


THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
7549 Greenhaven Drive · Sacramento, CA 95831 · (916) 427-8887

GREENHAVEN MANAGEMENT TEAM

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Krysta Broughton

Assisted Living Director

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AL Resident Care Coordinator

Arlene Moreno

AL Activities Director

Kaitlynn Eagleson

MC Resident Care Coordinator

Desiree Burns

Dining Director

Dennis Lalata

Maintenance Director

Steven Corey

Remember When: Potholder Looms

At one time, your kitchen drawer may have been stocked with colorful handwoven potholders and hot pads, lovingly made by a child in your life—or even yourself! The type of loom used to craft these squares is called a pin loom, invented during the Great Depression as a way to use scraps of fabric, particularly from socks and stockings. Housewives in the '30s used the looms to make all kinds of housewares, and potholders emerged as a favorite project, especially for children who easily grasped the looping technique. By the 1950s, the looms were primarily sold in craft kits along with “rainbow looms” of colorful, stretchy fabric bands.

MAY 2023



HAPPY MEMORIAL DAY!

TO THOSE WHO HAVE SERVED AND ARE CURRENTLY SERVING THANKS FOR YOUR SERVICE!

The First Photo Booths

Once a staple at shopping malls, photo booths have evolved into a fun way to capture memories at weddings and parties. The first photo booth debuted at the 1889 World's Fair in Paris—the same event that brought us the Eiffel Tower—but Anatol Josepho is credited with inventing the modern photo booth in 1925. Customers lined up at his booth in New York City for hours, paying 25 cents for a strip of eight photos, which took about eight minutes to be developed.

MAY 2023

Memorable Melody: 'Mama Said'

The message of this 1961 hit by R&B girl group The Shirelles is simple, sweet and true: "I don't worry, 'cause Mama said there'll be days like this." When facing a tough time—whether it's heartbreak, like in the song, or a different hardship—comfort can be found in remembering that it's just a bad day and things will get better. If the lyrics of "Mama Said" sound familiar, give the 1995 Van Morrison tune "Days Like This" a listen. The Irish singer was directly inspired by The Shirelles' song, but he takes the optimism even further by describing a series of positive events that Mama also promised would happen.

Comfort in Creativity

"Instead of worrying about what you cannot control, shift your energy to what you can create." —Roy T. Bennett

