

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/
Business Office Director**
Alexandria Noel

Assisted Living Director
Arlene Moreno
Resident Care Coordinator
Tyler Brown

Activities Director
AL- Kaitlynn Eagleson
MC- Gabriella Zamudio

Dining Director
Bradley Boyer

Maintenance Director
Steven Corey
Sales Director
Lindsey Palmer

Remember When: Taffy-Pulling Parties

Sweet and chewy taffy is a nostalgic treat for many, especially those who have memories of making it at home. Candy-pulling parties began in the pioneer days, and this social activity was so successful that many folks stuck with it, carrying the tradition to the 20th century. After the sugary mixture was cooked and slightly cooled, the real fun started: With buttered hands, two people pulled a sheet of taffy between them, continuing to fold and stretch the candy until it smoothed and stiffened. Finally, the stretched taffy was rolled into ropes or cut into pieces. For many families, taffy pulling became a holiday tradition—not only because dry winter air is ideal for proper candy-making, but also because sweet little treats make perfect gifts!

DECEMBER 2023



Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. Christians celebrate Christmas Day as the anniversary of the birth of Jesus. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. December 25—Christmas Day—has been a federal holiday in the United States since 1870.



DECEMBER 2023






Popcorn Pick: 'Clueless'

"As if!" You may know this oft-repeated phrase from the 1995 teen comedy "Clueless." Stylish and popular Cher (Alicia Silverstone) lives a carefree and pampered life in Beverly Hills. When new student Tai (Brittany Murphy) seems like she is in desperate need of some guidance, Cher and friend Dionne (Stacey Dash) take her under their wing. Who doesn't love a good makeover followed by some matchmaking? In fact, Cher does those two things best! But maybe finding the perfect fit isn't as easy as Cher thinks ... for herself or others. A loose adaptation of Jane Austen's novel "Emma," this film earned over \$56.5 million during its theatrical run and has since gained a devoted fan base.

Brainteaser

Question: I beam, shine and sparkle white. I brighten the day with a single light. I charm and enchant one and all, lifting you up when spirits fall. What am I?
Answer: A smile.

**"Bells are music's laughter."
—Thomas Hood**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Nails</p>
<p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Residents' Choice</p> <p>4:00 Games</p>	<p>10:00 Shopping</p> <p>12:30 Book Club Meeting</p> <p>1:30 Fit for Life Class</p> <p>3:00 Happy Hour</p> <p>4:00 Bridge</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>2:15 Meditation with Shaku</p> <p>3:00 Karaoke Happy Hour</p> <p>4:30 Restaurant Club</p> <p>5:00 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:00 Coffee Bar Wednesdays!</p> <p>12:45 Resident Council Meeting</p> <p>2:00 Cooking</p> <p>3:00 Happy Hour</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>10:45 Church</p> <p>12:30 Crocker Art Museum</p> <p>3:00 Happy Hour</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Nails</p>
<p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Residents' Choice</p> <p>4:00 Games</p>	<p>10:00 Shopping</p> <p>12:30 Book Club Meeting</p> <p>1:30 Fit for Life Class</p> <p>3:00 Happy Hour</p> <p>4:00 Bridge</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>2:15 Meditation with Shaku</p> <p>3:00 Karaoke Happy Hour</p> <p>5:00 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:00 Coffee Bar Wednesdays!</p> <p>12:45 Chef's Chat</p> <p>2:00 Cooking</p> <p>3:00 Happy Hour</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>10:45 Church</p> <p>12:30 Gingerbread House Making!</p> <p>3:00 Happy Hour</p> <p>5:30 Christmas Lights Scenic Drive</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Nails</p>
<p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Residents' Choice</p> <p>4:00 Games</p>	<p>10:00 Shopping</p> <p>12:30 Book Club Meeting</p> <p>1:30 Fit for Life Class</p> <p>3:00 Happy Hour</p> <p>4:00 Bridge</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>2:00 Christmas Party!</p> <p>5:00 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:00 Coffee Bar Wednesdays!</p> <p>12:45 Town Hall Meeting</p> <p>2:00 Cooking</p> <p>3:00 Happy Hour</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>10:45 Church</p> <p>12:30 Arts & Crafts</p> <p>3:00 Happy Hour</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Nails</p>
<p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Residents' Choice</p> <p>4:00 Games</p>	<p>Christmas</p> <p>10:00 Shopping</p> <p>12:30 Book Club Meeting</p> <p>1:30 Fit for Life Class</p> <p>3:00 Happy Hour</p> <p>4:00 Bridge</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>2:15 Meditation with Shaku</p> <p>3:00 Karaoke Happy Hour</p> <p>5:00 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:00 Coffee Bar Wednesdays!</p> <p>2:00 Cooking</p> <p>3:00 Happy Hour</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>10:45 Church</p> <p>12:30 Arts & Crafts</p> <p>3:00 Happy Hour</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>1:00 Bingo</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night</p>	<p>9:30 Exercise</p> <p>10:30 Morning Walk</p> <p>12:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Nails</p>
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Our residents enjoying the Moon & Stars show at The Museum of Science and Curiosity!

Brain Bender: Snow Day Scramble

Unscramble each of the wintry words below, then rearrange the bolded letters in each set of answers to reveal another related word.

1.
E I M N T S T: _____
L O P W: _____
G B A O T G N O: _____
A C F R S: _____
 Secret word: _____

2.
E E E F R Z: _____
L C I E C I: _____
O M S R T: _____
F A U S R E F M: _____
 Secret word: _____

3.
R O M B O: _____
L K I S A T H: _____
F E I L: _____
L Y O L J: _____
 Secret word: _____

(Answers: 1. mittens, plow, toboggan, scarf, snowman; 2. freeze, icicle, storm, earmuffs, flurries; 3. broom, silk hat, life, jolly, Frosty)

