

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

Executive Director

Kayla Davis

Business Office Director

Bridget Botez

Sales Director

Krysta Broughton

Assisted Living Director

Alexandria Rodriguez

AL Resident Care Coordinator

Arlene Moreno

AL Activities Director

Kaitlynn Eagleson

MC Activities Director

Robin Riswold

MC Resident Care Coordinator

Desiree Burns

Dining Director

Dennis Lalata

Maintenance Director

Steven Corey

Tourist Treasure: Arc de Triomphe

Paris, the capital city of France, contains many lovely wonders that attract travelers from all over the world. One of these is the Arc de Triomphe, or "Arch of Triumph." Commissioned in 1806 and finished in July 1836, this 162-foot tall, 150-foot wide limestone arch was built to honor heroes who fought in the French Revolution and Napoleonic Wars. An eternal flame burns beneath the monument, where veterans place wreaths every night to remember fallen soldiers. The fire hasn't been extinguished since its first lighting on Nov. 11, 1923.

JULY 2023



'You Sunk My Battleship!'

Before it became a board game, Battleship was played with pen and paper! The plastic board, miniature ships and colored pegs—red for "Hit!" and white for "Miss!"—debuted in 1967. Still, some players prefer the challenge of playing Battleship the old-fashioned way by drawing on a grid. Here's another challenge: Can you name the classic five ships used in the game?

(Answer: Battleship, Carrier, Cruiser, Destroyer, Submarine)

Journal Prompt: Appreciation

It's easy to fall into the cycle of everyday life and chug along to your routine. Take time to look around and remember to be optimistic. Answer this question for today: What about your living space are you especially thankful for?

JULY 2023

The Romanticism Period







Literary works are categorized based on their themes and subjects; often this also links to when they were published. Prevalent from 1830 to 1865, the American Romantic genre focused on the innate goodness of humans and their exploration of emotions, imagination and creativity. Subgenres include transcendentalism, which often focused on nature, and gothic, which showed the grittier side of emotions. Romantic works include "Moby-Dick" by Herman Melville, "The Scarlet Letter" by Nathaniel Hawthorne, and many poems and short stories by Edgar Allan Poe.

America's Flowers

Beautiful and beloved, the rose is the national flower of the United States. Through the years, other contenders for the country's floral crown included the columbine, dogwood and marigold.

