

# THE Greenhaven Estates Lifestyle



GREENHAVEN  
ESTATES  
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY  
7548 Greenhaven Drive · Sacramento, CA 95831 · (916) 427-8887

## GREENHAVEN MANAGEMENT TEAM

- Interim Executive Director**  
Alexandria Noel
- 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



## FEBRUARY 2024



ANOTHER YEAR AROUND THE SUN!  
CELEBRATE LIFE





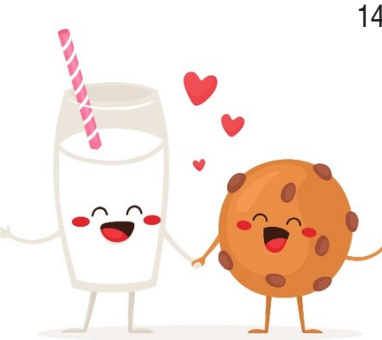





**FEBRUARY 2024**

**Remember When: The M.A.S.H. Game**

Played with just a pencil, paper and a friend or two, this fortune-telling game is a classic boredom buster for kids and teens. The name comes from the letters "M.A.S.H."—short for mansion, apartment, shack or house—written at the top of the page. A player then chooses a few more categories, such as "spouse," "job," "car" or "number of kids," and comes up with options for each. The wackier—like being married to a celebrity or having 100 kids—the better! Next, the player makes tally marks until another player yells "Stop!" This number is used to count through the categories and cross off options until only one option is left in each category. "M.A.S.H." was most popular in the 1980s and '90s, but historians have traced its origin to similar games, including "Tinker, Tailor," a fortune-telling nursery rhyme that was published in 1695.

**"Connecting our hearts through love yields a nectar so sweet we are forever full."**  
—Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night</p>	<p>2</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 FRIDAY OUTING 3:00 Happy Hour 5:00 Movie Night (With Popcorn)</p>	<p>3</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Beauty Time 5:00 Movie Night</p>
<p>4</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 12:30 Word Search 5:00 Movie Night</p>	<p>5</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night (Resident Choice)</p>	<p>6</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Happy Hour 5:00 Movie Night (Resident Choice)</p>	<p>7</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:30 Coffee Shop Time 2:00 Cooking Time 3:00 Happy Hour 5:00 Movie Night</p>	<p>8</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night</p>	<p>9</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 FRIDAY OUTING 3:00 Happy Hour 5:00 Movie Night (With Popcorn)</p>	<p>10</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Beauty Time 5:00 Movie Night</p>
<p>11</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 12:30 Word Search 5:00 Movie Night</p>	<p>12</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night (Resident Choice)</p>	<p>13</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Happy Hour 5:00 Movie Night (Resident Choice)</p>	<p>14</p> 	<p>15</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night</p>	<p>16</p> <p>9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 FRIDAY OUTING 3:00 Happy Hour 5:00 Movie Night (With Popcorn)</p>	<p>17</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Beauty Time 5:00 Movie Night</p>
<p>18</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 12:30 Word Search 5:00 Movie Night</p>	<p>19</p> <p><b>Presidents Day</b></p> 	<p>20</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Happy Hour 5:00 Movie Night (Resident Choice)</p>	<p>21</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:30 Coffee Shop Time 2:00 Cooking Time 3:00 Happy Hour 5:00 Movie Night</p>	<p>22</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night</p>	<p>23</p> <p>9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 FRIDAY OUTING 3:00 Happy Hour 5:00 Movie Night (With Popcorn)</p>	<p>24</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Beauty Time 5:00 Movie Night</p>
<p>25</p> <p>8:00 Morning News 10:30 Morning Walk Club 12:00 Communication Skills 12:30 Word Search 5:00 Movie Night</p>	<p>26</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night (Resident Choice)</p>	<p>27</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:00 Communication Skills 1:00 Bingo 3:00 Happy Hour 5:00 Movie Night (Resident Choice)</p>	<p>28</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Morning Walk Club 12:30 Coffee Shop Time 2:00 Cooking Time 3:00 Happy Hour 5:00 Movie Night</p>	<p>29</p> <p>8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication Skills 12:30 Word Search 1:30 Activity Time 3:00 Happy Hour 5:00 Movie Night</p>		



**CROCKER ART MUSEUM!**  
We learn something new every day.

## Pump Up Your Heart IQ

Hearts, the universal symbol for love, are all around this month as businesses and consumers alike celebrate Valentine's Day. Get pumped up for the holiday with these fun facts!

- Romans, Egyptians and Greeks are among the ancient cultures who valued the human heart as a source of life and emotion.
- The familiar heart symbol is believed to have been inspired by plants, including the seeds of an ancient variety of fennel, as well as the leaves of water lilies and ivy.
- Until the 1400s, the heart symbol was usually portrayed upside-down, with the pointed end up.
- Early in the 16th century, Leonardo da Vinci drew the first known accurate sketch of the human heart.
- Most animals only have one heart, but octopuses, squids and cuttlefish have three. Some creatures, including jellyfish and starfish, don't have a heart at all!
- The heart of a blue whale, the biggest animal on the planet, weighs over 400 pounds. When the whale is underwater, its heart beats only two to 10 times a minute.
- In a standard playing card deck, the king of hearts is the only king without a mustache.
- From the smiley face with heart-eyes to heart shapes in every color of the rainbow, there are at least 39 emoji that feature a heart in some way.
- Invented by Richard Cadbury, the first heart-shaped boxes of chocolates were sold in 1861. Every year, people buy over 36 million of the sweet samplers for Valentine's Day.

## Brain Bender: Presidential Pop Quiz

Use the following clues to unscramble the name of an American president.

1. He was the first president to be born a citizen of the United States: VAUERT IAN RNBMN
  2. This president served two non-consecutive terms in the late 1800s: ERAEEG OCVLVRLDN
  3. Before becoming president, this man briefly served as the director of the CIA: RSHWGE GO UBHE
  4. The first Siamese cat in America was gifted to this president and his wife: REFDRAYEHO R TBHUS
  5. This former U.S. president was awarded the Nobel Peace Prize in 2002: RAYRM TCIMJE
  6. After his presidency, this man was appointed chief justice on the Supreme Court: MATLROL IATADF WIHW
  7. To date, he's the only U.S. president to have earned a Ph.D.: OSLOWWR OWDONI
  8. He was the first president who was born outside the continental U.S.: BBKMAA CAOAR
  9. This president's middle initial doesn't stand for anything: RAHRN T UMRYS
  10. The country's Interstate Highway System was established under this president: ERIWDE E TIHSGWNHDO
- (Answers: 1. Martin Van Buren; 2. Grover Cleveland; 3. George H.W. Bush; 4. Rutherford B. Hayes; 5. Jimmy Carter; 6. William Howard Taft; 7. Woodrow Wilson; 8. Barack Obama; 9. Harry S. Truman; 10. Dwight D. Eisenhower)*