



THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
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JULY 2023



Happy Independence Day! Join us for a 4th of July BBQ @ 11:30 in the small dining room! We'll have food, music and games!

Remember When: Union Labels

"Look for the union label." That message was the slogan of the International Ladies' Garment Workers' Union, formed in 1900. Union labels, also called bugs, had already been in use for decades, marking products such as clothing, lumber and cigars. The label indicated that not only was the product good quality, but also that the people who made it were paid fairly and treated well. As the textiles industry took off in the 20th century, so did the women's rights movement. The ILGWU launched a campaign encouraging consumers to check store-bought garments for their union bug. Printed on promotional items like notepads and keychains, the "Look for the union label" motto later became a catchy commercial jingle. Though union labels are less common today, they've become a helpful tool for vintage clothing shoppers, who can determine a garment's age from its ILGWU label.

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 7:30 Breakfast 10:00 Yoga Sunday 11:00 Lunch 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games 4:30 Dinner	3 7:30 Breakfast 10:00 Shopping 11:00 Lunch 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner	4 Independence Day 7:30 Breakfast 11:30 4th of July BBQ 1:00 Bingo 3:00 Karaoke Happy Hour 4:30 Dinner 5:30 Movie Night- Today's Movies	5 7:30 Breakfast 10:30 Exercise 11:00 Lunch 12:45 Resident Council Meeting 2:00 Cooking 3:00 Happy Hour 4:00 Gardening 4:30 Dinner	6 7:30 Breakfast 10:30 Exercise 10:45 Church 11:00 Lunch 12:30 Trivia 1:30 Meditation with Shaku 3:00 Happy Hour 4:30 Dinner 5:30 Movie Night- Throwback Thursday	7 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Happy Hour 4:30 Dinner	8 7:30 Breakfast 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 11:00 Lunch 3:30 Trivia 4:30 Dinner 5:30 Movie Night- Resident's Choice
9 7:30 Breakfast 10:00 Yoga Sunday 11:00 Lunch 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games 4:30 Dinner	10 7:30 Breakfast 10:00 Shopping 11:00 Lunch 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:00 TECH HELP 4:30 Dinner 4:30 Restaurant Club	11 7:30 Breakfast 10:30 Exercise 11:00 Lunch 1:00 Bingo 2:00 Book Club Meeting 3:00 Karaoke Happy Hour 4:30 Dinner 5:30 Movie Night- Today's Movies	12 7:30 Breakfast 10:30 Exercise 11:00 Lunch 12:45 Chef's Chat 2:00 Cooking 3:00 Happy Hour 4:00 Gardening 4:30 Dinner	13 7:30 Breakfast 10:30 Exercise 10:45 Church 11:00 Lunch 12:30 Trivia 1:30 Meditation with Shaku 3:00 Happy Hour 4:30 Dinner 5:30 Movie Night- Throwback Thursday	14 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Happy Hour 4:30 Dinner	15 7:30 Breakfast 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 11:00 Lunch 3:30 Trivia 4:30 Dinner 5:30 Movie Night- Resident's Choice
16 7:30 Breakfast 10:00 Yoga Sunday 11:00 Lunch 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games 4:30 Dinner	17 7:30 Breakfast 10:00 Shopping 11:00 Lunch 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner	18 7:30 Breakfast 10:30 Exercise 11:00 Lunch 1:00 Bingo 2:00 Dog Therapy 3:00 Karaoke Happy Hour 4:30 Dinner 5:30 Movie Night- Today's Movies	19 7:30 Breakfast 10:30 Exercise 11:00 Lunch 12:45 Town Hall Meeting 2:00 Cooking 3:00 Happy Hour 4:00 Gardening 4:30 Dinner	20 7:30 Breakfast 10:30 Exercise 10:45 Church 11:00 Lunch 12:30 Trivia 1:30 Meditation with Shaku 3:00 Happy Hour 4:30 Dinner 5:30 Movie Night- Throwback Thursday	21 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Happy Hour 4:30 Dinner	22 7:30 Breakfast 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 11:00 Lunch 3:30 Trivia 4:30 Dinner 5:30 Movie Night- Resident's Choice
23 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games 4:30 Dinner	24 10:00 Shopping 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner	25 7:30 Breakfast 10:30 Exercise 11:00 Lunch 1:00 Bingo 2:00 Book Club Meeting 3:00 Karaoke Happy Hour 4:30 Dinner 5:30 Movie Night- Today's Movies	26 7:30 Breakfast 10:30 Exercise 11:00 Lunch 2:00 Cooking 3:00 Happy Hour 4:00 Gardening 4:30 Dinner	27 7:30 Breakfast 10:30 Exercise 10:45 Church 11:00 Lunch 12:30 Trivia 1:30 Meditation with Shaku 3:00 Happy Hour 4:30 Dinner 5:30 Movie Night- Throwback Thursday	28 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Birthday Happy Hour 4:30 Dinner	29 7:30 Breakfast 9:00 Exercise- Resident's Choice 10:30 Workbooks (Crosswords, Word Search, Etc.) 11:00 Lunch 3:30 Trivia 4:30 Dinner 5:30 Movie Night- Resident's Choice
30 10:00 Yoga Sunday 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games 4:30 Dinner	31 10:00 Shopping 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner					

Why Should You 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!

"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."
—Maria Sharapova

Activities Subject to Change



Last month's Luau was a huge hit! Thank you to all residents, family and staff who attended! Huge shoutout to Chef Dennis for all the great food!

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.

Self-Care Corner: Summer Fitness

Exercise is important for self-care, and summer's longer days and warmer temps provide lots of opportunities to stay active. Try a water-based workout, such as swimming laps, playing water polo or adventuring on a kayak. For fun with friends, try a boot camp or outdoor yoga or dance class. And an evening walk under a stunning summer sunset is healthy for your body and mind.

Memorable Melody: 'Summertime Blues'

This rockabilly hit, recorded by 19-year-old Eddie Cochran in 1958, strikes a chord with anyone who's ever been too busy working to enjoy a beautiful summer day. With wry teenage humor, Cochran complains about his boss, parents and even his congressman holding him back from enjoying the fun and carefree season. The top 10 single was named by Rolling Stone magazine as one of the greatest songs of all time and has been covered by numerous artists, including the Beach Boys, Blue Cheer, The Who and Alan Jackson, whose 1994 recording made it to No. 1 on the country charts.