacks & Mind Stretches</p>	<p>²⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Slot ball & 20 Questions 11:00 Sittercise 1:00 Celebrate Gene Autry! 2:00 Snacks & Ultimate Trivia</p>	<p>³⁰ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Guess that tune 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 September Birthday Bash! 2:00 Snacks & Table Games</p>	<p>³¹ 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</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every Monday at 1:00 We Look Forward To Isa On The Piano!</p> 		<p>Hello AUTUMN</p>	<p>¹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Lemonade on the Patio 11:00 <u>Sittercise</u> 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia</p>	<p>² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Flash Cards & balloon toss 10:00 Creative Expressions 11:00 Stretch 1:00 Celebrate September! 2:00 Snacks & Table Games</p>	<p>³ September Saturday Schedule Please call 805-497-0159 To reserve a space on the 2nd & 4th Saturdays in September (September 10th & 24th)</p>
<p>Enjoy the day off Happy Labor Day</p> 	<p>⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Balloon toss & Reminisce 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Sunshine Club</u> 2:00 Snacks & Memory Lane</p>	<p>⁷ 9:00 Coffee Klatch & News 10:00 <u>Forever Young Perform</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 1:00 Kick ball & Animal video 2:00 Snacks & Mind Stretches</p>	<p>⁸ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Table games & Stories 11:00 <u>Sittercise</u> 1:00 Celebrate NFL season kick off 2:00 Snacks & Ultimate Trivia</p>	<p>⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Patriotic Sing Along 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 Gerry Weisbecker Performs 2:00 Snacks & Table Games</p>	<p>¹⁰ 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</p>
<p>¹² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Pineapple Social 10:00 <u>Card Making w/ Nancy</u> 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p>	<p>¹³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Magic w/ Gerry</u> 10:00 <u>Women's Group</u> 11:00 Morning Exercise 12:30 <u>Jacqi Bowe's Variety Show</u> 1:15 Group Sing along 2:00 Snacks & Memory Lane</p>	<p>¹⁴ 9:00 Coffee Klatch & News 10:00 Table ball role & Facts 11:00 Sit and Get Fit 1:00 <u>Mark Monson on the Piano</u> 1:00 Slot Ball & Reminisce 2:00 Snacks & Mind Stretches</p>	<p>¹⁵ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Celebrate Hispanic Heritage 10:00 <u>Craft w/ Dierdre</u> 11:00 Sittercise 1:00 <u>David Kramer</u> 1:00 <u>Mike's Sports Talk</u> 2:00 Snacks & Ultimate Trivia</p>	<p>¹⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 World Play Doh Day 10:00 <u>Creative Expressions</u> 11:00 Stretch 1:00 <u>John & Cheryl Performs</u> 2:00 Snacks & Table Games</p>	<p>¹⁷  9/3 Bill S. 9/26 Mary C. 9/4 Allan B. 9/27 Aase B. 9/8 Milli P. 9/28 Doug B. 9/9 Lester M.</p>
<p>¹⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Pirate Day Party! 10:00 <u>Card Making w/ Nancy</u> 11:00 Sit and Get Fit 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p>	<p>²⁰ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Table games & video concert 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers Perform</u> 2:00 Snacks & Memory Lane</p>	<p>²¹ 9:00 Coffee Klatch & News 10:00 Music Circle & beach ball 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 Pillsburys Perform</u> 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>²² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Joyful Memories</u> 11:00 Sittercise 1:00 Autumn hat dance party! 2:00 Snacks & Ultimate Trivia</p>	<p>²³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Balloon swat & Flash cards 10:00 <u>Memories in the Making</u> 11:00 Stretch 1:00 <u>Gunsalus Kid's Talent Show</u> 2:00 Snacks & Table Games</p>	<p>²⁴ 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</p>
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Go4Life Month

Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type is different, though. Doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury.

Though we've described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance.

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises are also called “strength training” or “resistance training.”

- Lifting weights
- Using a resistance band
- Using your own body weight

Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

- Standing on one foot
- Heel –to-toe walk
- Tai Chi

Flexibility exercise stretch your muscles and can help your body stay limber. Being flexible gives you more freedom to movement for other exercises as well as for your everyday activities.

- Shoulder and upper arm stretch
- Calf Stretch
- Yoga

Courtesy of: <https://go4life.nia.nih.gov/get-started>

September 2016



* Special Announcements *

2016 Senior Concerns Empowered Caregiver Series

Tuesday, 9/27/16 from 5:30-7:00 Title: Relieve Stress & Promote Wellness Through Meditation

Limited seating - please call to reserve your seat ASAP (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 September.
September 10th & 24th, 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!!!

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