

THE Greenhaven Estates Lifestyle



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

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Good Night, 'Phantom'

"The Phantom of the Opera," Andrew Lloyd Webber's gothic musical about a masked composer infatuated with a soprano vocalist, is taking a bow after 35 years on Broadway, longer than any other show. With 19.8 million tickets sold, grossing \$1.3 billion, "Phantom" has had a successful run. But slow post-pandemic sales have made the extravagant show, centered by a majestic moving chandelier, too expensive to produce. Upon announcement of its closure, theater fans rushed to buy tickets before they lost their chance to see the Broadway masterpiece. However, the narrative will live on—you can still read the original novel by Gaston Leroux or watch the 2004 film adaptation starring Gerard Butler and Emmy Rossum.

APRIL 2023



Memorable Melody: 'The Bunny Hop'

Bandleader Ray Anthony wrote this jazzy ditty in 1952 after hearing that high school students in San Francisco had come up with a new conga line dance called "The Bunny Hop." The lyrics of Anthony's song, crooned by Tommy Mercer and Marcie Miller, instruct listeners to "put your right foot forward, put your left foot out, do the bunny hop!" The song and accompanying dance were popular at parties throughout the '50s, and to this day, as soon as the tune's melody begins at a wedding or other celebration, guests know what to do: hop, hop, hop!

Batty for Bats

Nature's pest control and pollinators of foods like cocoa, bananas and mangoes, bats deserve a day of recognition. Celebrate the night flyers on April 17, International Bat Appreciation Day.

APRIL 2023

Remember When: Snake in a Can

It's a harmless prank that's become cliché: A person opens a can, only to have a long fabric "snake" pop out to surprise them. Joke products containing these snakes emerged in the early 1900s, with the most famous version created by Samuel Sorensen Adams, an entrepreneur known for other novelty gags like the joy buzzer and sneezing powder. The story goes that Adams' wife often complained that he didn't close their jar of jam properly, causing it to become sticky. So, in a lighthearted act of revenge, Adams wrapped cloth around a large spring and stuffed it into the jar. The simple gag was a success, and pranksters soon could find spring snakes in a variety of containers disguised as real-life products, the most iconic being a can of nuts.

