



ACTIVITIES JANUARY 2012



525 So. Central Ave., Glendale, CA 91204
Tel. No. (818) 240-1610

Activity Director: Maria Isabel Zarzuela • Activity Assistant: Sona Paltadzhayan

• NOTE •
All Activities are subject to change.
Changes will be posted.
All Activities are held in the Activity Room.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NEW YEAR'S DAY 1</p> <p>9:00 Church Service w/ Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p>2</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Arts & Crafts 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Wii Games</p> <p>Room Visits 8:00 a.m.</p> 	<p>3</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/Praise Songs 11:00 News/Senior Fitness/Sing & Dance 1:30 Group Conversation with Dr. Linda Yerzley 2:30 Snack Time 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p>4</p> <p>8:00 News Watch 9:00 Flash Cards/ Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Manicure & Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p>RESIDENT'S COUNCIL MEETING 5</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 News/Sr. Fitness/Wii Games 2:00 Resident's Council Meeting with refreshments</p> <p>Room Visits 8:00 a.m.</p> 	<p><i>Armenian Christmas with Armenian Cuisine</i> 6</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 12:00 Armenian Cuisine 1:20 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p> 	<p>7</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 
<p>8</p> <p>9:00 Church Service w/ Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p>9</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Arts & Crafts 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Wii Games</p> <p>Room Visits 8:00 a.m.</p> 	<p>10</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/Praise Songs 11:00 News/Senior Fitness/Sing & Dance 1:30 Group Conversation with Dr. Linda Yerzley 2:30 Snack Time 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p>COOK N' EAT 11</p> <p>8:00 News Watch 9:00 Flash Cards/ Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 COOKING TIME 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Manicure & Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p>12</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 News/Sr. Fitness/Wii Games 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p>13</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:20 Movie w/ Popcorn</p> <p>Room Visits 8:00 a.m.</p> 	<p>14</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 
<p>15</p> <p>9:00 Church Service w/Praise songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p>Martin Luther King, Jr. & BBQ Day 16</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 BBQ Time 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Wii Games</p> <p>Room Visits 8:00 a.m.</p> 	<p>HOLY FAMILY CHURCH SERVICE 17</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Church Service w/Praise Songs 11:00 News/Senior Fitness/Sing & Dance 1:30 Group Conversation with Dr. Linda Yerzley 2:30 Snack Time 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p>18</p> <p>8:00 News Watch 9:00 Flash Cards/ Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Manicure & Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p>Trip to the Mall 19</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Trip to the Mall 11:00 News/Sr. Fitness/Wii Games 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p>20</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:20 Movie w/ Popcorn</p> <p>Room Visits 8:00 a.m.</p> 	<p>21</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 
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<p>29</p> <p>9:00 Church Service w/Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p>RESIDENTS' BIRTHDAY PARTY with ENTERTAINMENT 30</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:30 Party Time 11:30 Arts & Crafts 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Wii Games</p> <p>Room Visits 8:00 a.m.</p> 	<p>31</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/Praise Songs 11:00 News/Senior Fitness/Sing & Dance 1:30 Group Conversation with Dr. Linda Yerzley 2:30 Snack Time 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 		<p>Birthstone: GARNET</p> <p>Flower: CARNATION</p> 	<p>Check out the 2011 Survey Results! Posted by the Public Phone outside front office.</p> <p>Attend Residents' Council Meetings. Know Your Rights & Win the Raffle</p>	

HEALTH INFORMATION

IMMUNE DEFICIENCY BOOSTING THE IMMUNE SYSTEM

The immune system protects the body from bacteria, viruses, fungi and other harmful organisms. Toxins in foods and the environment, or diet and stress can all contribute to a decline in immune-system activity. If your immune function is weakened, your body is subject to fatigue and illness and cannot ward off infections. Immune-system cells are produced by the thymus gland, the spleen and other organs. They are then carried through the body via the lymph vessels in the lymph nodes, which store these cells and help to create an effective barrier against infection. Immune cells can be damaged by unstable oxygen molecules in the body called radicals, which may be generated in dangerously high numbers by poor nutrition, X rays, alcohol, cigarette smoke and pollutants. Vitamins help strengthen the immune system neutralizing these cell-damaging particles. Exercise, too, helps maintain good health by promoting blood circulation and ensuring a plentiful supply of oxygen throughout the body.

What You Can Do:

Many factors play a role in strengthening the immune system: A balanced diet, rich in vitamins and minerals, provides the building blocks for healthy cells. Deep breathing and fresh air replenish vital oxygen. Regular exercise boosts oxygen intake and helps build cardiovascular and immune system health.

Protect Cells with vitamins

Vitamins C and E – known as antioxidants – stimulate immunity and protect against cancer by neutralizing free radicals. Vitamin A also helps strengthen immune cells. The daily requirement is 1,000 RE (found in 1 carrot) for vitamin A. 60 mg. (1 orange) for vitamin C and 8-10 mg. (2 tbsp. vegetable oil) for vitamin E.

