



ACTIVITIES

September 2011

**HAPPY
LABOR
DAY!**

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

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

• 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

**Check out the 2011 Survey Results!
Posted by the Public Phone
outside front office.**

**Attend Residents' Council Meetings.
Know Your Rights & Win the Raffle**



BIRTH STONE
Sapphire

FLOWER

Aster



RESIDENT'S COUNCIL MEETING 1

8:00 News Watch
9:00 Reality Orientation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
2:00 Resident's Council Meeting with refreshments

Room Visits 8:00 a.m.



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
1:00 Movie w/ Popcorn
3:00 Scrabble

Room Visits 8:00 a.m.



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

Room Visits 8:00 a.m.



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



Room Visits 8:00 a.m.

LABOR DAY with BAR-B-Q 5
8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Bar-B-Q Time
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts



Room Visits 8:00 a.m.

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 Senior Fitness/Sing & Dance
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time
3:00 Skrib-age



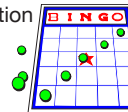
Room Visits 8:00 a.m.

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 Adult Education
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Manicure & Grooming



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Reality Orientation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Skrib-age



Room Visits 8:00 a.m.

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
1:00 Movie w/ Popcorn
3:00 Scrabble



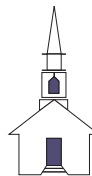
Room Visits 8:00 a.m.

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



Room Visits 8:00 a.m.

Grandparents Day/Patriot Day 11
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



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts



Room Visits 8:00 a.m.

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 Senior Fitness/Sing & Dance
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time
3:00 Skrib-age



Room Visits 8:00 a.m.

COOK N' EAT 14
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 Cook N' Eat
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Manicure & Grooming



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Reality Orientation
9:30 Morning Social w/ Refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Skrib-age



Room Visits 8:00 a.m.

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
1:00 Movie w/ Popcorn
3:00 Scrabble



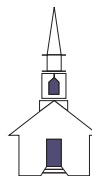
Room Visits 8:00 a.m.

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



Room Visits 8:00 a.m.

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



Room Visits 8:00 a.m.

8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts



Room Visits 8:00 a.m.

HOLY FAMILY CHURCH SERVICE 20
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 Senior Fitness/Sing & Dance
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time
3:00 Skrib-age



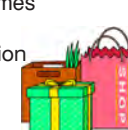
Room Visits 8:00 a.m.

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 Adult Education
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Manicure & Grooming



Room Visits 8:00 a.m.

TRIP TO THE MALL 22
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 Senior Fitness/Wii Games
1:30 Bingo Social
2:30 Tea Time & Conversation
3:00 Skrib-age



Room Visits 8:00 a.m.

FIRST DAY of AUTUMN 23
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
1:00 Movie w/ Popcorn
3:00 Scrabble



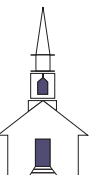
Room Visits 8:00 a.m.

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



Room Visits 8:00 a.m.

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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



Room Visits 8:00 a.m.

RESIDENTS' BIRTHDAY PARTY with ENTERTAINMENT 26
8:00 News Watch
9:00 Relaxing Music
9:30 Morning Social w/ refreshments
10:00 The Price is Right
10:30 Party Time
1:30 Bingo Social
2:30 Ice Cream Social
3:00 Arts and Crafts



Room Visits 8:00 a.m.

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 Senior Fitness/Sing & Dance
1:20 Arts and Crafts
1:30 Group Conversation with Dr. Linda Yertzley
2:30 Snack Time



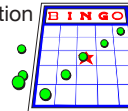
Room Visits 8:00 a.m.

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9:00 Flash Cards/ Numbers and Alphabet
9:30 Morning Social w/ refreshments
10:00 The Price is Right
11:00 Senior Fitness/Sing and Dance
1:30 Bingo Social
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1:00 Movie w/ Popcorn
3:00 Scrabble



Room Visits 8:00 a.m.



FOR YOUR INFORMATION The Myths of the Aging Process

Most people today think that old age automatically results in dependency on others, inability to take care of oneself and increase in loneliness and social isolation. A modern view of aging in today's world is the recognition of abilities and potentials of the older individuals.

"Old age" is the time of life where a person enjoys greatest wisdom, richest experience and complete individuality. Age is a relative matter. If a person continues to work and absorbs the beauty of everything around, age does not necessarily mean getting old. One should accept the aging process and everything that goes with it as a reality, a natural part of the lifecycle that happens to all of us. We need to change our attitude of aging and spend time to improve our quality of life in old age.