**"The sky is always beautiful. Even when it's dark or rainy or cloudy, it's still beautiful to look at ... and it'll be there no matter what."
—Colleen Hoover**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 Breakfast 9:00 Morning Meeting 10:00 Exercise 10:30 Card game 11:00 Lunch 1:00 SPA day 4:30 Dinner 5:30 Movie Night
2 8:00 Breakfast 9:00 Morning Meeting 10:00 Walk it out 11:00 Lunch 1:00 Painting 3:00 Gardening 4:30 Dinner	3 8:00 Breakfast 9:00 Morning news 10:00 Walk it out 10:30 Card game 11:00 Lunch 2:30 Happy Hour 4:30 Dinner 5:30 Movie (resident choice)	4 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 12:00 Trivia with Staff 1:30 Arts & Crafts 2:30 Happy Hour 4:30 Dinner	5 8:00 Breakfast 9:00 Morning news 10:30 Walk it Out Wednesday 11:00 Lunch 12:00 Movie Showing 2:30 Happy Hour 4:30 Dinner 6:00 Bingo	6 8:00 Breakfast 9:00 Morning news 10:00 Exercise 10:30 Church 11:00 Lunch 1:00 Gardening 2:30 Happy Hour 4:30 Dinner	7 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 1:00 Arts & craft 2:30 Happy Hour 4:30 Dinner	8 8:00 Breakfast 9:00 Morning Meeting 10:00 Exercise 10:30 Card game 11:30 Easter Lunch 1:00 Easter Egg Hunt 4:30 Dinner
Easter 9 8:00 Breakfast 9:00 Morning Meeting 10:00 Walk it out 11:00 Lunch 3:00 Gardening 4:30 Dinner	10 8:00 Breakfast 9:00 Morning news 10:00 Walk it out 10:30 Card game 11:00 Lunch 2:30 Happy Hour 4:30 Dinner 5:30 Movie (resident choice)	11 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 12:00 Trivia with Staff 1:30 Arts & Crafts 2:30 Happy Hour 4:30 Dinner	12 8:00 Breakfast 9:00 Morning news 10:30 Walk it Out Wednesday 11:00 Lunch 12:00 Movie Showing 2:30 Happy Hour 4:30 Dinner 6:00 Bingo	13 8:00 Breakfast 9:00 Morning news 10:00 Exercise 10:30 Church 11:00 Lunch 1:00 Gardening 2:30 Happy Hour 4:30 Dinner	14 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 1:00 Arts & craft 2:30 Happy Hour 4:30 Dinner	15 8:00 Breakfast 9:00 Morning Meeting 10:00 Exercise 10:30 Card game 11:00 Lunch 1:00 SPA day 4:30 Dinner
16 8:00 Breakfast 9:00 Morning Meeting 10:00 Walk it out 11:00 Lunch 3:00 Gardening 4:30 Dinner	17 8:00 Breakfast 9:00 Morning news 10:00 Walk it out 10:30 Card game 11:00 Lunch 2:30 Happy Hour 4:30 Dinner 5:30 Movie (resident choice)	18 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 12:00 Trivia with Staff 1:30 Arts & Crafts 2:30 Happy Hour 4:30 Dinner	19 8:00 Breakfast 9:00 Morning news 10:30 Walk it Out Wednesday 11:00 Lunch 12:00 Movie Showing 2:30 Happy Hour 4:30 Dinner 6:00 Bingo	20 8:00 Breakfast 9:00 Morning news 10:00 Exercise 10:30 Church 11:00 Lunch 1:00 Gardening 2:30 Happy Hour 4:30 Dinner	21 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 1:00 Arts & craft 2:30 Happy Hour 4:30 Dinner	22 8:00 Breakfast 9:00 Morning Meeting 10:00 Exercise 10:30 Card game 11:00 Lunch 1:00 SPA day 4:30 Dinner
23 8:00 Breakfast 9:00 Morning Meeting 10:00 Walk it out 11:00 Lunch 3:00 Gardening 4:30 Dinner	24 8:00 Breakfast 9:00 Morning news 10:00 Walk it out 10:30 Card game 11:00 Lunch 2:30 Happy Hour 4:30 Dinner 5:30 Movie (resident choice)	25 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 12:00 Trivia with Staff 1:30 Arts & Crafts 2:30 Happy Hour 4:30 Dinner	26 8:00 Breakfast 9:00 Morning news 10:30 Walk it Out Wednesday 11:00 Lunch 12:00 Movie Showing 2:30 Birthday Happy Hour 4:30 Dinner 6:00 Bingo	27 8:00 Breakfast 9:00 Morning news 10:00 Exercise 10:30 Church 11:00 Lunch 1:00 Gardening 2:30 Happy Hour 4:30 Dinner	28 8:00 Breakfast 9:00 Morning news 10:00 Exercise 11:00 Lunch 1:00 Arts & craft 2:30 Happy Hour 4:30 Dinner	29 8:00 Breakfast 9:00 Morning Meeting 10:00 Exercise 10:30 Card game 11:00 Lunch 1:00 SPA day 4:30 Dinner
30 8:00 Breakfast 9:00 Morning Meeting 10:00 Walk it out 11:00 Lunch 3:00 Gardening 4:30 Dinner						

Quack-Quack Q&A

Answer true or false:

1. Ducklings are born with waterproof feathers.
2. Ducks can sleep with one eye open.
3. A duck's feet never get cold.

(Answers: 1. False; 2. True; 3. True)

Brain Bender: Grow a Garden

Using the clues provided, make the word "flower" grow into "garden" by changing one letter at a time to form a different word.

FLOWER

- Moved like water
- Imperfect
- Burned
- Created bubbles
- Sculpted shapes
- Grew crops
- Heated up
- Protected from danger
- Person in charge

GARDEN

(Answer: flower, flowed, flawed, flamed, foamed, formed, farmed, warmed, warded, warden, garden)



Memorable Melody: 'Oye Como Va'

Latin jazz king Tito Puente wrote this song in 1962, which he performed with his orchestra on the album "El Rey Bravo." Borrowing elements from the Cuban mambo "Chanchullo" by Israel "Cachao" Lopez, Puente's cha-cha-cha encourages listeners to dance along to the catchy rhythm. Instantly popular with Latin audiences, "Oye Como Va" reached new heights of fame when rock band Santana recorded it in 1970. Swapping brass instruments for the electric guitar, Santana's version climbed to spot 13 on the Billboard Hot 100 and introduced Latin music to a new group of fans. A signature song for both Puente and Santana, "Oye Como Va" is regarded as one of the most influential pieces of American music.

Tips for a Fresh Smile

Bad breath, medically known as halitosis, can stem from many things, including food, tobacco and poor dental hygiene. It can also be caused by factors beyond our control, such as medications, infections or illness. These reminders can help breath stay fresh and improve your overall dental health: Brush your teeth and tongue after eating (or at least two times a day) and floss. Clean any dental appliances, such as dentures, night guards and retainers, before wearing them. Drink plenty of water. Visit a dentist for regular cleanings and when you have a specific concern.

