
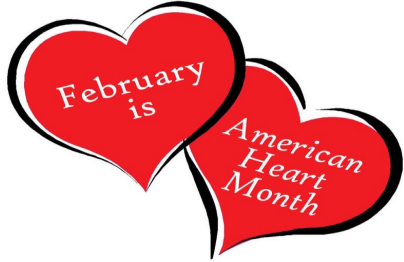



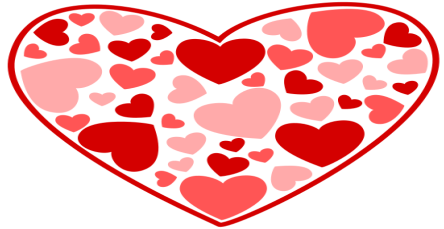

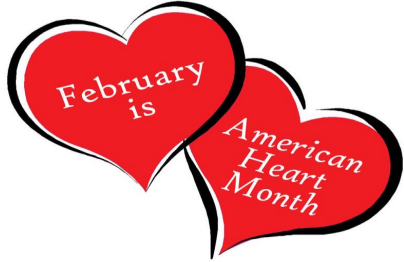





















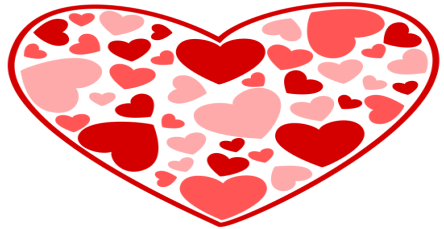



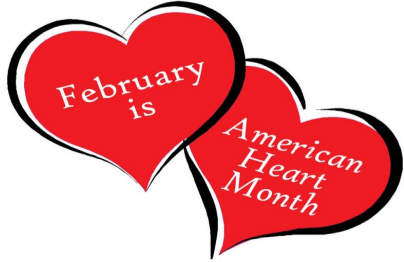






















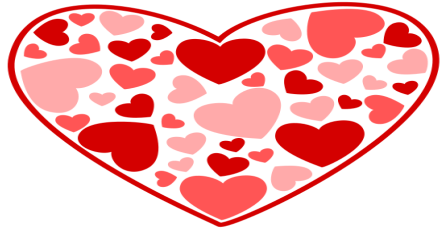
FUNSEEKERS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every Monday at 1:00 We Look Forward To Isa On The Piano!</p> 		<p>1</p> <p>9:00 Coffee Klatch 10:00 <u>Phil on the Guitar</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 1:00 Carrot Cake Taste & Talk 2:00 Snacks & Mind Stretches</p>	<p>2</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>The Sunshine Club</u> 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 Painting w/ Tracey 2:00 Snacks & Ultimate Trivia</p>	<p>3</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>American Heart month Social</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>Gunsalus Kid's Talent Show</u> 2:00 Snacks & Table Games</p>	<p>4</p> <p>February Saturday Schedule</p> <p>Please call 805-497-0159 To reserve a space on the 2nd & 4th Saturdays in February February 11th & 25th)</p>
<p>6</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Celebrate the Beatles 10:00 Card making w/ Nancy 11:00 Flex and Stretch 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Reminisce</p>	<p>7</p> <p>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 1:00 <u>Jerry Weisbecker Performs</u> 1:00 Discussion Group 2:00 Snacks & Memory Lane</p>	<p>8</p> <p>9:00 Coffee Klatch & News 10:00 Hollywood Cards & Trivia 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>9</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>George Clark Performs</u> 11:00 Sittercise 1:00 Slot Ball & Discussion 2:00 Snacks & Ultimate Trivia</p>	<p>10</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 This was the Year...1977 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 Valentine's Creative Hour 2:00 Snacks & Table Games</p>	<p>11</p> <p>10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 <u>Elliot & Rocco Perform</u> 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce</p>
<p>13</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Jell-O Taste & Talk 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p>	<p>14</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Valentine's Day Party 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Homemade Jammers</u> 2:00 Snacks & Memory Lane</p>	<p>15</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 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> 1:00 Music Circle & 20 Questions 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>16</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Bethany Christian Students Sing</u> 10:30 Outburst Word Game 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 <u>Painting w/ Tracey</u> 2:00 Snacks & Ultimate Trivia</p>	<p>17</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Elliot, Rocco & Friends Perform</u> 10:30 <u>Fill in the Blank Sing along</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>John & Cheryl Perform</u> 2:00 Snacks & Table Games</p>	<p>18</p>  <p>2/14 Catalina H. 2/25 Herb A.</p>
<p>20</p> <p>Closed</p> 	<p>21</p> <p>9:00 Coffee Klatch & News 10:00 Bowling & Outburst 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Alan Munson & Trio</u> 2:00 Snacks & Memory Lane</p>	<p>22</p> <p>9:00 Coffee Klatch & News 10:00 Bean Bag Toss & Word game 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</p>	<p>23</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Participant & Staff Show & Tell 11:00 Sittercise 1:00 Bingo Bash! 2:00 Snacks & Ultimate Trivia</p>	<p>24</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Fill in the blank sing along 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 February Birthday Bash! 2:00 Snacks & Table Games</p>	<p>25</p> <p>10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Afternoon Movie 2:00 <u>Piano Students Perform</u> 3:00 Sing along 3:30 Snacks & Reminisce</p>
<p>27</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Wayne on the Piano</u> 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p>	<p>28</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Mardi Gras Celebration 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers</u> 2:00 <u>Snacks & Memory Lane</u></p>	<p></p>		<p>Dining Room Hours Morning Snack @ 8:30 Lunch @ 11:30 - Afternoon Snack @ 2:30</p> <p>Program Hours Monday - Friday 9:00am-3:00pm</p> <p>Extended Hours Monday - Friday 7:30am - 9:00am 3:00pm - 5:30pm</p>	