"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."
—Maria Sharapova

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Finish the Phrase Game ☑ 12:30 Corn hole ☑ 2:00 Paint therapy ☑ 3:00 Bingo ☑
2 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑	3 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 1:30 Activity with Lori ☑	4 Independence Day 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 4th of July Party ☑ 2:00 Bingo 3:00 Painting ☑ 4:00 Trivia 5:30 Movie Night (resident choice) ☑	5 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Whiteboard Games ☑ 12:30 Chair Volleyball ☑ 2:00 Cooking class w/ AL or Bingo ☑ 3:00 Happy Hour 5:30 Movie Night (resident choice) ☑	6 National Fried Chicken Day 9:00 Morning News ☑ 10:00 Church ☑ 12:30 Daily Chronicle ☑ 1:00 Apples to Apples ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	7 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Music Appreciation ☑ 12:30 All about us Game ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	8 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Finish the Phrase Game ☑ 12:30 Corn hole ☑ 2:00 Paint therapy ☑ 3:00 Bingo ☑
9 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 1:30 Activity with Lori ☑ 3:00 Activity with Lori ☑	10 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 1:30 Activity with Lori ☑	11 National Free Slurpee Day 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Crossword Challenge ☑ 12:30 Bowling ☑ 2:00 Bingo 3:00 Happy Hour 4:00 Trivia 5:30 Movie Night (resident choice) ☑	12 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Whiteboard Games ☑ 12:30 Chair Volleyball ☑ 2:00 Cooking class w/ AL or Bingo ☑ 3:00 Happy Hour 5:30 Movie Night (resident choice) ☑	13 National French Fry Day 9:00 Morning News ☑ 10:00 Church ☑ 12:30 Daily Chronicle ☑ 1:00 Apples to Apples ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	14 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Music Appreciation ☑ 12:30 All about us Game ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	15 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Finish the Phrase Game ☑ 12:30 Corn hole ☑ 2:00 Paint therapy ☑ 3:00 Bingo ☑
16 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 3:00 Activity with Lori ☑	17 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 1:30 Activity with Lori ☑	18 National Sour Candy Day 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Crossword Challenge ☑ 12:30 Bowling ☑ 2:00 Bingo 3:00 Happy Hour 4:00 Trivia 5:30 Movie Night (resident choice) ☑	19 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Whiteboard Games ☑ 12:30 Chair Volleyball ☑ 2:00 Cooking class w/ AL or Bingo ☑ 3:00 Happy Hour 5:30 Movie Night (resident choice) ☑	20 National Fortune Cookie Day 9:00 Morning News ☑ 10:00 Church ☑ 12:30 Daily Chronicle ☑ 1:00 Apples to Apples ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	21 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Music Appreciation ☑ 12:30 All about us Game ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	22 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Finish the Phrase Game ☑ 12:30 Corn hole ☑ 2:00 Paint therapy ☑ 3:00 Bingo ☑
23 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 3:00 Activity with Lori ☑	24 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 1:30 Activity with Lori ☑	25 Happy Birthday Janet Baker!!!! 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Crossword Challenge ☑ 12:30 Bowling ☑ 2:00 Bingo 3:00 Happy Hour 4:00 Trivia 5:30 Movie Night (resident choice) ☑	26 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Whiteboard Games ☑ 12:30 Chair Volleyball ☑ 2:00 Cooking class w/ AL or Bingo ☑ 3:00 Happy Hour 5:30 Movie Night (resident choice) ☑	27 National Chili Dog Day 9:00 Morning News ☑ 10:00 Church ☑ 12:30 Daily Chronicle ☑ 1:00 Apples to Apples ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	28 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Music Appreciation ☑ 12:30 All about us Game ☑ 2:00 Bingo ☑ 3:00 Happy Hour 4:00 Trivia ☑ 5:30 Movie Night (resident choice) ☑	29 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Finish the Phrase Game ☑ 12:30 Corn hole ☑ 2:00 Paint therapy ☑ 3:00 Bingo ☑
30 9:00 Morning news ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 3:00 Activity with Lori ☑	31 9:00 Morning News ☑ 10:00 Morning Exercise ☑ 10:30 Daily Chronicle ☑ 11:00 Activity with Lori ☑ 12:30 Activity with Lori ☑ 1:30 Activity with Lori ☑					

Wild World: Red-Eyed Tree Frog

Native to tropical lowlands in Central America and Mexico, this tree frog not only has large, red eyes but also orange feet and blue-and-yellow striped sides. Unlike other bright frogs, this amphibian isn't poisonous, so it uses a tactic called startle coloration to protect itself. The frog flashes its bright eyes and colorful sides to make predators pause long enough for it to hop to safety. These frogs spend their days sleeping under leaves, saving their energy for nighttime, when they hunt for insects.



Thank a Postal Worker

July 1 is National Postal Workers Day. With words or a sweet treat, thank one of the wonderful men and women who make sure our mail gets to us every day.

A Cool Head

Baseball caps and visors can shade your eyes from the sun, but for the best protection, choose a hat with a wide brim that covers your face, neck and ears. Beach hats, bucket hats and fedoras are stylish options. You can also find hats made of materials that block UV rays.



65 Years of NASA

The National Aeronautics and Space Administration, better known as NASA, celebrates a big milestone this month. Created 65 years ago on July 29, 1958, the agency officially opened for business in October of that year.



Gotta Have Gooseberries

Tiny and tart, the gooseberry is one of America's native fruits. The berries come in many colors, including yellow, red, purple and black, but the most famous are green, the sourest of all. Like rhubarb, gooseberries are commonly enjoyed cooked into a pie, where their tartness is tempered by sugar and butter.



First Kick of Coffee

It all started with dancing goats. According to legend, 9th-century Ethiopian herders noticed that their goats had more energy and seemed to "dance" after eating fruit from the *Coffea* plant. Curious, a local monk brewed a drink from the fruit—the first cup of coffee! Now, 2.25 billion cups of coffee are consumed every day.

Love for Aunts and Uncles

Like parents, they offer wisdom and protection; like friends, they take you on adventures and keep your secrets. National Aunt and Uncle Day on July 26 celebrates these relatives—and honorary relatives—who are close to our hearts.

