



THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

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

APRIL 2023

Leadership Team

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Kayla Davis

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Assisted Living Director
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AL Resident Care Coordinator
Arlene Moreno

Activities Director
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MC Resident Care Coordinator
Desiree Burns

Dining Director
Dennis Lalata

Maintenance Director
Steven Corey



Spring is such an amazing time of year. It's a time when billions upon billions of plants—everything from trees and bushes to flowers and even the tiniest little blades of grass—begin to cover the earth, bringing with it a sense of hope and renewal. Welcome Spring!

APRIL 2023

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!

“The sky is always beautiful. Even when it’s dark or rainy or cloudy, it’s still beautiful to look at ... and it’ll be there no matter what.”
—Colleen Hoover

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						April Fools' Day 1 9:00 Exercise- Residents' Choice 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Bingo on MC 3:30 Trivia ★ 5:30 Movie Night- Residents' Choice
Palm Sunday 2 9:30 Morning Meeting 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 4:00 Games	3 9:30 Morning Meeting 10:00 Shopping 12:00 Bingo 1:15 Fit for Life Class 2:30 Happy Hour	4 9:30 Morning Meeting 10:30 Exercise 12:30 Creating Easter Baskets for Shriner's Children's Hospital 1:30 Book Club Meeting 2:30 Happy Hour 5:00 Movie Night- Drama	Passover Begins 5 9:30 Morning Meeting 12:00 Meditation with Shaku 12:45 Resident Council Meeting 1:30 Cooking 2:30 Happy Hour 4:00 Garden Check	6 9:30 Morning Meeting 10:00 Get Fit with Jess 10:45 Church 12:30 Trivia/Jeopardy ★ 1:30 Manicures & Music 2:30 Happy Hour 5:30 Movie Night- Comedy	Good Friday 7 9:30 Morning Meeting 10:45 Arts & Crafts 12:00 Bingo 2:30 Bridge 2:30 Happy Hour	8 9:00 Exercise- Residents' Choice 9:30 Morning Meeting 11:30 Easter Lunch 12:30 Easter Egg Hunt 3:30 Trivia ★ 5:30 Movie Night- Residents' Choice
Easter 9 9:30 Morning Meeting 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 4:00 Games	10 9:30 Morning Meeting 10:00 Shopping 12:00 Bingo 1:15 Fit for Life Class 2:00 Trivia ★ 2:30 Happy Hour	11 9:30 Morning Meeting 10:30 Exercise 12:30 Arts & Crafts 2:30 Happy Hour 5:00 Movie Night- Drama	12 9:30 Morning Meeting 12:00 Games 12:45 Chef's Chat 1:30 Cooking 2:30 Happy Hour 4:00 Garden Check	Passover Ends 13 9:30 Morning Meeting 10:00 Get Fit with Jess 10:45 Church 12:30 Trivia/Jeopardy ★ 1:30 Manicures & Music 2:30 Happy Hour 5:30 Movie Night- Comedy	14 9:30 Morning Meeting 10:45 Arts & Crafts 12:00 Bingo 2:30 Bridge 2:30 Happy Hour	15 9:00 Exercise- Residents' Choice 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Bingo on MC 3:30 Trivia ★ 5:30 Movie Night- Residents' Choice
16 9:30 Morning Meeting 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 4:00 Games	17 9:30 Morning Meeting 10:00 Shopping 12:00 Bingo 1:15 Fit for Life Class 2:30 Happy Hour	18 9:30 Morning Meeting 10:30 Exercise 12:30 Arts & Crafts 1:30 Book Club Meeting 2:30 Happy Hour 5:00 Movie Night- Drama	19 9:30 Morning Meeting 12:00 Meditation with Shaku 12:45 Town Hall Meeting 1:30 Cooking 2:30 Happy Hour 4:00 Garden Check	20 9:30 Morning Meeting 10:00 Get Fit with Jess 10:45 Church 12:30 Trivia/Jeopardy ★ 1:30 Manicures & Music 2:30 Happy Hour 5:30 Movie Night- Comedy	21 9:30 Morning Meeting 10:45 Arts & Crafts 12:00 Bingo 2:30 Bridge 2:30 Happy Hour	Earth Day 22 9:00 Exercise- Residents' Choice 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Bingo on MC 3:30 Trivia ★ 5:30 Movie Night- Residents' Choice
23 9:30 Morning Meeting 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 4:00 Games	24 9:30 Morning Meeting 10:00 Shopping 12:00 Bingo 1:15 Fit for Life Class 2:00 Trivia ★ 2:30 Happy Hour	25 9:30 Morning Meeting 10:30 Exercise 12:30 Arts & Crafts 2:30 Happy Hour 5:00 Movie Night- Drama	April Birthday Celebration 26 9:30 Morning Meeting 12:00 Games 1:30 Cooking 2:30 Birthday Happy Hour 4:00 Garden Check	27 9:30 Morning Meeting 10:00 Get Fit with Jess 10:45 Church 12:30 Trivia/Jeopardy ★ 1:30 Manicures & Music 2:30 Happy Hour 5:30 Movie Night- Comedy	National Blueberry Pie Day 28 9:30 Morning Meeting 10:45 Arts & Crafts 12:00 Bingo 2:30 Bridge 2:30 Happy Hour	29 9:00 Exercise- Residents' Choice 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Bingo on MC 3:30 Trivia ★ 5:30 Movie Night- Residents' Choice
30 9:30 Morning Meeting 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice 4:00 Games						



Join us for cooking every Wednesday in the lounge for Cooking! Help us make something to share during happy hour!

Brain Bender: Grow a Garden

Using the clues provided, make the word "flower" grow into "garden" by changing one letter at a time to form a different word.

FLOWER

- Moved like water
- Imperfect
- Burned
- Created bubbles
- Sculpted shapes
- Grew crops
- Heated up
- Protected from danger
- Person in charge

GARDEN

(Answer: flower, flowed, flawed, flamed, foamed, formed, farmed, warmed, warded, warden, garden)

Happy Birthday to the U.S. Army Reserve

This month marks the 115th year of operations for the United States Army Reserve, which was founded on April 23, 1908. The Army Reserve is a force made up of both military members and civilians. Living up to the slogan "Ready Now! Shaping Tomorrow," their role is to be ready to go within a moment's notice when the U.S. military is in need of additional manpower.

Wit & Wisdom

"A heart of gold is where the rainbow begins."

—Tammy L. Kubasko

"The sighting of a rainbow never fails to bring a smile to people's faces. They signify optimism and positivity: with them comes the sunshine after the rain."

—Matthew Williamson

"Life without dreams is like a rainbow without colors."

—Greyson Chance

"Rainbows remind us that even after the darkest clouds and the fiercest winds there is still beauty."

—Katrina Mayer

"All the best things in life are free: love, smiles, friends, family, pets and companions, thoughts, sunsets and sunrises and especially rainbows."

—Anthony T. Hincks

"Why would I spend my life chasing rainbows, when I can be still and see them in their full beauty?"

—Rasheed Ogunlaru

"Weekends are a bit like rainbows; they look good from a distance but disappear when you get up close to them."

—John Shirley

"The way I see it, if you want the rainbow, you gotta put up with the rain."

—Dolly Parton

"Look at the rainbow. It is made up of different colors, yet they do not split, because they know how beautiful they are when they stick together."

—Michael Bassey Johnson

Happy April Fools' Day

Did you know we prank one another on April 1?

Yes, I'm fool-y aware.