FITZGERALD CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every Monday at 1:00 We Look Forward To Isa On The Piano!</p> 		<p>1</p> <p>9:00 Coffee Klatch 10:00 <u>Phil on the Guitar</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 1:00 Guess Who Hollywood 2:00 Snacks & Mind Stretches</p> 	<p>2</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>The Sunshine Club</u> 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 Painting w/ Tracey 2:00 Snacks & Ultimate Trivia</p> 	<p>3</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>American Heart month Social</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>Gunsalus Kid's Talent Show</u> 2:00 Snacks & Table Games</p> 	<p>4</p> <p>February Saturday Schedule</p> <p>Please call 805-497-0159 To reserve a space on the 2nd & 4th Saturdays in February February 11th & 25th)</p>
<p>6</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Celebrate the Beatles 10:00 Card making w/ Nancy 11:00 Flex and Stretch 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Reminisce</p> 	<p>7</p> <p>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 1:00 <u>Jerry Weisbecker Performs</u> 1:00 Discussion Group 2:00 Snacks & Memory Lane</p> 	<p>8</p> <p>9:00 Coffee Klatch & News 10:00 Beach Ball toss & Discussion 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>9</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>George Clark Performs</u> 11:00 Sittercise 1:00 Fill in the blank sing along 2:00 Snacks & Ultimate Trivia</p> 	<p>10</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Valentine games 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 Valentine's Creative Hour 2:00 Snacks & Table Games</p>	<p>11</p> <p>10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 <u>Elliot & Rocco Perform</u> 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce</p> 
<p>13</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Jell-O Taste & Talk 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p> 	<p>14</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Valentine's Day Party 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Homemade Jammers</u> 2:00 Snacks & Memory Lane</p> 	<p>15</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 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> 1:00 Music Circle & 20 Questions 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p> 	<p>16</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Bethany Christian Students Sing</u> 10:30 Outburst Word Game 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 <u>Painting w/ Tracey</u> 2:00 Snacks & Ultimate Trivia</p> 	<p>17</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Elliot, Rocco & Friends Perform</u> 10:30 <u>Fill in the Blank Sing along</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>John & Cheryl Perform</u> 2:00 Snacks & Table Games</p> 	 <p>2/14 Catalina H. 2/25 Herb A.</p>
<p>20</p> <p>Closed</p> 	<p>21</p> <p>9:00 Coffee Klatch & News 10:00 Slot ball & Laughter videos 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Alan Munson & Trio</u> 2:00 Snacks & Memory Lane</p> 	<p>22</p> <p>9:00 Coffee Klatch & News 10:00 Discussion & Sing along 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</p> 	<p>23</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Participant & Staff Show & Tell 11:00 Sittercise 1:00 I love Lucy video&word game 2:00 Snacks & Ultimate Trivia</p>	<p>24</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bulls eye game & Trivia 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 February Birthday Bash! 2:00 Snacks & Table Games</p>	<p>25</p> <p>10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Afternoon Movie 2:00 <u>Piano Students Perform</u> 3:00 Sing along 3:30 Snacks & Reminisce</p> 
<p>27</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Wayne on the Piano</u> 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p> 	<p>28</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Mardi Gras Celebration 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers</u> 2:00 Snacks & Memory Lane</p> 			<p>Dining Room Hours Morning Snack @ 8:30 Lunch @ 11:30 - Afternoon Snack @ 2:30</p> <p>Program Hours Monday - Friday 9:00am-3:00pm</p> <p>Extended Hours Monday - Friday 7:30am - 9:00am 3:00pm - 5:30pm</p>	

