
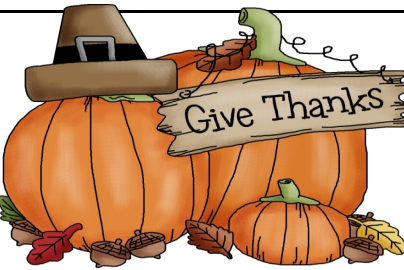








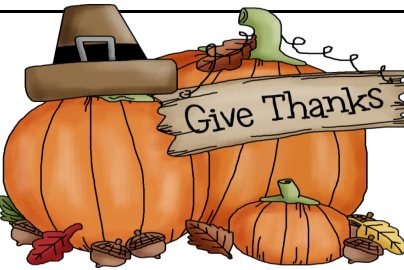








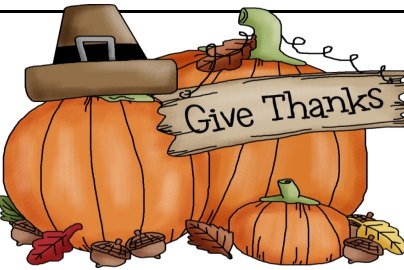








FUNSEEKERS CALENDAR

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 & 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> 1:00 Welcome November Social 1:00 <u>Book club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>2</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Art Trek Craft Hour</u> 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>3</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 National Sandwich day Social 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 Bingo Bash! 2:00 Snacks & Table Games</p>	<p>4</p> <p>10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Bingo & Creative hour 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce</p>
<p>6</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bulls eye game & Trivia 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p>	<p>7</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Slot ball & word game 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Goebel Strummers Perform</u> 1:00 Sing along & Discussion 2:00 Snacks & Memory Lane</p>	<p>8</p> <p>9:00 Coffee Klatch & News 10:00 Match Game & Staff choice 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>9</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Bethany Christian 2nd graders</u> 10:30 Fill in the blank word game 11:00 Sittercise 1:00 <u>Movie presented by Howard A.</u> 2:00 Snacks & Ultimate Trivia</p>	<p>10</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Rena on the Piano</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>Elliot & Friends Perform</u> 1:30 November Birthday Bash! 2:00 Snacks & Table Games</p>	<p>11</p> <p><u>November Saturday Schedule</u></p> <p>Please call 805-497-0159 To reserve a space on the 1st Saturday in November</p>
<p>13</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Alicia's Travel Presentation</u> 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 Thanksgiving Bingo Bash 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers Perform</u> 1:00 Little big shots & reminisce 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 Beach Ball toss & Guess who 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>George Clark Performs</u> 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 <u>Cooking w/ Tracey</u> 2:00 Snacks & Ultimate Trivia</p>	<p>17</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Art Trek Craft Hour</u> 10:00 Music Circle & Ball toss 11:00 Get Groovy Exercises 1:00 <u>John & Cheryl Perform</u> 1:00 Bingo Bash! 2:00 Snacks & Table Games</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>
<p>20</p> <p>Renovations Begin!</p>  <p>Center Closed</p>	<p>21</p>  <p>Center Closed</p>	<p>22</p>  <p>Center Closed</p>	 <p>23 Center closed</p>	<p>24 Center closed</p> 	<p>25</p>  <p>Carol H. 11/6 Howard A. 11/7 Ruth B. 11/25</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 & Memory Lane</p>	<p>28</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>Goebel Strummers Perform</u> 1:00 Sing along & Ball toss 2:00 Snacks & Memory Lane</p>	<p>29</p> <p>9:00 Coffee Klatch & News 10:00 Spelling Bee & word game 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 1:00 Fill in the Blank & 20 Questions 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>30</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bowling & Outburst 10:50 <u>The Troopers Perform</u> 1:00 Celebrate Michael Jackson! 2:00 Snacks & Ultimate Trivia</p>		

