

YOUR PHARMACIST IS “GOLDEN”

By Janey M. Rifkin

Did you know that your neighborhood pharmacist is the most accessible, the most prescription-savvy, and the least costly health resource you have? You can drop in most anytime without an appointment, and your pharmacist will interrupt whatever he or she is doing – to answer your questions. Especially at a time of outrageous health care costs, that is truly extraordinary!

A good pharmacist should be your health consultant, and be counted among your best friends. (Incidentally, almost 80% of pharmacology school grads are women.) Licensed professionals, they will advise you about every new prescription, how to take it, and any side effects which might arise. By contrast, medical school students take just one or 2 classes in pharmacology.

A common error used to be when different doctors prescribe for the same patient. No longer. Today’s prescriptions are checked at the pharmacy, to prevent interactions among drugs – a wonderful safeguard indeed!

And your pharmacist may save you money. They are aware of discount and assistance programs, as well as generic alternatives and brand name therapeutic equivalents for your prescribed meds.

Classes and excursions for Fall 2017

We are in the planning stages for our Fall classes. If you have any suggestions for classes, day trips or instructors who would like to teach a class, please contact Sue Somberg: ssomberg@gmail.com

THANK YOU ...

to Volunteer **Paula Chaskes** for her donation of a ping pong table.

It is located on the patio...



NEW!

TRIVIA CLUB

NEW!

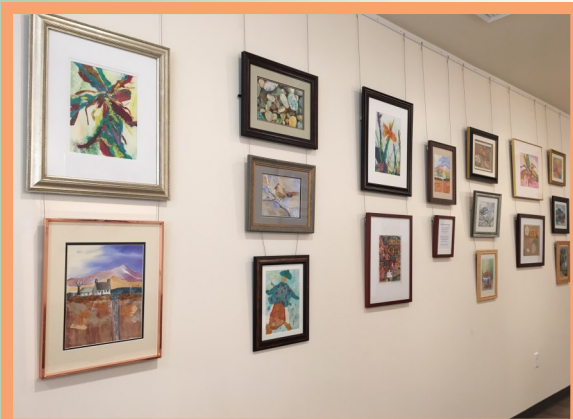
Alan Wills is starting a Trivia Club, like the trivia games played on every cruise ship! The club will meet on Tuesdays from 9am to 12 noon. Sign up now, begin playing in July. Contact Alan: (818) 222-9923 or Awills@chartner.net

Teacher Profile: Anita Jackman



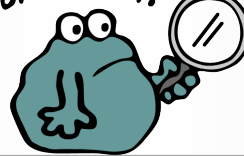
Anita Jackman, instructor of theater class “Acting For Fun”, says, “If you can walk, you can dance; if you can talk, you can sing”. Originally from New York, Anita received her Master’s degree in theater and speech from Columbia University. She has taught in both middle and high schools, using creative dramatics to teach English.

At CSUN, Anita directed plays, created costumes, and handled the make-up and scenery. Some of her students have become professionals in the arts. The class Anita teaches at the Calabasas Senior Center includes improvisation, creating skits, and pantomime. The class focuses on having the “child” in you, express yourself. “Acting For Fun” meets on Tuesday afternoons. Sign up at the front desk.



Our beautiful new ART WALL on the second floor of the CSC. Paintings have been prepared by both beginning and advanced art students.

LOOKING FOR SOMETHING?



www.marktoon.co.uk

Check with the front desk if you have left something at the Calabasas Senior Center. Our **Lost and Found** has sunglasses, yoga mats, umbrellas and water bottles.