One of the common myths is that old age leads to senility. Memory loss, intellectual decline and confusion are not normal parts of aging. Research study shows that to maintain or improve the mental capacities in later life are social involvement and flexibility. People who suffer from depression, anxiety and anger tends to slide downhill more than those who enjoy life.

Another myth is that old age causes dementia. Dementia is a result of disease, not aging. In a living brain, the mind's storehouse or a "hardware" of knowledge remains intact through it is harder to tap during old age, while the brain's "software", the actual information that fills up the mind over a lifetime, does not deteriorate but continuously grows more and more sophisticated with each passing year.

Another misconception about old age is about personality changes and the individuals become more cantankerous with advanced years, but research studies have proven that personality remains very stable with aging which only means that someone who is cheerful and optimistic when young remains so throughout life, while a person who is grouchy and pessimistic when young keeps the same personality characteristic in later life.

People attribute back pain and hearing loss to the "natural consequences of getting old," however scientists realize that these symptoms are more reflective of treatable diseases and are not just realities of the aging process.

Older persons must take steps to get medical attention to cure these conditions rather than think it is part of the aging process. Studies show that the elderly can retain vigor, muscle tone and a strong immune system in later years through regular exercise. "A lot of the effects of aging are self-inflicted" says Dr. Terence Kavanagh, Director of the Toronto Rehabilitation center in Ontario. "The less you do,

the easier you fatigue. And the more you fatigue, the less you are able to do.

In addition to exercise, diet makes a great difference in how people age. The right food can help protect against ailments such as heart disease, cancer, osteoporosis, arthritis and high blood pressure. Getting enough vitamins and nutrients can increase body resistance to infectious diseases. Healthful living not only promotes longevity, but also increases the chance of having physical ability to enjoy life to its fullest in later years. It is never too late to change to a meaningful and healthy life.

WORDS TO LIVE BY...

*"Autumn is a second Spring
when every leaf is a flower."*

-Camus

September is school days months. It is the seventh month of the early Roman Republican calendar and means "seve" from Septem, a latin word.

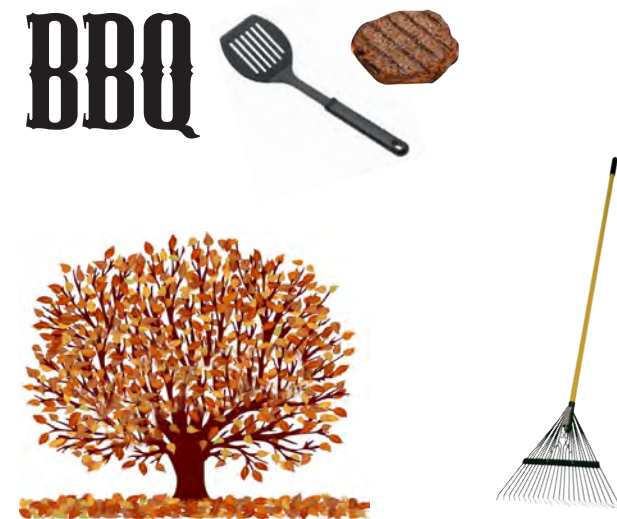
September flower	- Aster
Birthstone	- Sapphire
Color	- Brown



SEPTEMBER 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, September 1st at 2:00 p.m. in the Activity Room. Know your rights, make your concerns, problems and suggestions known and win the raffle.
- **COOK N' EAT** - Have a chance to cook with us and prepare your favorite dish on September 14th at 10:00 a.m. in the Activity Room.
- **CHURCH SERVICE** - Held every Sunday in the Activity Room and starts at 9:00 a.m. Please come on time.
- **TRIP TO THE MALL** - All shopping lovers! We'll be taking a trip to the mall on September 22nd so if you're interested, please look for any activity staff and register.
- **SENIOR FITNESS** - Come on everybody! Let's exercise every Monday, Tuesday, Friday, Saturday and Sunday 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 September 20th, 2011.
- **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 September 26th at 10:30 a.m. in the Activity Room.
- **MOVIE WITH POPCORN** - Every Friday at 1:00 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 includes 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 every Monday and Thursday 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 Yertzley a Clinical Psychologist that processing feelings and emotions. Everybody is welcome to attend.
- **LABOR DAY BAR-B-Q DAY** - On Monday, September 5th we're going to have bar-b-q day at the Patio for the celebration of Labor day and we will serve hotdogs, hamburgers, chips with dip at 11:00 a.m. in the dining room. Please join us.



Welcome Back Autumn!