

THE Greenhaven Estates Lifestyle



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
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MARCH 2023

With a Little Luck


In many cultures, good fortune can be gained with the help of a lucky charm. There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.



MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;">All Events Are Subject to Change</p>			<p>National Fruit & Peanut Butter Day 1</p> <p>9:00 Morning news 10:30 Walk it out 1:00 Trivia 2:30 Happy hour with Bingo 3:30 Brain game 5:30 Movie (resident choice)</p>	<p>National Banana Cream Pie Day 2</p> <p>9:00 Morning news 10:30 Church 1:00 Elder grow (plants) 2:30 Happy hour with Bingo 3:30 Word search 6:00 Documentary</p>	<p>National Cold Cut Day 3</p> <p>9:00 Morning news 10:30 Field trip with Dee & Steven 1:00 Arts & craft 2:30 Happy hour with Bingo 4:00 Trivia</p>	<p>National Play Outside Day 4</p> <p>9:00 Morning Meeting with Dee 10:30 Yoga 1:00 SPA day 2:30 Outside Activities 4:00 Word search 5:00 Movie (resident choice)</p>	
	<p>National Cheese Doodle Day 5</p> <p>9:00 Morning Meeting 10:30 Chair Exercise 1:00 Blackjack 21 3:00 Elder grow (plants) Water 4:00 Dyke Van Dyke Show</p>	<p>National Oreo Cookies Day 6</p> <p>9:00 Morning news 10:00 Walk it out 11:00 Card game 2:30 I Love Lucy 4:30 Trivia 5:30 Movie (resident choice)</p>	<p>National Cereal Day 7</p> <p>9:00 Morning news 10:00 Walk it out 11:00 Trivia with staff 2:30 Happy hour with Bingo 3:30 Arts & craft 6:00 Movie (resident choice)</p>	<p>National Peanut Cluster Day 8</p> <p>9:00 Morning news 10:30 Walk it out 1:00 Documentary 2:30 Happy hour with Bingo 4:00 Movie (resident choice)</p>	<p>National Meatball Day 9</p> <p>9:00 Morning news 10:30 Church 1:00 Elder grow (plants) 2:30 Happy hour with Bingo 3:30 Paint 5:00 Movie (resident choice)</p>	<p>National Blueberry Popover Day 10</p> <p>9:00 Morning news 10:30 Field trip with Dee & Steven 1:00 Arts & craft 2:30 Happy hour with Bingo 5:00 Documentary</p>	<p>National Oatmeal Nut Waffles Day 11</p> <p>9:00 Morning Meeting with Dee 10:00 Snack and chat 11:00 Price Is Right 1:00 SPA day 2:00 Walk it out in backyard 4:00 Documentary</p>
	<p>National Working Moms' Day 12</p> <p>9:00 Morning Meeting 10:00 Walk it out 11:00 Let's Make a Deal 3:00 Elder grow (plants) Water 4:00 Movie (resident choice)</p>	<p>National Coconut Torte Day 13</p> <p>9:00 Morning news 10:00 Walk it out 11:00 Card game 2:30 Happy hour with Bingo 5:30 Movie (resident choice)</p>	<p>National Potato Chip Day 14</p> <p>9:00 Morning news 10:00 Work it out 11:00 Trivia with staff 2:30 Happy hour with Bingo 4:00 Documentary</p>	<p>National Shoe the World Day 15</p> <p>9:00 Morning news 10:30 Walk it out 1:00 Trivia 2:30 Happy hour with Bingo 4:00 Word search 6:00 Movie (resident choice)</p>	<p>National Panda Day 16</p> <p>9:00 Morning news 10:30 Church 1:00 Elder grow (plants) 2:30 Happy hour with Bingo 4:00 Walk it out 6:00 Movie (resident choice)</p>	<p>St. Patrick's Day 17</p> <p>9:00 Morning news 10:30 Field trip with Dee & Steven 1:00 Arts & craft 2:30 Happy hour with Bingo 4:00 Lifetime Movie (resident choice)</p>	<p>National Sloppy Joe Day 18</p> <p>9:00 Morning Meeting with Dee 11:00 Card game 1:00 SPA day 2:00 Uno card game 3:30 Trivia 5:00 Lifetime movies</p>
	<p>National Backyard Day 19</p> <p>9:00 Morning Meeting 10:00 Walk it out 11:30 Wheel of Fortune 1:00 Trivia with staff 3:00 Elder grow (plants) Water 5:00 '50s movies</p>	<p>Spring Begins 20</p> <p>9:00 Morning news 10:00 Walk it out 11:00 Card game 2:30 Happy hour with Bingo 5:30 Movie (resident choice)</p>	<p>National California Strawberry Day 21</p> <p>9:00 Morning news 10:00 Chair Exercise 11:00 Trivia with staff 1:00 Arts & craft 2:30 Happy hour with Bingo 4:30 Did you know (TRIVIA)</p>	<p>National Goof Off Day 22</p> <p>9:00 Morning news 10:30 Walk it out 11:00 Let's Make a Deal 2:30 Happy hour with Bingo 6:00 Documentary</p>	<p>National Chip & Dip Day 23</p> <p>9:00 Morning news 10:30 Church 11:30 Exercise with staff 1:00 Elder grow (plants) 2:30 Happy hour with Bingo 4:00 Lifetime Movie (resident choice)</p>	<p>National Chocolate Covered Raisin Day 24</p> <p>9:00 Morning news 10:30 Field trip with Dee & Steven 1:00 Arts & craft 2:30 Happy hour with Bingo 6:00 Movie (resident choice)</p>	<p>National Medal of Honor Day 25</p> <p>9:00 Morning Meeting with Dee 11:00 Card game 1:00 SPA day 2:00 Exercise with staff 3:30 Let's Make a Deal 5:00 Documentary</p>
	<p>National Spinach Day 26</p> <p>9:00 Morning Meeting 10:00 Walk it out 11:00 I Love Lucy 3:00 Elder grow (plants) Water 4:00 Talk about National Day</p>	<p>National Spanish Paella Day 27</p> <p>9:00 Morning news 10:00 Walk it out 11:00 Card game 2:30 Happy hour with Bingo 5:30 Movie (resident choice)</p>	<p>National Something on A Stick Day 28</p> <p>9:00 Morning news 11:00 Trivia with staff 1:00 Documentary 2:30 Happy hour with Bingo 4:00 Movie (resident choice)</p>	<p>National Vietnam War Veterans Day 29</p> <p>9:00 Morning news 10:30 Walk it out 2:30 Happy hour with March Birthday 4:00 Coloring or Paint 6:00 Movie Night</p>	<p>National Take A Walk Day 30</p> <p>9:00 Morning news 10:30 Church 1:00 Elder grow (plants) 2:30 Happy hour with Bingo 4:30 Trivia with staff</p>	<p>National Crayon Day 31</p> <p>9:00 Morning news 10:30 Field trip with Dee & Steven 1:00 Arts & craft 2:30 Happy hour with Bingo 5:00 Dyke Van Dyke Show</p>	