Calabasas Senior Center
300 Civic Center Way
(818) 224-1777

Monday-Friday
9:00 am—5:00 pm

Saturdays
9:00 a.m.—12:00 pm

www.CalabasasSeniorCenter.com

MAY 2017

ART ROOM CARD ROOM CONFERENCE ROOM MULTIPURPOSE ROOM SPORTS ROOM OUTSIDE OF CSC TENNIS & SWIM CENTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12 noon-8p Open Card Play 9a-5p Putting Green 9a-8p Billiards & Darts 11a-2p Canasta Club 12:30-4pm Mexican Train Club	2 9-11a Pinochle Club 9a-1p Open Card Play 9a-5p Billiards & Darts 9a-5p Putting Green 1-3:30pm Poker Club 2-3pm Billiards Club	3 9a-5p Open Card Play 9a-5p Putting Green 9a-5p Ping Pong & Darts 12n-3p Scrabble Club 2:30-4:30p Ping Pong Club 3-5PM STEERING COMMITTEE	4 9a-5p Open Card Play 9:15-12:45p Mah Jongg 9a-5p Billiards & Darts 9a-5p Putting Green	5 NO CLASSES	6 CLOSED
7	8 12 noon-8p Open Card Play 9a-5p Putting Green 9a-8p Billiards & Darts 11a-2p Canasta Club 12:30-4pm Mexican Train Club 3-5pm Photography 6:30-7:30pm Animal Lovers	9 7:30am Hiking Club 9-11a Pinochle Club 9a-1p Open Card Play 9a-5p Billiards & Darts 9a-5p Putting Green 1-3:30pm Poker Club 2-3pm Billiards Club	10 9a-1pm Open Paint Time 9a-5p Open Card Play 9a-5p Putting Green 9a-5p Ping Pong & Darts 12n-3p Scrabble Club 2:30-4:30p Ping Pong Club	11 9a-5p Open Card Play 9:15-12:45p Mah Jongg 9a-5p Billiards & Darts 9a-5p Putting Green 3:00-5:00p Garden Club	12 1p-12p Open Paint Time 9a-5pm Open Card Play 9a-5p Ping-Pong & Darts 9a-5p Putting Green 11a Backgammon Club 3-5 TECH HELP	13 9-11:45 am Open Paint Time Open Card Play Billiards & Darts Putting Green
14	15 9a-8p Open Card Play 9a-5p Putting Green 9a-8p Billiards & Darts 11a-2p Canasta Club 12:30-4pm Mexican Train Club	16 9-11a Pinochle Club 9a-1p Open Card Play 9a-5p Billiards & Darts 9a-5p Putting Green 1-3:30pm Poker Club 2-3pm Billiards Club	17 9a-1pm Open Paint Time 9a-5p Open Card Play 9a-5p Putting Green 9a-5p Ping Pong & Darts 12n-3p Scrabble Club 2:30-4:30p Ping Pong Club 3:00-5p Advisory Board Mtg.	18 9a-5p Open Card Play 9:15-12:45p Mah Jongg 9a-5p Billiards & Darts 9a-5p Putting Green 1:30pm Book Club	19 1p-5p Open Paint Time 9a-5pm Open Card Play 9a-5p Ping-Pong & Darts 9a-5p Putting Green 11a Backgammon Club 3-5 TECH HELP	20 9-11:45 am Open Paint Time Open Card Play Billiards & Darts Putting Green
21	22 9a-5p Open Card Play 9a-5p Putting Green 9a-5p Billiards & Darts 11a-2p Canasta Club 12:30-4pm Mexican Train Club 3:00-5:00pm Movie Club	23 7:30am Hiking Club 9-11a Pinochle Club 9a-1p Open Card Play 9a-5p Billiards & Darts 9a-5p Putting Green 1-3:30pm Poker Club 2-3pm Billiards Club	24 9a-5p Open Card Play 9a-5p Putting Green 9a-5p Ping Pong & Darts 12n-3p Scrabble Club 2:30-4:30p Ping Pong Club 2-3:00pm Travel Club	25 9a-5p Open Card Play 9:15-12:45p Mah Jongg 9a-5p Billiards & Darts 9a-5p Putting Green	26 1p-5p Open Paint Time 9a-5pm Open Card Play 9a-5p Ping-Pong & Darts 9a-5p Putting Green 11a Backgammon Club 3-5 TECH HELP	27 9-11:45 am Open Paint Time Open Card Play Billiards & Darts Putting Green
28	29 9a-5p Open Card Play 9a-5p Putting Green 9a-5p Billiards & Darts 11a-2p Canasta Club 12:30-4pm Mexican Train Club	30 9-11a Pinochle Club 9a-1p Open Card Play 9a-5p Billiards & Darts 9a-5p Putting Green 1-3:30pm Poker Club 2-3pm Billiards Club	31 9a-5p Open Card Play 9a-5p Putting Green 9a-5p Ping Pong & Darts 12n-3p Scrabble Club 2:30-4:30p Ping Pong Club			