Gain fresh energy with oxygen

Engage in moderate exercise for an hour a day to ensure plentiful intake of fresh air. This promotes oxygen exchange between blood and air and speeds metabolism, leading to efficient mobilization of energy from nutrients.

Strengthen your thymus gland

The thymus gland, which is located in the upper part of the chest behind the breastbone, is a nursery for immune-system cells that help fight infection. Unfortunately, this organ shrinks in size as we grow older, and its effectiveness gradually diminishes. Here's a quick and easy exercise to stimulate your thymus gland and boost your immune system. Every morning, tap on the middle of the breastbone with your fingers for 5 minutes.

Stress reduction

Scientific studies have shown that stress weakens your immunity. Try relaxation techniques, such as yoga or meditation, to help you cope better with stress. Or brew up some linden-flower or valerian tea to help relieve anxiety and reinstate a state of calm.

Natural healing techniques

Oxygen therapy: A treatment that delivers high concentrations of oxygen to the blood to stimulate metabolism and fight infection.

Autohemotherapy: A procedure where a small amount of the patient's blood is removed and then reinjected later to enhance immunity.

Lymph drainage: A therapeutic technique that speeds the removal of impurities and toxins through massage of the lymph vessels.

Herbal immune stimulants

Immune Cocktail: Put 3 carrots, 1 orange, 1 apple and half a beet through a juicer. Make a fresh batch of this drink every day.

Vitamin jolt for smokers: Take 1 tbsp. of juice made from buckthorn berries daily for extra vitamin C that smokers need.

Natural antibacterials:

Include freshly grated or chopped garlic, horseradish or onions in your diet to fight harmful bacteria.

Healing inhalation:

Enjoy a hot steam bath with mint oil, which kills bacteria on the mucous membranes and stimulates the formation of antibodies.

EXTRA TIP

Keep the indoor humidity level between 30 percent and 50 percent so that the mucous membranes in the nose don't dry out. This will help protect the cilia, the fine hairs that line the nose and act as a barrier to keep germs from penetrating the body.

Echinacea

One of the most effective and popular herbal remedy for strengthening the immune system is echinacea, which may mobilize immune-system cells and stimulate their disease-fighting activity. Other immune-boosting herbs are Siberian ginseng, wild indigo, thuja and chamomile.

JANUARY 2012



JANUARY ACTIVITIES AT A GLANCE

Monday through Friday at 10:00 AM to 11:00 AM, join us in watching "The Price is Right"!

- **RESIDENT'S COUNCIL MEETING** – Will be held on Thursday, January 5th at 2:00 p.m. in the Activity Room. Know your rights, make your concerns, problems and suggestions known and win the raffle.
- **CHURCH SERVICE** - Held every Sunday in the Activity Room and starts at 9:00 a.m.
- **SENIOR FITNESS** - Come on everybody! Let's exercise every Sunday, Monday, Tuesday, Friday & Saturday at 11:00 a.m. in the Activity Room.
- **BINGO SOCIAL** - Come on all Bingo lovers! Let's play bingo every Sunday, Monday, Wednesday, Thursday, and Saturday at 1:30 p.m. in the Activity Room.
- **HOLY FAMILY CHURCH SERVICE** There will be church service every 3rd Tuesday of the month. This month will be on January 17th, 2012.
- **RESIDENT'S BIRTHDAY PARTY** - It's party time! We're throwing a party plus entertainment for all our Birthday Celebrants this month and it will be on January 30th at 10:30 a.m. in the Activity Room.
- **MOVIE WITH POPCORN** - Every Friday at 1:20 p.m. in the Activity Room, we'll be showing a movie with popcorn and juice.
- **ADULT EDUCATION** - The activity staff will feature shows which include History, Biography of famous people, National Geographic and Concert of famous celebrities. Everybody is welcome to attend.
- **Wii GAMES** - Hello Everyone! Come, play and enjoy your favorite sports with Wii Games like tennis, bowling, boxing and more in the Activity Room Mondays at 3:00 p.m. and Thursdays at 11:00 a.m.
- **ICE CREAM SOCIAL** - Every Monday at 2:30 p.m. after Bingo Social, we will serve ice cream.
- **GROUP CONVERSATION** - Every Tuesday in the Activity Room, there is a Group Conversation at 2:00 p.m. headed by Dr. Linda Yerzley a Clinical Psychologist that processing feelings and emotions. Everybody is welcome to attend.
- **ARMENIAN CHRISTMAS** - We are going to have Armenian Cuisine to celebrate Armenian Christmas on January 6th. Please join us for a good time.
- **COOK N' EAT** - Everyone is invited and help us cook your favorite dish in the activity room.
- **TRIP TO THE MALL** - It's never too late to shop! Join us in our trip to the mall on Thursday, January 19th at 10:30 am.
- **BARBECUE** - On Monday, January 16th, it's Martin Luther King, Jr. Day. We will have barbecue at the Patio area. We will serve our usual mouth-watering burgers, hot dogs, chips and dips!