

# 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**  
Kayla Davis

**Business Office Director**  
Bridget Botez

**Sales Director**  
Krysta Broughton

**Assisted Living Director**  
Alexandria Rodriguez

**AL Resident Care Coordinator**  
Arlene Moreno

**Activities Director**  
Kaitlynn Eagleson

**MC Resident Care Coordinator**  
Desiree Burns

**Dining Director**  
Dennis Lalata

**Maintenance Director**  
Steven Corey

## Watch Sports for Your Well-Being

Can going to a ballgame, golf tournament or other live sporting event make you happier? The research says yes! Attending a competition of any level, from youth games to major league matchups, can raise one's self-esteem while lowering feelings of loneliness. Sharing a space with fellow fans builds community and trust, and regular spectators report a stronger sense of well-being and satisfaction with life.

## JUNE 2023



Let's kick off the beginning of summer with a Greenhaven Luau! Join us for food, drinks, games, and entertainment June 6th @ 2:30pm in the small dining room!



# FATHER'S DAY

Father's Day Lunch Sunday, June 18th @ 11:30am!

## Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Get Fit with Jess 10:45 Church 12:30 Arts & Crafts 1:30 Meditation with Shaku 2:30 Happy Hour 5:30 Movie Night- Throwback Thursday	2 9:30 Nature Walk 12:45 Bingo 2:30 Happy Hour 3:00 Bridge 4:00 Gardening	3 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia 5:30 Movie Night- Resident's Choice
4 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games	5 10:00 Shopping 12:30 Games 1:30 Fit for Life Class 2:30 Happy Hour 3:00 Tech Help	6 <b>Luau Summer Celebration</b> 9:30 Exercise 12:45 Bingo 2:30 Luau 5:30 Movie Night- Today's Movies	7 <b>National Donut Day</b> 9:30 Exercise <b>12:45 Resident Council            Meeting</b> 1:30 Cooking 2:30 Happy Hour 4:00 Trivia	8 10:00 Get Fit with Jess 10:45 Church 12:30 Arts & Crafts 1:30 Meditation with Shaku 2:30 Happy Hour 5:30 Movie Night- Throwback Thursday	9 9:30 Nature Walk 12:45 Bingo 2:30 Happy Hour 3:00 Bridge 4:00 Gardening	10 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia 5:30 Movie Night- Resident's Choice
11 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games	12 10:00 Shopping 12:30 Games 1:30 Fit for Life Class 2:30 Happy Hour 3:00 Paint & Sip	13 9:30 Exercise 12:45 Bingo <b>2:00 Book Club            Meeting</b> 2:30 Karaoke Happy Hour 5:30 Movie Night- Today's Movies	14 9:30 Exercise <b>12:45 Chef's Chat</b> 1:30 Cooking 2:30 Happy Hour 4:00 Trivia	15 10:00 Get Fit with Jess 10:45 Church 12:30 Arts & Crafts 1:30 Meditation with Shaku 2:30 Happy Hour 5:30 Movie Night- Throwback Thursday	16 9:30 Nature Walk 12:45 Bingo <b>2:00 Ice Cream Social</b> 2:30 Happy Hour 3:00 Bridge 4:00 Gardening	17 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia 5:30 Movie Night- Resident's Choice
<b>Father's Day</b> 18 10:00 Yoga Sunday 11:30 Father's Day Lunch 1:00 Matinee- Resident's Choice 4:00 Games	<b>Juneteenth</b> 19 10:00 Shopping 12:30 Games 1:30 Fit for Life Class 2:30 Happy Hour 3:00 Paint & Sip	20 9:30 Exercise 12:45 Bingo 2:30 Karaoke Happy Hour 5:30 Movie Night- Today's Movies	21 9:30 Exercise <b>12:45 Town Hall Meeting</b> 1:30 Cooking 2:30 Happy Hour 4:00 Trivia	22 10:00 Get Fit with Jess 10:45 Church 12:30 Arts & Crafts 1:30 Meditation with Shaku 2:30 Happy Hour 5:30 Movie Night- Throwback Thursday	23 9:30 Nature Walk 12:45 Bingo 2:30 Happy Hour 3:00 Bridge 4:00 Gardening	24 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia 5:30 Movie Night- Resident's Choice
25 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games	26 10:00 Shopping 12:30 Games 1:30 Fit for Life Class 2:30 Happy Hour 3:00 Paint & Sip	<b>June Birthday Celebration</b> 27 9:30 Exercise 12:45 Bingo <b>2:00 Book Club            Meeting</b> 2:30 Birthday Happy Hour 5:30 Movie Night- Today's Movies	28 9:30 Exercise 12:45 Games 1:30 Cooking 2:30 Happy Hour 4:00 Trivia	29 10:00 Get Fit with Jess 10:45 Church 12:30 Arts & Crafts 1:30 Meditation with Shaku 2:30 Happy Hour 5:30 Movie Night- Throwback Thursday	30 9:30 Nature Walk 12:45 Bingo 2:30 Happy Hour 3:00 Bridge 4:00 Gardening	

## 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!

## 'Son' Is One

How many words can you come up with using the letters in "let's go fishing"?

**"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."**  
—Lori Longbotham





**Resident of the Month!**  
**Frances Alarcon**

Thank you for being one of our very special residents! We love your sassiness, jokes, participation, and beautiful smile at our community!

## Laugh Lines: 'Seas' the Moment

Soak in some fun with these water witticisms:

Jill: "What's your favorite beach?"

Joe: "It's a beach in California."

Jill: "California has a lot of beaches. Could you be more Pacific?"

Two men rented a canoe and went fishing in a remote part of a lake. Admiring their day's big catch, one of the men said, "We need to mark this spot!" The other man took out his pocketknife and began carving a big X in the bottom of the canoe.

"What are you doing?" yelled the first man. His buddy explained, "I'm marking our spot, like you said!" "That doesn't make any sense! How do you know we'll get the same canoe next time?!"

A geology professor's former student returned to campus one day with a gift for her teacher, a unique soil sample she'd collected from a faraway river. Upon receiving the gift, the professor replied, "I appreciate the sediment."

Q: Why did the teacher dive into the lake?

A: She wanted to test the water.

Q: What did the tide pool say to the other tide pool?

A: Show me your mussels.

Q: What keeps a dock floating above water?

A: Pier pressure.

Q: Why is the ocean always on time?

A: It likes to stay current.

## Music's Greatest Hit

"One good thing about music, when it hits you, you feel no pain." —Bob Marley

## 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!"

## Brainteaser

Question: What do an island and the letter "T" have in common?

Answer: They're both in the middle of water.

