



THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

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

MAY 2023

Leadership Team

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Kayla Davis

Business Office Director
Bridget Botez

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AL Resident Care Coordinator
Arlene Moreno

Activities Director
Kaitlynn Eagleson

MC Resident Care Coordinator
Desiree Burns

Dining Director
Dennis Lalata

Maintenance Director
Steven Corey



There is one relationship in this mortal life which effortlessly scores above all other known relationships on this Earth. Feeling confused? Don't scratch your head too much as that extraordinary relationship is none other than that of the mother, which is truly priceless in terms of her countless love, dedication and devotion toward her family. To acknowledge the presence of all mothers around the globe, Mother's Day is celebrated across more than 46 countries of the world. This is truly a special day for the mothers who are mostly underrated in this male-dominated society. Thank you to all mothers of Greenhaven Estates for your existence!

MAY 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!

Brainteaser

Question: What gets smaller every time it takes a bath?
Answer: A bar of soap.

“Keep a green tree in your heart and perhaps the singing bird will come.”
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Morning Meeting 10:00 Shopping 12:30 Trivia★ 1:30 Fit for Life Class 2:30 Chef Demo/Alternate Tasting 3:00 Happy Hour☕	2 9:30 Morning Meeting 10:30 Exercise👣 1:00 Bingo 2:00 Book Club Meeting♥ 3:00 Happy Hour☕ 5:00 Movie Night-Drama🎬	3 9:30 Morning Meeting 12:45 Resident Council Meeting 2:00 Cooking👩🍳 3:00 Happy Hour☕ 4:00 Garden Check	4 9:30 Morning Meeting 10:00 Get Fit with Jess👣 10:45 Church 12:30 Arts & Crafts🎨 1:30 Meditation with Shaku 3:00 Happy Hour☕ 5:30 Movie Night-Comedy🎬	5 Cinco de Mayo 9:30 Morning Meeting 10:00 Stretching👣 1:00 Bingo 2:30 Bridge🎴 3:00 Happy Hour☕	6 9:00 Exercise- Residents' Choice👣 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia★ 5:30 Movie Night-Residents' Choice🎬
7 9:30 Morning Meeting 10:00 Yoga Sunday👣 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice🎬 4:00 Games🎲	8 9:30 Morning Meeting 10:00 Shopping 12:30 Games🎴 1:30 Fit for Life Class 3:00 Happy Hour☕	9 9:30 Morning Meeting 10:30 Exercise👣 1:00 Bingo 3:00 Happy Hour☕ 5:00 Movie Night-Drama🎬	10 9:30 Morning Meeting 12:45 Chef's Chat 2:00 Cooking👩🍳 3:00 Happy Hour☕ 4:00 Garden Check	11 9:30 Morning Meeting 10:00 Get Fit with Jess👣 10:45 Church 12:30 Arts & Crafts🎨 1:30 Meditation with Shaku 3:00 Happy Hour☕ 5:30 Movie Night-Comedy🎬	12 9:30 Morning Meeting 10:00 Stretching👣 1:00 Bingo 1:45 Meditation with Shaku 2:30 Bridge🎴 3:00 Happy Hour☕	13 9:00 Exercise- Residents' Choice👣 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia★ 5:30 Movie Night-Residents' Choice🎬
14 Mother's Day 9:30 Morning Meeting 10:00 Yoga Sunday👣 11:30 Mother's Day Lunch/High Tea 1:00 Matinee- Residents' Choice🎬 4:00 Games🎲	15 National Chocolate Chip Day 9:30 Morning Meeting 10:00 Shopping 12:30 Games🎴 1:30 Fit for Life Class 2:30 Chef Demo/Alternate Tasting 3:00 Happy Hour☕	16 9:30 Morning Meeting 10:30 Exercise👣 1:00 Bingo 2:00 Book Club Meeting♥ 2:00 Dog Therapy🐾 3:00 Happy Hour☕ 5:00 Movie Night-Drama🎬	17 9:30 Morning Meeting 12:45 Town Hall Meeting 2:00 Cooking👩🍳 3:00 Happy Hour☕ 4:00 Garden Check	18 9:30 Morning Meeting 10:00 Get Fit with Jess👣 10:45 Church 12:30 Arts & Crafts🎨 1:30 Meditation with Shaku 3:00 Happy Hour☕ 5:30 Movie Night-Comedy🎬	19 9:30 Morning Meeting 10:00 Stretching👣 1:00 Bingo 2:30 Bridge🎴 3:00 Happy Hour☕	20 9:00 Exercise- Residents' Choice👣 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia★ 5:30 Movie Night-Residents' Choice🎬
21 9:30 Morning Meeting 10:00 Yoga Sunday👣 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice🎬 4:00 Games🎲	22 9:30 Morning Meeting 10:00 Shopping 12:30 Games🎴 1:30 Fit for Life Class 3:00 Happy Hour☕	23 May Birthday Celebration 9:30 Morning Meeting 10:30 Exercise👣 1:00 Bingo 3:00 Birthday Happy Hour☕ 5:00 Movie Night-Drama🎬	24 9:30 Morning Meeting 12:45 Games🎴 2:00 Cooking👩🍳 3:00 Happy Hour☕ 4:00 Garden Check	25 9:30 Morning Meeting 10:00 Get Fit with Jess👣 10:45 Church 12:30 Arts & Crafts🎨 1:30 Meditation with Shaku 3:00 Happy Hour☕ 5:30 Movie Night-Comedy🎬	26 9:30 Morning Meeting 10:00 Stretching👣 1:00 Bingo 2:30 Bridge🎴 3:00 Happy Hour☕	27 9:00 Exercise- Residents' Choice👣 9:30 Morning Meeting 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia★ 5:30 Movie Night-Residents' Choice🎬
28 9:30 Morning Meeting 10:00 Yoga Sunday👣 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Residents' Choice🎬 4:00 Games🎲	29 Memorial Day 9:30 Morning Meeting 10:00 Shopping 12:30 Games🎴 1:30 Fit for Life Class 2:30 Chef Demo/Alternate Tasting 3:00 Happy Hour☕	30 9:30 Morning Meeting 10:30 Exercise👣 1:00 Bingo 2:00 Book Club Meeting♥ 3:00 Happy Hour☕ 5:00 Movie Night-Drama🎬	31 9:30 Morning Meeting 12:45 Games🎴 2:00 Cooking👩🍳 3:00 Happy Hour☕ 4:00 Garden Check			



