



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 2024

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Assisted Living Director

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Resident Care Coordinator

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Popcorn Pick: 'A League of Their Own'

Director Penny Marshall scored a hit with this 1992 comedy-drama about the early days of the All-American Girls Professional Baseball League, a real-life league formed during World War II. This fictionalized story centers on the first-season struggles of the Rockford Peaches, played by a colorful lineup of stars, including Geena Davis, Madonna and Rosie O'Donnell. The team is coached by former ballplayer Jimmy Dugan (Tom Hanks), whose famous rebuke "There's no crying in baseball!" has become one of the most memorable lines in movie history.



Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

Penny for Your Thoughts

You might have gotten more than you expected had someone said this phrase to you in 1787! That's when the U.S. Congress of the Confederation—which governed the emerging United States following the Revolutionary War—authorized its first penny: the Fugio cent. In addition to its monetary value, the copper coin also boasted some advice. "Mind Your Business," a proverb popularized by Benjamin Franklin, was engraved on the front, while the patriotic motto "We Are One" appeared on the back.

APRIL 2024

Groovy, Baby!

Rock some flares with flair!
April 5 is Bell Bottoms Day.

See a Solar Eclipse

On April 8, millions of people in the U.S. will have the chance to witness the spectacle of a total solar eclipse, when the moon will pass in front of the sun and darken the sky. This astronomical event will span across the continent from Mexico to northeastern Canada. In the path of totality, the darkness will last up to 4 1/2 minutes, nearly twice as long as the total solar eclipse in 2017. Even those outside the main path can experience a partial eclipse, where the moon will partially block the sun. Remember, you should never look directly at the sun during an eclipse event. Be sure to wear solar viewing glasses, use approved solar filters on cameras and binoculars, or view the eclipse indirectly with a pinhole camera.

**"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Bridge	2 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬	3 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Resident Council Meeting 2:00 Cooking 🍳 3:00 Happy Hour ☕	4 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 🚶 12:30 Outing 🚶 3:00 Happy Hour ☕ 5:30 Movie Night 🎬	6 9:30 Exercise 🚶 10:30 Morning Walk 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
7 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 🎬 4:00 Games 🎲	8 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Bridge	9 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Bingo 2:00 Book Club Meeting ♥ 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬	10 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Chef's Chat 2:00 Cooking 🍳 3:00 Happy Hour ☕	11 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 🚶 12:30 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- Resident's Choice 🎬 4:00 Games 🎲	15 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Bridge	16 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬	17 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:45 Town Hall Meeting 2:00 Cooking 🍳 3:00 Happy Hour ☕	18 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 🚶 12:30 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- Resident's Choice 🎬 4:00 Games 🎲	22 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Bridge	23 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Bingo 2:00 Book Club Meeting ♥ 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬	24 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Cooking 🍳 3:00 Happy Hour ☕	25 10:30 Morning Walk 🚶 10:45 Church 12:30 Arts & Crafts 🎨 2:00 Bingo 3:00 Happy Hour ☕	26 9:30 Exercise 🚶 10:30 Morning Walk 🚶 12:30 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- Resident's Choice 🎬 4:00 Games 🎲	29 10:00 Shopping 🛒 12:30 Games 🎲 1:30 Fit for Life Class 3:00 Happy Hour ☕ 3:30 Bridge	30 9:30 Exercise 🚶 10:30 Morning Walk 🚶 2:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour ☕ 5:00 Movie Night 🎬				

Popular Pages:

'A Tree Grows in Brooklyn'

Much of the growing up in this 1943 novel isn't done by the tree in the title, but by the smart and sensitive young girl at the heart of the story. Francie Nolan lives with her family in a poor Brooklyn, N.Y., neighborhood in the early 1900s. Though times are tough, Francie's hardworking mother is determined that her children will get an education. The lessons Francie learns about family, love and loss resonated with readers, particularly World War II soldiers, who were given a paperback Armed Services Edition of the book. Thousands of GIs wrote fan letters to author Betty Smith, thanking her for providing comfort with her inspiring tale.

Natural Bridges National Monument

They have been around for millennia, but the natural bridges of southeast Utah didn't become a national monument until April 16, 1908. The three bridges that make up the monument have gone through a number of name changes. Originally dubbed President, Senator and Congressman by Cass Hite, the prospector who introduced these natural wonders to the wider American public in 1883, the bridges were later renamed Augusta, Caroline and Edwin. The bridges were renamed again in 1909 when the park was expanded to include nearby Native American structures. The large stone formations now bear the Hopi names Sipapu ("the place of emergence"), Kachina (a reference to carved symbols that resemble Puebloan spirits) and Owachomo ("rock mound").

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala—by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes—can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



The Dish on Dandelions

Some see dandelions as unwelcome weeds, but this plant with its familiar bright yellow flower has many culinary uses. Its head, root and leaves are used in teas, soups, salads and jelly.

April Is National Poetry Month

Whether you believe that poetry is merely "the best words in the best order" (Samuel Taylor Coleridge) or "language at its most distilled and most powerful" (Rita Dove), April is the month to celebrate this lyrical form of expression. Brush up on these interesting poetry facts to impress your friends with!

- The longest poem in the world—the Indian epic poem "The Mahabharata"—is around 1.8 million words long!
- "The Epic of Gilgamesh," from ancient Sumer, is one of the oldest surviving epic poems. Gilgamesh's adventures were written on stone tablets sometime in the second millennium B.C.
- One of the shortest poems ever written is by George MacDonald. At a brief two words, the poem is shorter than its title ("The Shortest and Sweetest of Songs")! Another contender is "Lines on the Antiquity of Microbes" by Strickland Gillilan, more commonly known as "Fleas." The Guinness Book of Records, though, recognizes Aram Saroyan as the winner, with his four-legged "m."