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 & 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> 1:00 Welcome November Social 1:00 <u>Book club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>2</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Slot ball & Little big Shots 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>3</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Art Trek Craft Hour</u> 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 Music Circle 2:00 Snacks & Table Games</p>	<p>4</p> <p>10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Bingo & Creative hour 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisc</p>
<p>6</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Bean Bag toss & Word game 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p>	<p>7</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Famous Faces & Staff Choice 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Goebel Strummers Perform</u> 1:00 Sing along & Discussion 2:00 Snacks & Memory Lane</p>	<p>8</p> <p>9:00 Coffee Klatch & News 10:00 Karaoke & Staff Choice 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>9</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Bethany Christian 2nd graders</u> 10:30 Fill in the blank word game 11:00 Sittercise 1:00 Teddy Bear B-day Social 2:00 Snacks & Ultimate Trivia</p>	<p>10</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Rena on the Piano</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>Elliot & Friends Perform</u> 1:30 November Birthday Bash! 2:00 Snacks & Table Games</p>	<p>11</p> <p><u>November Saturday Schedule</u></p> <p>Please call 805-497-0159 To reserve a space on the 1st Saturday in November</p>
<p>13</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Alicia's Travel Presentation</u> 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 Thanksgiving Bingo Bash 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers Perform</u> 1:00 Little big shots & reminisce 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 Beach Ball toss & Guess who 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>George Clark Performs</u> 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 <u>Cooking w/ Tracey</u> 2:00 Snacks & Ultimate Trivia</p>	<p>17</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Art Trek Craft Hour</u> 10:00 Music Circle & Ball toss 11:00 Get Groovy Exercises 1:00 <u>John & Cheryl Perform</u> 1:00 Bingo Bash! 2:00 Snacks & Table Games</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>
<p>20</p> <p>Renovations Begin!</p>  <p>Center Closed</p>	<p>21</p>  <p>Center Closed</p>	<p>22</p>  <p>Center Closed</p>	<p>23</p>  <p>Center closed</p>	<p>24</p>  <p>Center closed</p>	<p>25</p>  <p>Carol H. 11/6 Howard A. 11/7 Ruth B. 11/25</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 & Memory Lane</p>	<p>28</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>Goebel Strummers Perform</u> 1:00 Sing along & Ball toss 2:00 Snacks & Memory Lane</p>	<p>29</p> <p>9:00 Coffee Klatch & News 10:00 Sing along & Staff Choice 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 1:00 Fill in the Blank & 20 Questions 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>30</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Golf Challenge 10:50 <u>The Troopers Perform</u> 1:00 Celebrate Michael Jackson 2:00 Snacks & Ultimate Trivia</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>1</p> <p>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> 1:00 Welcome November Social 1:00 <u>Book club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>2</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Reminisce & Kick Ball 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>3</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 National Sandwich day Social 10:00 <u>Memories in the Making</u> 11:00 Get Groovy Exercises 1:00 Music Circle 2:00 Snacks & Table Games</p>	<p>4</p> <p>10:00 Brunch Bunch 10:30 News & Discussion 11:00 Slot ball & Balloon Toss 12:00 Stretches & Lunch 1:00 Bingo & Creative hour 2:00 Afternoon Movie 3:00 Sing along 3:30 Snacks & Reminisce</p>
<p>6</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Table ball roll & Animal cards 10:00 Card Making w/ Nancy 11:00 Sittercise 1:00 <u>Isa on the Piano</u> 2:00 Snacks & Memory Lane</p>	<p>7</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Balloon toss & Video Concert 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>Goebel Strummers Perform</u> 1:00 Sing along & Discussion 2:00 Snacks & Memory Lane</p>	<p>8</p> <p>9:00 Coffee Klatch & News 10:00 Painted leaves & Reminisce 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>9</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Bethany Christian 2nd graders</u> 10:30 Fill in the blank word game 11:00 Sittercise 1:00 <u>Art Trek Craft Hour</u> 2:00 Snacks & Ultimate Trivia</p>	<p>10</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Rena on the Piano</u> 10:00 <u>Creative Expressions</u> 11:00 Get Groovy Exercises 1:00 <u>Elliot & Friends Perform</u> 1:30 November Birthday Bash! 2:00 Snacks & Table Games</p>	<p>11</p> <p><u>November Saturday Schedule</u></p> <p>Please call 805-497-0159 To reserve a space on the 1st Saturday in November</p>
<p>13</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Alicia's Travel Presentation</u> 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 Thanksgiving Bingo Bash 10:00 <u>Women's Group</u> 11:00 Morning Exercise 1:00 <u>The Humdingers Perform</u> 1:00 Little big shots & reminisce 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 Beach Ball toss & Guess who 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>George Clark Performs</u> 11:00 Sittercise 1:00 <u>David Kramer's Musical Hour</u> 1:00 <u>Cooking w/ Tracey</u> 2:00 Snacks & Ultimate Trivia</p>	<p>17</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 <u>Art Trek Craft Hour</u> 10:00 Music Circle & Ball toss 11:00 Get Groovy Exercises 1:00 <u>John & Cheryl Perform</u> 1:00 Bingo Bash! 2:00 Snacks & Table Games</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>
<p>20</p> <p>Renovations Begin!</p>  <p>Center Closed</p>	<p>21</p>  <p>Center Closed</p>	<p>22</p>  <p>Center Closed</p>	 <p>23 Center closed</p>	<p>24 Center closed</p> <p><i>gobble 'til you wobble!</i> HAPPY TURKEY DAY!</p>	<p>25</p>  <p>Carol H. 11/6 Howard A. 11/7 Ruth B. 11/25</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 & Memory Lane</p>	<p>28</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>Goebel Strummers Perform</u> 1:00 Sing along & Ball toss 2:00 Snacks & Memory Lane</p>	<p>29</p> <p>9:00 Coffee Klatch & News 10:00 Bulls eye game & Kick ball 11:00 Sit and Get Fit 12:30 <u>Men's Group with Jim</u> 1:00 Fill in the Blank & 20 Questions 1:00 <u>Book Club with Jim</u> 2:00 Snacks & Mind Stretches</p>	<p>30</p> <p>9:00 Coffee Klatch 9:30 News & Discussion 10:00 Holiday Decorating Hour 10:50 <u>The Troopers Perform</u> 1:00 Celebrate Michael Jackson 2:00 Snacks & Ultimate Trivia</p>		

November is National Family Caregivers Month

Caregiver Action Network (the National Family Caregivers Association) began promoting national recognition of family caregivers in 1994. President Clinton signed the first NFC Month Presidential Proclamation in 1997 and every president since has followed suit by issuing an annual proclamation recognizing and honoring family caregivers each November.

Courtesy of: <http://caregiveraction.org/national-family-caregivers-month-background>

In honor of National Family Caregivers Month, we want to thank you for all you do!

A Caregiver's Bill of Rights

I have the right . . .

- **To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my loved one.**
- **To seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.**
- **To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.**
- **To get angry, be depressed, and express other difficult feelings occasionally.**
- **To receive consideration, affection, forgiveness, and acceptance for what I do for my loved one for as long as I offer these qualities in return.**
- **To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.**

November 2017

*** Special Announcements ***



2017 Senior Concerns Path To Positive Aging Series

Tuesday, November 14, 2017 from 5:30-7:00

Title: Know The 10 Signs Of Alzheimer's

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
Thanksgiving week Closure	M-F	11/20/17- 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 **1st** Saturday in November November **4th** 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