FRIENDSHIP CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every Monday at 1:00 We Look Forward To Isa On The Piano!</p> 	<p>February is American Heart Month</p> 	<p>¹ 9:00 Coffee Klatch 10:00 <u>Phil on the Guitar</u> 10:00 <u>Christian Life</u> 11:00 Sit and Get Fit 1:00 Table games & puzzles 2:00 Snacks & Mind Stretches</p> 	<p>² 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>The Sunshine Club</u> 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 Painting w/ Tracey 2:00 Snacks & Ultimate Trivia</p> 	<p>³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>American Heart month Social</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>Gunsalus Kid's Talent Show</u> 2:00 Snacks & Table Games</p> 	<p>February Saturday Schedule</p> <p>Please call 805-497-0159 To reserve a space on the 2nd & 4th Saturdays in February (February 11th & 25th)</p>
<p>⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Celebrate the Beatles 10:00 Card making w/ Nancy 11:00 Flex and Stretch 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Reminisce</p> 	<p>⁷ 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 1:00 <u>Jerry Weisbecker Performs</u> 1:00 Discussion Group 2:00 Snacks & Memory Lane</p> 	<p>⁸ 9:00 Coffee Klatch & News 10:00 Cookie Social on the Patio 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>⁹ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>George Clark Performs</u> 11:00 Sittercise 1:00 Concert Video & Reminisce 2:00 Snacks & Ultimate Trivia</p> 	<p>¹⁰ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Parachute Game & sing along 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 Valentine's Creative Hour 2:00 Snacks & Table Games</p>	<p>¹¹ 10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 <u>Elliot & Rocco Perform</u> 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce</p> 
<p>¹³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Jell-O Taste & Talk 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p> 	<p>¹⁴ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Valentine's Day Party 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Homemade Jammers</u> 2:00 Snacks & Memory Lane</p> 	<p>¹⁵ 9:00 Coffee Klatch 9:30 News & Discussion 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> 1:00 Music Circle & 20 Questions 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p> 	<p>¹⁶ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Bethany Christian Students Sing</u> 10:30 Outburst Word Game 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 <u>Painting w/ Tracey</u> 2:00 Snacks & Ultimate Trivia</p> 	<p>¹⁷ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Elliot, Rocco & Friends Perform</u> 10:30 <u>Fill in the Blank Sing along</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>John & Cheryl Perform</u> 2:00 Snacks & Table Games</p> 	<p></p> <p>2/14 Catalina H. 2/25 Herb A.</p>
<p>²⁰ Closed</p> 	<p>²¹ 9:00 Coffee Klatch & News 10:00 Beach Ball toss & Reminisce 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Alan Munson & Trio</u> 2:00 Snacks & Memory Lane</p> 	<p>²² 9:00 Coffee Klatch & News 10:00 Animal Cards & Discussion 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</p> 	<p>²³ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Participant & Staff Show & Tell 11:00 Sittercise 1:00 Bulls eye game 2:00 Snacks & Ultimate Trivia</p>	<p>²⁴ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Tortillas taste & talk 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 February Birthday Bash! 2:00 Snacks & Table Games</p>	<p>²⁵ 10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Afternoon Movie 2:00 <u>Piano Students Perform</u> 3:00 Sing along 3:30 Snacks & Reminisce</p> 
<p>²⁷ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Wayne on the Piano</u> 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Circle of Friends</p> 	<p>²⁸ 9:00 Coffee Klatch 9:30 News & Discussion 10:00 Mardi Gras Celebration 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers</u> 2:00 Snacks & Memory Lane</p> 	<p> <i>Happy Valentines Day</i> </p>		<p>Dining Room Hours Morning Snack @ 8:30 Lunch @ 11:30 - Afternoon Snack @ 2:30</p> <p>Program Hours Monday - Friday 9:00am-3:00pm</p> <p>Extended Hours Monday - Friday 7:30am - 9:00am 3:00pm - 5:30pm</p>	

