

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

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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

Journal Prompt: Follow Your Dream

Sometimes our desires and ambitions are sudden and fleeting. If we don't grab onto them, they can slip into the background. Write today about your biggest dream. Is there a way for you to break it down into smaller steps? Could you accomplish something within a month?

AUGUST 2023

DIY Ice Balloons

Going on a day trip and packing a cooler of drinks? Before summer draws to an official end, make use of this fun ice hack: Fill water balloons and stick them in the freezer until solid; then, use those in your cooler instead of ice. They'll stay frozen longer and won't leak, so you can say goodbye to soggy drink containers and wet hands after grabbing a refreshment. The best part? After they've completely melted, you can have a water balloon fight!



Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. Simply put, a short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!

Did You Know?

In the U.K., a zucchini is called a courgette.

AUGUST 2023

**Wild World:
Common
Magpie**

The common magpie, otherwise known as *Pica pica*, is a striking black-and-white bird that lives across the temperate areas of the Eurasian continent. The birds' habitat ranges from urban settings to the edges of dense forests, where they live with their mates or in noisy groups, chattering a distinct "chac-chac." Members of the crow family, magpies are intelligent birds, even believed to be one of the most intelligent non-human animals. They're the only avian species to pass the mirror test—recognizing their own reflection—and they also engage in elaborate social rituals—such as using tools to clean cages in captivity, divvying up food for their young in correct portions and imitating human voices.

Lifelong Knowledge

"Tell me and I forget. Teach me and I remember. Involve me and I learn." —Xun Kuang

"The winds and the waves are always on the side of the ablest navigators."
—Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:30 Breakfast 10:30 Exercise 11:00 Lunch 1:00 Bingo 3:00 Karaoke Happy Hour 4:30 Dinner 5:30 Movie Night- Today's Movies	2 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	3 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	4 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Happy Hour 4:30 Dinner	5 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
6 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	7 7:30 Breakfast 10:00 Shopping 11:00 Lunch 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner	8 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	9 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	10 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	11 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Happy Hour 4:30 Dinner	12 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
13 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	14 7:30 Breakfast 10:00 Shopping 11:00 Lunch 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner	15 7:30 Breakfast 10:30 Exercise 11:00 Lunch 1:00 Bingo 3:00 Karaoke Happy Hour 4:30 Dinner 5:30 Movie Night- Today's Movies	16 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	17 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	18 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Happy Hour 4:30 Dinner	19 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
20 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	21 7:30 Breakfast 10:00 Shopping 11:00 Lunch 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner	22 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	23 7:30 Breakfast 10:30 Exercise 11:00 Lunch 2:00 Cooking 3:00 Happy Hour 4:00 Gardening 4:30 Dinner	24 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	25 7:30 Breakfast 10:30 Nature Walk 11:00 Lunch 1:00 Bingo 2:30 Bridge 3:00 Happy Hour 4:30 Dinner	26 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
27 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	28 7:30 Breakfast 10:00 Shopping 11:00 Lunch 12:30 Games 1:30 Arts & Crafts 3:00 Happy Hour 4:30 Dinner	29 7:30 Breakfast 10:30 Exercise 11:00 Lunch 1:00 Bingo 3:00 Karaoke Happy Hour 4:30 Dinner 5:30 Movie Night- Today's Movies	30 7:30 Breakfast 10:30 Exercise 11:00 Lunch 2:00 Cooking 3:00 Happy Hour 4:00 Gardening 4:30 Dinner	31 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		

Memorable Melody: 'Orange Colored Sky'

What does it feel like to fall in love? According to this jazz standard, it falls out of the sky with a "Flash! Bam! Alakazam!" The most famous recording of this single is a collaboration between Nat King Cole and the Stan Kenton Orchestra; it spent 13 weeks on Billboard's Best Seller chart in 1950. Bursting with energy from the brass section, the swinging tune also became famous on the variety show "Broadway Open House," which featured the song's co-writer Milton Delugg as bandleader. Numerous artists, including Doris Day, Screamin' Jay Hawkins, Natalie Cole (Nat King Cole's daughter) and Lady Gaga, have covered "Orange Colored Sky."



Brainteaser

Q: What has three feet but cannot walk?

A: A yardstick.

Women's World Cup Finals

Competition is heating up Down Under as the top teams in women's soccer face off this month in the FIFA Women's World Cup. Co-hosted by New Zealand and Australia, the tournament started on July 20 in Auckland, with the final match scheduled for Aug. 20 in Sydney.



Popular Pages: 'Atomic Habits'

A No. 1 New York Times bestseller, this self-help book gained an audience quickly when it was released in 2018. Author James Clear, an expert on habit formation, uses concepts from biology, psychology and neuroscience to outline a clear path to success in an easy-to-understand format. With the tagline "Tiny Changes, Remarkable Results," the guide aims to help readers reach goals by breaking bad habits and employing good ones.

Amazing Lizards

World Lizard Day is held annually on Aug. 14. There are over 7,000 lizard species, and these reptiles have some truly amazing abilities. Check out these fun facts:

- Lizards live on every continent except for Antarctica, but only one lizard spends time in the ocean—the marine iguana.
- The largest lizards, Komodo dragons can grow to 10 feet in length and weigh over 300 pounds.
- The popular gecko can stick to everything except dry Teflon. Nano-sized hairs on their toes, called setae, provide the cling.



Eco-Friendly Switches

Protecting the Earth can be easier than you think. A simple switch is to use bamboo or cardboard cotton swabs instead of plastic ones. Also, if your household is full of electronic toys and gadgets, invest in rechargeable batteries—while they can be more expensive upfront, they will last longer and result in fewer chemical batteries in landfills.