**Music
Therapy
Styles**

Music therapy is useful in many different aspects of human life, including improving cognitive, academic, emotional and social abilities. There are four main types of music therapy: *Receptive*. Listening and then responding in a silent, verbal or mobile way. This method promotes both stimulation and relaxation, enhancing mood while reducing anxiety. *Re-creation*. Playing or singing along to the music. Re-creation strengthens motor skills, promotes social interaction and encourages self-expression. *Improvisation*. Making music spontaneously with one's voice or simple instruments. This method fosters communication and relationships while increasing feelings of independence. *Composition*. Creating one's own music or lyrics. This builds creativity and helps a person express and validate their emotions.

"Magic is believing in yourself. If you can do that, you can make anything happen."
—Johann Wolfgang von Goethe



Leprechaun Planter

Give new life to a worn-out shoe with this St. Paddy's-inspired project.

Materials:

- Old shoe with a sole (check thrift stores)
- Masking tape
- Scissors
- Craft wire
- Aluminum foil
- Green spray paint
- Strong craft glue
- Preserved sheet moss
- Gold craft foam
- Black ribbon

Directions:

Clean the shoe with a damp cloth and cover the sole with masking tape. Cut a length of craft wire about twice the length of the shoe, and stick one end of the wire into the toe. Curl the other end inward, like an elf's shoe. Cut strips of aluminum foil and wrap them around the wire, adding more to give structure to the toe. Cover all the foil with masking tape.

In a well-ventilated area, protect your work surface and spray paint the entire shoe green. Let dry. Remove masking tape from the sole. Apply glue all over the rest of the shoe and add the moss in sections until the shoe is covered.

Cut a rectangular buckle shape out of the gold craft foam. Trim a piece of black ribbon that will fit around the top opening of the shoe. Thread the ribbon through the buckle and glue it around the shoe.

Insert a small flowerpot into the top of the shoe to use it as a planter.

Bowled Over by Cereal

Invented as a health food in the 1800s, cereal is now so popular, National Cereal Day is celebrated each year on March 7. Spoon out these facts about the breakfast food.

- About 2.7 billion boxes of cereal are sold in the U.S. every year.
- Cheerios were called Cheerioats when they debuted in 1941. The name changed four years later.
- Kellogg's Corn Flakes was the first cereal to offer a prize, a picture book, in the early 1900s.
- The first athlete to appear on a Wheaties box was baseball great Lou Gehrig in 1934. He was pictured on the back of the package, not the front.
- Froot Loops originally came in three colors: red, orange and yellow. Green, blue and purple were added in the 1990s.
- Because of their light weight, Grape-Nuts were included in some U.S. military rations during World War II.
- The marshmallows in Lucky Charms have a name; they're called marbits.
- Cartoon elves Snap, Crackle and Pop debuted as mascots for Rice Krispies in 1933. A fourth elf, named Pow, appeared in TV ads in the 1950s.
- Honey Nut Cheerios, Frosted Flakes and Honey Bunches of Oats consistently rank among the bestselling cereals in the U.S.