Learn To Recognize A Stroke ~ Knowledge is Power!

Information compiled from the American Heart Association and the American Stroke Association. For more information, call 1-888-4STROKE or visit strokeassociation.org.

Learning to recognize the warning signs and acting quickly when they occur can mean the difference in surviving a stroke and minimizing long-term disability, or being physically and mentally devastated or dying from it. Let people know you love them by sharing this information:

THERE ARE MANY FACES OF STROKE.

STROKE WARNING SIGNS

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Stroke is a medical emergency. Know these warning signs of stroke and teach them to others. Every second counts.

By knowing the warning signs and risk factors for stroke, you can help yourself or a love one reduce the risk of having a stroke and suffering severe disability or death.

Today there are treatments that can reduce the risk of damage from the most common type of stroke but only if you get help quickly — within 3 hours of your first symptoms.

Call 9-1-1 immediately if you experience symptoms! Time lost is brain lost!

February 2017



* Special Announcements *

2017 Senior Concerns Path To Positive Aging Series

Tuesday, February 28th from 5:30-7:00 Title: Healthy Eating on a Budget
Seating is limited - 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 meets every Tuesday from 10:00-11:00am, here at Senior Concerns, 401 Hodencamp Rd., Thousand Oaks. To learn more please call (805) 497-0189.

Senior Concerns 2017 Holiday Closures:

New Years Day	Monday	01/02/17
Presidents Day	Monday	02/20/17
Memorial Day	Monday	05/29/17
Independence Day	Tuesday	07/04/17
Labor Day	Monday	09/04/17
3pm Early Closure	Wednesday	11/22/17
Thanksgiving Day	Thursday	11/23/17
Day after Thanksgiving	Friday	11/24/17
3pm Early Closure	Friday	12/22/17
In observance of Christmas Day	Monday	12/25/17
3pm Early Closure	Friday	12/29/17
In Observance of New Years Day	Monday	01/01/18

Additional Days & Saturday Care

If you need additional days, to change scheduled days or to schedule Saturday Care for your loved one please call (805)497-0189 ASAP.

We offer Saturday Care the 2nd & 4th Saturdays in February. February 11th & 25th, from 10:00am to 4:00pm - You must call to reserve a seat!

* Wish List *

This year we have created a **"Wish List" on Amazon** of items our staff would like to add to the program. If you purchase an item it will be sent directly to us! Please be sure to include a note with your gift so we can properly thank you! Purchasing from Senior Concerns' Amazon Wish list is EASY! Go to www.amazon.com

· Click on "Lists" (top right hand corner) · Click on "Find a List or Registry" · Search for Senior Concerns

Thank you for your continued support