

Senior Wellness Program

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10-11am Tai Chi (MPR)	2 10am -12pm Chinese Mahjong (MPR)	3	4	5	6
7	8 10-11am Tai Chi (MPR)	9 10am -12pm Chinese Mahjong (MPR)	10	11 10am - 12pm DSMP (CL)	12	13
14	15 10-11am Tai Chi (MPR)	16 10am -12pm Chinese Mahjong (MPR)	17	18 10am - 12pm DSMP (CL)	19	20
21	22 10-11am Tai Chi (MPR) 11:15am Memory Loss Workshop (CL)	23 10am -12pm Chinese Mahjong (MPR)	24	25 10am - 12pm DSMP (CL)	26	27
28	29 10-11am Tai Chi (MPR)	30 10am -12pm Chinese Mahjong (MPR) 10:15am Movie - Farewell to Manzanar (CL)		2 10am - 12pm DSMP (CL)	Location: MPR= Multipurpose Room CL = Classroom	

Control your diabetes, don't let it control you!

Diabetes Self-Management Workshop

About Diabetes Self-Management Workshops

- Free on-site workshops
- Meets for 2 1/2 hours each week for six weeks
- Trained peer leaders
- Meet new people and gain social support
- Gives you tools to live a healthier life

If you, or someone you care for has diabetes, you know that it can feel like it's taking over your life. The good news is that there are things you can do to feel better and take control of your health.

- Set goals for your health – and stick to them!
- Understand what your blood sugar level is telling you
- Make your diet work FOR you, not against you
- Manage stress and difficult emotions
- Exercise to take care of your health
- Learn to talk with your doctor about your symptoms

What participants are saying:

• "If people are diabetic, they should run here, not walk."

Carmella, Wilkinson Senior Center, Northridge

• "I really appreciate the trainers. They're well-trained and they're doing a fantastic job."

Marleen, El Monte Library

Sign up NOW to only 6 sessions towards a Healthier You!!

Location: VJCC

Thursday Dates: April 11 to May 16

Time: 10:00am to 12:30pm

Contact: Gayle Hirami & gayle_hirami@yahoo.com
VJCC Office (310) 822-8555

CALIFORNIA
HEALTHIER LIVING
www.cahelthierliving.org

American
Diabetes
Association
Connected for Life

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SMRC



Movie "Farewell to Manzanar" Tuesday, April 30th @ 10:15am (Please RSVP)

This movie is a memoir written by Jeanne Wakatsuki Houston. It recounts her family's experience of being forced into internment camps during World War II and the lasting impact it had on their lives.



MEMORY LOSS & ALZHEIMERS: Normal Aging vs. Signs of Dementia



Learn about normal aging versus potential signs of Alzheimer's and other related dementias.

This class will provide a detailed overview of Alzheimer's disease and its effects, including what causes memory loss, the difference between normal aging compared to signs of Alzheimer's, and what to ask or prepare for when planning a visit to the doctor.

MONDAY, APRIL 22nd • 11:15AM – 12:15PM

Venice Japanese Community Center
12448 Braddock Dr, Los Angeles, CA 90066

TO RSVP OR FOR QUESTIONS, PLEASE CALL (310) 822-8885

Alzheimer's
LOS ANGELES | 844.HELP.ALZ
AlzheimersLA.org

For the protection of our staff and our community, Alzheimer's Los Angeles strongly encourages all participants to be fully vaccinated against COVID-19 and to use masks. Participants should stay at home if they are feeling sick or have been in close contact with someone who is sick.

Coming in May:

Spring Arts & Crafts Activity "Tissue Paper Flowers"

Monday, May 6th 11:15 – 12:30pm (light lunch will be served)

Must RSVP (limit to 20 people – walk ins may not be accommodated)

All classes and activities are FREE to all VJCC members 60 years and older. Our number one priority is the safety of our participants. All classes and activities still follow strict CDC protocols. e.g., face covering. Participants must be fully vaccinated and had taken first booster shot. Scheduled events can change without notice. Any questions or to RSVP please contact Gayle Hirami @ gayle_hirami@yahoo.com. or call the VJCC office at 310. 822.8555.