

Sample Weekly Activities



RESIDENTIAL CARE

SUNDAY

T'ai Chi
Editorials
Bingo
Concert

MONDAY

Exercise
Speech Reading
Shopping Trip
Memories
Chit-Chat
Book Worms
Drama
Bingo
Comedy Night

TUESDAY

Exercise
Yoga
Our Emotions
Painting
World Issues
Art Appreciation
Yiddish Club
Garden Club
New Residents Meeting
Movie

WEDNESDAY

Exercise
Shopping Trip
Hebrew Class
World Views
Sudoku
Bingo
Knit/Crochet
Men's Club
Movie
Casino Night

THURSDAY

Exercise
Yoga
Music Appreciation
Stroke Group
Memory Class
Choir
Crafting
Social Dancing

FRIDAY

T'ai Chi
Shopping Trip
Word Games
Music
Jewelry Making
Jewish Hour
Candle Lighting
Shabbat Services

SATURDAY

Synagogue Services
Movie
Current Events
Sing-A-Long

DAILY

Synagogue Services
WEEKDAYS ONLY
Beauty Salon
Arts & Crafts

Given current research about the benefits of continuing physical and mental activity throughout life, we pay great attention to programming geared to the mind, body and spirit. T'ai chi, yoga, dance, and other classes keep our residents on their toes. Discussions on current events, history, literature and other subjects help keep their minds sharp, along with special exercises designed by a leading gerontologist.

SKILLED NURSING

SUNDAY

Travel Channel
Exercise
Wheelchair Walk
Discussion Group
Spa Treatment
Concert

MONDAY

Daily News
Physical Fitness
Lunch Music
Bingo
Creative Expression

TUESDAY

Physical Fitness
Name That Tune!
Cultural Studies USA
Arts & Crafts
Movie

WEDNESDAY

Daily News
Life Transition
Lunch Music
Bingo
Pet Visits
Ice Cream Social

THURSDAY

Learning Circle
Body Dynamics
Music Appreciation
Trivia
Sing-a-long
Movie

FRIDAY

Sing-a-long
Physical Fitness
Jewish Music
Candle Lighting
Shabbat Services

SATURDAY

Synagogue Services
Body Dynamics
Discussion Group
Movie & Popcorn
News & Media

DAILY

Synagogue Services
Outdoor Activities
MONTHLY
Lunch Outing
SUNDAY
Concerts

We provide a variety of stimulating and engaging activities designed to nurture the creative, artistic, and social drives of our residents. Organized by professional staff trained in recreational therapy, these include arts and crafts programs, social gatherings, concerts, films, intergenerational programs, and music appreciation.

Call today for a tour (818) 774-3306.

Los Angeles Jewish Home

7150 Tampa Avenue, Reseda, California 91335 • www.jha.org

EV RCFE #191201867 • EV SNF #920000013 • GV RCFE #191201137 • GV SNF #9600000928 • JEK Acute #550000621

Sample Weekly Activities



Caring never grows old.™



JOYCE EISENBERG-KEEFER MEDICAL CENTER THERAPEUTIC ACTIVITY PROGRAM

SUNDAY

Movement Therapy
Outdoor Social
Concert
Bingo Social

MONDAY

Movement Therapy
Computer Training
Personal Training
Yoga
T'ai Chi
Art/Painting
Literature Club
Garden Club
Elder Trivia
Sing-a-long

TUESDAY

Movement Therapy
Computer Training
Personal Training
Yoga
T'ai Chi
Current Events
Ceramics
Culinary Pleasures
Music Appreciation
Birthday Party

WEDNESDAY

Movement Therapy
Computer Training
Personal Training
Yoga
T'ai Chi
Cultural Studies/Israel
Pet Therapy
Current Events
Stained Glass
Bingo Social
World Issues

THURSDAY

Movement Therapy
Computer Training
Personal Training
Yoga
T'ai Chi
Mommy & Me
USA Trivia
Jewelry
Sing-a-long
Drawing/Painting
Life Stories

FRIDAY

Movement Therapy
Computer Training
Personal Training
Yoga
T'ai Chi
Mommy & Me
Design Crafts
Sensory Stimulation
Ice Cream Social
Jewish Program
Candle Lighting
Shabbat Services

SATURDAY

Synagogue Services
Movement Therapy
Outdoor Time
Movie Matinee
Word Games
Jewish Melodies

DAILY

Synagogue Services

The JEKMC Therapeutic Activity programming reflects a wellness/holistic model. Recreational activities are used: as a tool to provide for the needs and interests of each individual; to encourage active living; to utilize old skills and talents as well as to learn new skills and develop new interests. The computer lab offers training in basic skills, internet and email. Religious and spiritual activities add aspects to "mind, body, and spirit," thus fostering a holistic program.

ALZHEIMER'S SPECIAL CARE

SUNDAY

Exercise/Music
Sunday Matinee
Reflections
Learning Circle
Concert

MONDAY

Memory Enhancement
Music
Sing-a-long
Roll a Question
Reflections
Learning Circle

TUESDAY

Sing-a-long
Body Dynamics
Sensory Stimulation
Cultural Studies
Piano Music
Charades
Learning Circle
Gentlemen's Picnic

WEDNESDAY

Morning Massage
Music
Bingo
Pet Visits
Food Fun
Reflections
Learning Circle
Hollywood Classics
Viola Music

THURSDAY

Silk Scarf Exercise
Makes Good Sense
Sounds We Know
Cultural Studies
Spin the Wheel
Arts & Crafts
Reflections
Sharing Thru Photos

FRIDAY

Sensory Stimulation
Piano Music
Reflections
Learning Circle
Candle Lighting
Shabbat Services

SATURDAY

Synagogue Services
Exercise
News & Media
Movie & Popcorn
Reflections
Learning Circle

DAILY

Synagogue Services

MONTHLY
Lunch Outing

The Goldenberg-Ziman Special Care Center provides an environment that allows each person to retain and enhance his or her motor, cognitive, and "life" skills as long as possible. Learning Circles offer each individual the opportunity to reminisce, participate and have the experience of inclusiveness. Recreational programming is specifically tailored to fit the resident's needs while utilizing past-life skills and maximizing their independence.