

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
Benjie Doctolero

Business Office Director
Alexandria Noel

Sales Director
Lindsey Palmer

Assisted Living Director
Arlene Moreno
Resident Care Coordinator
Tyler Brown

Activities Director
Kaitlynn Eagleson

Dining Director
Bradley Boyer

Maintenance Director
Steven Corey

★ *Happy* ★
LABOR DAY

Take a Breath

"Nature does not hurry, yet everything is accomplished."
—Lao Tzu

SEPTEMBER 2023



Marigolds and Monarchs

Greetings from the Bob Merritt Garden! Our marigolds have finally bloomed! After two months of patiently waiting, we have beautiful blossoms of orange and yellow, opening atop three to four foot stalks of pretty green foliage. But did you know a lovely pollinator of these plants is the splendid Monarch butterfly? This gorgeous orange and black butterfly is attracted to both color and scent. The marigolds protect surrounding soil from harmful pests, while leaving a pungent, musky scent. The flower and butterfly make an uplifting, beautiful sight. Be sure to visit often!

-Linda Copes



SEPTEMBER 2023

'Rescue' Is One

How many words can you come up with using the letters in "crunching leaves"?

Brainteaser





































































































































Question: My voice is tender, my waist is slender and I'm often invited to play. Yet wherever I go, I must take my bow, or else I have nothing to say. What am I?
Answer: A violin.

Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
 2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
 3. High cholesterol is connected to what leading cause of death?
- (Answers: 1. 1987; 2. True; 3. Heart disease)

"Be curious always! For knowledge will not acquire you; you must acquire it."
—Sudie Back

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:45  Nature Walk 1:00  Bingo 3:00  Bridge 3:00  Happy Hour	2 9:00  Exercise- Residents' Choice 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:30  Trivia 5:30  Movie Night- Residents' Choice
3 10:00  Yoga Sunday 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Residents' Choice 4:00  Games	4 Labor Day 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:00  Paint & Sip	5 10:30  Exercise 1:00  Bingo 2:00  Book Club Meeting 3:00  Karaoke Happy Hour 5:30  Movie Night- Today's Movies	6 10:30  Exercise 12:45 Resident Council Meeting 2:00  Cooking 3:00  Happy Hour 3:45  Nails	7 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour 5:30  Movie Night- Throwback Thursday	8 10:45  Nature Walk 1:00  Bingo 3:00  Bridge 3:00  Happy Hour	9 9:00  Exercise- Residents' Choice 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:30  Trivia 5:30  Movie Night- Residents' Choice
10 10:00  Yoga Sunday 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Residents' Choice 4:00  Games	11 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:00  Paint & Sip	12 10:30  Exercise 1:00  Bingo 3:00  Karaoke Happy Hour 5:30  Movie Night- Today's Movies	13 10:30  Exercise 12:45 Chef's Chat 2:00  Cooking 3:00  Happy Hour 3:45  Nails	14 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour 5:30  Movie Night- Throwback Thursday	15 10:45  Nature Walk 12:00  Trivia 1:00  Bingo 3:00  Bridge 3:00  Happy Hour	16 9:00  Exercise- Residents' Choice 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:30  Trivia 5:30  Movie Night- Residents' Choice
17 10:00  Yoga Sunday 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Residents' Choice 4:00  Games	18 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:00  Paint & Sip	19 10:30  Exercise 1:00  Bingo 2:00  Book Club Meeting 3:00  Karaoke Happy Hour 5:30  Movie Night- Today's Movies	20 10:30  Exercise 12:45 Town Hall Meeting 2:00  Cooking 3:00  Happy Hour 3:45  Nails	21 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour 5:30  Movie Night- Throwback Thursday	22 10:45  Nature Walk 12:00  Trivia 1:00  Bingo 3:00  Bridge 3:00  Happy Hour 4:00  Restaurant Club	23 9:00  Exercise- Residents' Choice 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:30  Trivia 5:30  Movie Night- Residents' Choice
24 10:00  Yoga Sunday 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Residents' Choice 4:00  Games	25 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:00  Paint & Sip	26 10:30  Exercise 1:00  Bingo 3:00  Karaoke Happy Hour 5:30  Movie Night- Today's Movies	27 10:30  Exercise 2:00  Cooking 3:00  Happy Hour 3:45  Nails	28 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour 5:30  Movie Night- Throwback Thursday	29 10:45  Nature Walk 12:00  Trivia 1:00  Bingo 3:00  Bridge 3:00  Happy Hour	30 9:00  Exercise- Residents' Choice 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:30  Trivia 5:30  Movie Night- Residents' Choice



Frances at last month's ice cream social!

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!"



Welcome to our new executive director, Benjie! Benjie has been working in senior living for 4 years. He is a huge foody. Family is a big part of his life, as his 2 boys are his world! He enjoys live concerts, theater and ALL sports!

Change Is in the Air

For many, September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

