



# 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

**Assisted Living Director**  
Arlene Moreno  
**Resident Care Coordinator**  
Tyler Brown

**Activities Director**  
Kaitlynn Eagleson

**Dining Director**  
Bradley Boyer

**Maintenance Director**  
Steven Corey  
**Sales Director**  
Lindsey Palmer



## OCTOBER 2023



Exercise and morning walk have been a huge hit! Thank you, Gabby, for leading exercise throughout the week! Exercise is Monday at 1pm and Tuesday-Friday at 9:30am in the small dining room!



OCTOBER 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

Q: What is harder to catch the faster you run?  
A: Your breath!

**“Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us.”**  
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Resident's Choice 4:00  Games	2 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:30  Trivia	3 9:30  Exercise 10:30  Morning Walk 12:45  Bingo 3:00  Karaoke Happy Hour 5:00  Movie Night	4 9:30  Exercise 10:30  Morning Walk 12:45 <b>Resident Council Meeting</b> 2:00  Cooking 3:00  Happy Hour	5 9:30  Exercise 10:30  Morning Walk 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour	6 9:30  Exercise 10:30  Morning Walk 12:45  Bingo 2:00 <b>Scenic Drive</b> 3:00  Happy Hour 3:30  Bridge 5:30  Movie Night	7 9:30  Exercise 10:30  Morning Walk 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:00  Nails	
8 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Resident's Choice 4:00  Games	9 <b>Columbus Day</b> 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:30  Trivia	10 9:30  Exercise 10:30  Morning Walk 12:45  Bingo 2:00  Book Club Meeting 3:00  Karaoke Happy Hour 5:00  Movie Night	11 9:30  Exercise 10:30  Morning Walk 12:45 <b>Chef's Chat</b> 2:00  Cooking 3:00  Happy Hour 4:30 <b>Restaurant Club</b>	12 10:30  Morning Walk 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour	13 9:30  Exercise 10:30  Morning Walk 12:30 <b>Pumpkin Patch Trip 1</b> 12:45  Bingo 3:00  Happy Hour 3:30  Bridge 5:30  Movie Night	14 9:30  Exercise 10:30  Morning Walk 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:00  Nails	
15 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Resident's Choice 4:00  Games	16 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:30  Trivia	17 9:30  Exercise 10:30  Morning Walk 12:45  Bingo 3:00  Karaoke Happy Hour 5:00  Movie Night	18 9:30  Exercise 10:30  Morning Walk 12:45 <b>Town Hall Meeting</b> 2:00  Cooking 3:00  Happy Hour	19 10:30  Morning Walk 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour	20 9:30  Exercise 10:30  Morning Walk 12:30 <b>Trip to Museum of Science &amp; Curiosity</b> 12:45  Bingo 3:00  Happy Hour 3:30  Bridge 5:30  Movie Night	21 9:30  Exercise 10:30  Morning Walk 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:00  Nails	
22 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Resident's Choice 4:00  Games	23 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:30  Trivia	24 9:30  Exercise 10:30  Morning Walk 12:45  Bingo 2:00  Book Club Meeting 3:00  Karaoke Happy Hour 5:00  Movie Night	25 9:30  Exercise 10:30  Morning Walk 12:30 <b>Scenic Drive</b> 2:00  Cooking 3:00  Happy Hour	26 10:30  Morning Walk 10:45 Church 12:30  Arts & Crafts 2:00  Meditation with Shaku 3:00  Happy Hour	27 9:30  Exercise 10:30  Morning Walk 12:30 <b>Pumpkin Patch Trip 2</b> 12:45  Bingo 3:00  Happy Hour 3:30  Bridge 5:30  Movie Night	28 9:30  Exercise 10:30  Morning Walk 10:30  Workbooks (Crosswords, Word Search, Etc.) 3:00  Nails	
29 11:00  Workbooks (Crosswords, Word Search, Etc.) 1:00  Matinee- Resident's Choice 4:00  Games	30 10:00  Shopping 12:30  Games 1:30  Fit for Life Class 3:00  Happy Hour 3:30  Trivia	31 9:30  Exercise 10:30  Morning Walk 2:00  Halloween Party					



Welcome to the "Bob Merritt Garden"! If you ever have time, take a minute to look outside and see what we have growing!



Breast Cancer Awareness Month runs throughout October. Its primary goals are to provide information about breast cancer to increase awareness and help people find and access diagnostic testing, which has led to lower death rates for the disease.

There are many ways to participate and help others get screened. A key takeaway of Breast Cancer Awareness Month is that anyone can get breast cancer. That's why it's important to know about risk factors.

## Fun Food Fact

An unsalted pretzel is called a baldie.

## Laugh Lines: Tickle Your Funny Bone

See if you find these riddles "humerus."

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones.

Q: Why does a skeleton always tell the truth?

A: He wants tibia honest.

Q: How do skeletons prefer to travel?

A: By scare-plane or skele-copter.

Q: What kind of entertainment do skeletons like best?

A: Binge-watching skele-vision shows.

Q: Do skeletons like to garden?

A: Yes, especially tending bone-zai trees.

Q: What type of artwork do skeletons admire?

A: Skull-ptures.

Q: Which historical figure was the skeleton reading about?

A: Napoleon Bone-aparte.

Q: Why couldn't the skeleton keep a job?

A: He was known for being a bonehead and a lazy bones.

Q: Why didn't the group of skeletons finish the construction job?

A: It was a skeleton crew.

Q: Why didn't the skeleton use email?

A: He preferred texting on his cell-bone.

## Movies in the '80s

Can you guess which film genre dominated the box office in the 1980s? Comedies! They earned a whopping \$20 billion throughout the decade.