"Keep a green tree in your heart and perhaps the singing bird will come."
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Morning news 9:00 Morning meeting 12:00 Reminisce w/ Aryi 1:00 Gardening 3:00 Happy hour 5:30 Movie (resident choice)	2 NATIONAL TEACHER APPRECIATION DAY 8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	3 8:00 Morning news 9:00 Morning meeting 1:00 Gardening 2:00 Cooking class w/ AL 3:00 Happy hour 5:30 Movie (resident choice)	4 NATIONAL STAR WARS DAY 8:00 Morning news 9:00 Morning meeting 10:30 Church 12:00 Bingo 1:00 Book club w/ Connie 3:00 Happy hour 5:30 Movie (resident choice)	5 CINCO DE MAYO 8:00 Morning news 9:00 Morning meeting 12:00 Neighborhood walk 1:30 Band class 3:00 Happy hour 5:30 Movie (resident choice)	6 9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
7 NATIONAL LEMONADE DAY 9:00 Morning Meeting 12:30 Library Visit 3:00 Gardening 5:00 Movie (resident choice)	8 8:00 Morning news 9:00 Morning meeting 12:00 Reminisce w/ Aryi 1:00 Gardening 3:00 Happy hour 5:30 Movie (resident choice)	9 8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	10 NATIONAL SHRIMP DAY 8:00 Morning news 9:00 Morning meeting 1:00 Gardening 2:00 Cooking class w/ AL 3:00 Happy hour 5:30 Movie (resident choice)	11 8:00 Morning news 9:00 Morning meeting 10:30 Church 12:00 Bingo 1:00 Book club w/ Connie 3:00 Happy hour 5:30 Movie (resident choice)	12 8:00 Morning news 9:00 Morning meeting 12:00 Neighborhood walk 1:30 Band class 3:00 Happy hour 5:30 Movie (resident choice)	13 NATIONAL FRUIT COCKTAIL DAY 9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
14 MOTHER'S DAY 9:00 Morning Meeting 11:00 Mother's Day lunch 12:30 Library Visit 3:00 Gardening 5:00 Movie (resident choice)	15 NATIONAL CHOCOLATE CHIP DAY 8:00 Morning news 9:00 Morning meeting 11:00 Mother's Day lunch 12:00 Reminisce w/ Aryi 1:00 Gardening 3:00 Happy hour 5:30 Movie (resident choice)	16 NATIONAL MIMOSA DAY 8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	17 8:00 Morning news 9:00 Morning meeting 1:00 Gardening 2:00 Cooking class w/ AL 3:00 Happy hour 5:30 Movie (resident choice)	18 8:00 Morning news 9:00 Morning meeting 10:30 Church 12:00 Bingo 1:00 Book club w/ Connie 3:00 Happy hour 5:30 Movie (resident choice)	19 NATIONAL PIZZA PARTY 8:00 Morning news 9:00 Morning meeting 12:00 Neighborhood walk 1:30 Band class 3:00 Happy hour 5:30 Movie (resident choice)	20 9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
21 9:00 Morning Meeting 12:30 Library Visit 3:00 Gardening 5:00 Movie (resident choice)	22 8:00 Morning news 9:00 Morning meeting 12:00 Reminisce w/ Aryi 1:00 Gardening 3:00 Happy hour 5:30 Movie (resident choice)	23 8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	24 8:00 Morning news 9:00 Morning meeting 1:00 Gardening 2:00 Cooking class w/ AL 3:00 Happy hour 5:30 Movie (resident choice)	25 NATIONAL WINE DAY 8:00 Morning news 9:00 Morning meeting 10:30 Church 12:00 Bingo 1:00 Book club w/ Connie 3:00 Happy hour 5:30 Movie (resident choice)	26 8:00 Morning news 9:00 Morning meeting 12:00 Neighborhood walk 1:30 Band class 3:00 Happy hour 5:30 Movie (resident choice)	27 9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
28 NATIONAL HAMBURGER DAY 9:00 Morning Meeting 12:30 Library Visit 3:00 Gardening 5:00 Movie (resident choice)	29 Memorial Day 8:00 Morning news 9:00 Morning meeting 12:00 Reminisce w/ Aryi 1:00 Gardening 3:00 Happy hour 5:30 Movie (resident choice)	30 8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	31 8:00 Morning news 9:00 Morning meeting 1:00 Gardening 2:00 Cooking class w/ AL 3:00 Happy hour 5:30 Movie (resident choice)			



SECRET EASTER BUNNY! Residents participated in making Easter gift bags for children in need. The gift bags included fidget toys, accessories, notebooks with pencils and, of course, LOTS OF CANDY. Carol and Thelma enjoyed every second and even reminisced about their favorite Easter moments from when they were kids!



WONDERFUL MOTHER

God made a wonderful mother
 A mother who never grows old
 He made her smile of the sunshine
 And he molded her heart of pure gold
 In her eyes he placed bright shining stars
 In her cheeks fair roses you see
 God made a wonderful mother
 And he gave that dear mother to me.
 By: Pat O'Reilly

FUN FACTS ABOUT 1930

- The chocolate chip cookie was invented by Ruth Wakefield
- The most famous celebrity at the time was Henry Ford
- Some of the top baby names at that time included Ruth, Donald, John, Robert (Some of Greenhaven's very own!)
- The first Mickey Mouse comic strip was published
- Twinkies were invented, YUM!



CINCO DE MAYO!

A holiday that celebrates the date of the Mexican army's May 5th, 1862, victory over France at the battle of Puebla during the Franco-Mexican War. Mexico celebrates with more historical traditions, including military parades, recreations of the Battle of Puebla and other reenactments.

Superb Solitaire

Over 242 million people in over 200 countries love to play solitaire, so it's no surprise that this card game has its own special day! Celebrate National Solitaire Day on May 22.