

THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
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Memorable Melody: 'You've Got a Friend'

This beloved folk ballad was written and recorded by Carole King in 1971, but her close friend and collaborator James Taylor was the one who took it to the top of the charts that same year. Though King didn't write the tune specifically for Taylor, she was inspired by a line in his hit song "Fire and Rain"—"I've seen lonely times when I could not find a friend"—and penned a heartfelt response, reassuring the listener that "All you have to do is call, and I'll be there." Both artists earned Grammys for "You've Got a Friend"—song of the year for King and best male pop vocal for Taylor—and it's a signature song for each that they've often performed together.

FEBRUARY 2024



Remember When: The M.A.S.H. Game

Played with just a pencil, paper and a friend or two, this fortune-telling game is a classic boredom buster for kids and teens. The name comes from the letters "M.A.S.H."—short for mansion, apartment, shack or house—written at the top of the page. A player then chooses a few more categories, such as "spouse," "job," "car" or "number of kids," and comes up with options for each. The wackier—like being married to a celebrity or having 100 kids—the better! Next, the player makes tally marks until another player yells "Stop!" This number is used to count through the categories and cross off options until only one option is left in each category. "M.A.S.H." was most popular in the 1980s and '90s, but historians have traced its origin to similar games, including "Tinker, Tailor," a fortune-telling nursery rhyme that was published in 1695.

FEBRUARY 2024






Five Fast Facts: Humpback Whales

Large and majestic, these marine beauties deserve all the love during Humpback Whale Awareness Month, celebrated annually in February. Did you know these fun facts? (1) These vocal mammals love to sing, and a single song can last up to 20 minutes. (2) Humpbacks only feed for half of the year, eating 22 hours each day. (3) The other half of the year is breeding season—the whales survive off their fat reserves and do not eat a single bite. (4) Performing full body breaches and flipper or tail slaps, humpbacks are the most acrobatic whale species. (5) While their bodies are mostly black, their undersides are coated with differing amounts of white—the pattern unique to each whale.

'Hint' Is One

How many words can you come up with using the letters in "date night"?

*"Connecting our hearts through love yields a nectar so sweet we are forever full."
—Amy Leigh Mercree*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				National Dark Chocolate Day 10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Bridge 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 12:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 3:00 Games	10:00 Shopping 12:30 Games 2:00 Presentation 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Social Tea 2:00 Bingo 3:00 Karaoke Happy Hour 3:30 Meditation with Shaku	9:30 Exercise 10:30 Morning Walk 12:00 Coffee Bar Wednesdays! 12:45 Resident Council Meeting 2:00 Cooking 3:00 Happy Hour	10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Bridge 3:00 Happy Hour	National Pizza Day 9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 12:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 3:00 Games	10:00 Shopping 12:30 Games 2:00 Book Club Meeting 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Social Tea 2:00 Bingo 3:00 Karaoke Happy Hour 3:30 Meditation with Shaku	Valentine's Day! 9:30 Exercise 10:30 Morning Walk 12:45 Chef's Chat 2:00 Valentine's Day Party!	10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Bridge 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 12:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 3:00 Games	Presidents Day 10:00 Shopping 12:30 Games 2:00 Presentation 3:00 Happy Hour	National Muffin Day 9:30 Exercise 10:30 Morning Walk 12:30 Social Tea 2:00 Bingo 3:00 Karaoke Happy Hour 3:30 Meditation with Shaku	9:30 Exercise 10:30 Morning Walk 12:45 Town Hall Meeting 2:00 Cooking 3:00 Happy Hour	February Birthday Celebration! 10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Bridge 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 12:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 3:00 Games	10:00 Shopping 12:30 Games 2:00 Book Club Meeting 3:00 Happy Hour	National Strawberry Day 9:30 Exercise 10:30 Morning Walk 12:30 Social Tea 2:00 Bingo 3:00 Karaoke Happy Hour 3:30 Meditation with Shaku	9:30 Exercise 10:30 Morning Walk 2:00 Cooking 3:00 Happy Hour	10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Bridge 3:00 Happy Hour		



Brain Bender: Presidential Pop Quiz

Use the following clues to unscramble the name of an American president.

1. He was the first president to be born a citizen of the United States: VAUERT IAN RNBMN
 2. This president served two non-consecutive terms in the late 1800s: ERAEEG OCVLVRLDN
 3. Before becoming president, this man briefly served as the director of the CIA: RSHWGE GO UBHE
 4. The first Siamese cat in America was gifted to this president and his wife: REFDRAYEHO R TBHUS
 5. This former U.S. president was awarded the Nobel Peace Prize in 2002: RAYRM TCIMJE
 6. After his presidency, this man was appointed chief justice on the Supreme Court: MATLROL IATADF WIHW
 7. To date, he's the only U.S. president to have earned a Ph.D.: OSLOWWR OWDONI
 8. He was the first president who was born outside the continental U.S.: BBKMAA CAOAR
 9. This president's middle initial doesn't stand for anything: RAHRN T UMRYS
 10. The country's Interstate Highway System was established under this president: ERIWDE E TIHSGWNHDO
- (Answers: 1. Martin Van Buren; 2. Grover Cleveland; 3. George H.W. Bush; 4. Rutherford B. Hayes; 5. Jimmy Carter; 6. William Howard Taft; 7. Woodrow Wilson; 8. Barack Obama; 9. Harry S. Truman; 10. Dwight D. Eisenhower)

Why You Should Participate in Activities?

- **Become happier and less depressed.** Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.
- **Improve thinking abilities.** Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better.
- **Learn a new skill or topic.** Every day there is a possibility to learn something new!
- **Make friends.** Friendships are meant to be made in our community!

Making a Splash

If you watch sports, then you probably know about the famed Gatorade shower, also known as the Gatorade dunk or bath. This tradition of dumping a cooler full of liquid onto the head coach—or star player—began with New York Giants defensive tackle Jim Burt in 1984. After some grueling practices that resulted in a winning game, Burt, linebacker Harry Carson and team dumped the icy drink all over head coach Bill Parcells. This bit of fun has since become a beloved tradition for victorious teams.