Fitness for Life Class with Cheryl has been a huge hit! No matter your experience or capabilities, we'd love for each resident to give it a try. Join us every Monday @ 1:30pm in our new fitness area, near the med room!

'Wolf' Is One

How many words can you come up with using the letters in "Flower Moon"?



For Easter this year, our residents put together some goodie bags to send to the Sacramento Children's Shelter. The bags included toys, notebooks, pencils, slime, and we could not forget the candy!

Laugh Lines: Stadium Snickers

Hit a home run with your pals by sharing some of these baseball jokes!

Q: What has 18 legs and catches flies?

A: A baseball team!

Q: Where does a baseball player go when he gets his uniform dirty?

A: New Jersey.

Q: What takes longer—running from first to second base, or running from second to third base?

A: Running from second to third, because there's a shortstop in the middle.

Q: How do ball players stay cool?

A: By standing next to the fans!

Q: What is a designated hitter's favorite spot at the playground?

A: The swings.

Q: What does a baseball team and a stack of pancakes have in common?

A: They both need a good batter.

Q: What do you call a baseball player who likes to climb trees?

A: Babe Root.

Q: Why aren't chickens good at baseball?

A: Because they always hit fowl balls.

Q: Where do ball players clean their bats?

A: In the bat tub!

Q: What did the outfielder say to the baseball?

A: "Catch you later!"

