

THE Greenhaven Estates Lifestyle



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
7548 Greenhaven Drive · Sacramento, CA 95831 · (916) 427-8887

Leadership Team

**Executive Director/
Business Office Director**
Alexandria Noel

Assisted Living Director
Arlene Moreno
Resident Care Coordinator
Tyler Brown

Activities Director
AL- Kaitlynn Eagleson
MC- Gabriella Zamudio

Dining Director
Bradley Boyer

Maintenance Director
Steven Corey
Sales Director
Lindsey Palmer

JANUARY 2024



Welcome New Year!

No matter how you choose to spend New Year's Eve, it is a time to celebrate new beginnings and the endless possibilities that a new year brings. As we ring in the new year, let us also remember to be grateful for all that we have. No matter what challenges we may face, there is always something to be thankful for—friends, family and life in general!



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Popular Pages: 'Pride and Prejudice'




Romance author extraordinaire Jane Austen is well known for her beautiful works of fiction. Her 1813 novel about Elizabeth Bennet and Mr. Fitzwilliam Darcy shows that you can't judge a person by a first impression. With a rocky start to their relationship, will Miss Bennet and Mr. Darcy let love slip through their fingers? Or can they overcome their own pride and prejudices to truly see one another? One of the most popular novels of all time, "Pride and Prejudice" has many modern adaptations in various media.

Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

**"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."
—Rainer Maria Rilke**

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	New Year's Day 1 10:00 Shopping 🛒 12:30 Games 🎲 3:00 Happy Hour ☕ 4:00 Bridge 🎴	National Cream Puff Day! 2 9:30 Exercise 🚶 10:30 Morning Walk 🚶 1:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕	3 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Resident Council Meeting 2:00 Cooking 🍳 3:00 Happy Hour ☕	4 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:45 Church 12:30 Arts & Crafts 🎨 2:00 Bingo 3:00 Happy Hour ☕	5 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Outing 🚗 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	6 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 12:30 Bingo on MC 3:00 Nails	
7 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 🎬 4:00 Games 🎲	8 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Book Club Meeting ❤️ 3:00 Happy Hour ☕ 4:00 Bridge 🎴	9 9:30 Exercise 🚶 10:30 Morning Walk 🚶 1:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕	10 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Chef's Chat 2:00 Cooking 🍳 3:00 Happy Hour ☕	11 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:45 Church 12:30 Arts & Crafts 🎨 2:00 Bingo 3:00 Happy Hour ☕	12 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Outing 🚗 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	13 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails	
14 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 🎬 4:00 Games 🎲	Martin Luther King Jr. Day 15 10:00 Shopping 🛒 12:30 Games 🎲 3:00 Happy Hour ☕ 4:00 Bridge 🎴	16 9:30 Exercise 🚶 10:30 Morning Walk 🚶 1:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕	17 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Town Hall Meeting 2:00 Cooking 🍳 3:00 Happy Hour ☕	18 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:45 Church 12:30 Arts & Crafts 🎨 2:00 Bingo 3:00 Happy Hour ☕	19 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Outing 🚗 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	20 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails	
21 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 🎬 4:00 Games 🎲	22 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Book Club Meeting ❤️ 3:00 Happy Hour ☕ 4:00 Bridge 🎴	23 9:30 Exercise 🚶 10:30 Morning Walk 🚶 1:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕	National Peanut Butter Day! 24 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Cooking 🍳 3:00 Happy Hour ☕	25 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:45 Church 12:30 Arts & Crafts 🎨 2:00 Bingo 3:00 Birthday Celebration Happy Hour! ☕	26 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Outing 🚗 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	27 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails	
28 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 🎬 4:00 Games 🎲	29 10:00 Shopping 🛒 12:30 Games 🎲 3:00 Happy Hour ☕ 4:00 Bridge 🎴	30 9:30 Exercise 🚶 10:30 Morning Walk 🚶 1:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕	31 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Cooking 🍳 3:00 Happy Hour ☕	 			

JANUARY

Laugh Lines: Ringing in the New Year

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!

Knock, knock.

Who's there?

Abby.

Abby who?

Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."

White in Your Diet

Though pale in color, white veggies such as cauliflower, potatoes, onions and mushrooms have just as many nutritional benefits as their colorful cousins. Many white foods contain anthoxanthins, a type of antioxidant that can lower blood pressure and reduce the risk of stroke. Snowy-hued foods also tend to be rich in potassium and magnesium.

Signs of Depression and How to Cope

Signs/Symptoms of Depression

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, guilt, worthlessness or helplessness
- Irritability, restlessness or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping, waking up too early or oversleeping
- Eating more or less than usual
- Thoughts of death or suicide

How to Help

- Stay in touch. Don't withdraw from life. Socializing can improve your mood. Keeping in touch with friends and family.
- Build a routine and stick to it.
- Relax. Relaxation can also help you cope with negative feelings.
- Find a hobby. Spend time doing something you love each day. Exercise boosts mood.
- Do things that boost your self-esteem; put on your favorite clothes, makeup, cologne, etc.
- Seek help. Don't be afraid to ask for help, everyone needs it from time to time. Your community and health care team are here for you.

