


# THE Greenhaven Estates *Lifestyle*



GREENHAVEN  
ESTATES  
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY  
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## GREENHAVEN MANAGEMENT TEAM

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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

## Popcorn Pick: 'Crazy Rich Asians'

What's your favorite rom-com? Data from the last five years indicates that the 2018 film "Crazy Rich Asians" is a top pick among viewers across the country. Adapted from Kevin Kwan's book of the same name, the movie follows main characters Rachel (Constance Wu) and Nick (Henry Golding) as they travel from New York to Singapore to meet Nick's family for a wedding. Rachel, already worried about impressing the family, is shocked to find that they are like royalty in Singapore, and Nick is the most eligible bachelor in town. This fun, vibrant film is definitely one to check out if you're a fan of comedy and romance.

## AUGUST 2023

## Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. Simply put, a short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!



## Why Water?

Hydration is necessary for fitness and good health. Mild dehydration can make you feel sluggish and tired. If you wait until you feel thirsty to drink, you are already dehydrated. Divide your weight in half—that is how many ounces of water you should drink a day. If you want to make your water taste better, add lemon or lime slices.

**AUGUST 2023**





**Wild World:  
Common  
Magpie**

The common magpie, otherwise known as *Pica pica*, is a striking black-and-white bird that lives across the temperate areas of the Eurasian continent. The birds' habitat ranges from urban settings to the edges of dense forests, where they live with their mates or in noisy groups, chattering a distinct "chac-chac." Members of the crow family, magpies are intelligent birds, even believed to be one of the most intelligent non-human animals. They're the only avian species to pass the mirror test—recognizing their own reflection—and they also engage in elaborate social rituals—such as using tools to clean cages in captivity, divvying up food for their young in correct portions and imitating human voices.

**Lifelong  
Knowledge**

"Tell me and I forget. Teach me and I remember. Involve me and I learn." —Xun Kuang

**"The winds and the waves are always on the side of the ablest navigators."**  
—Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Crossword Challenge ☑</p> <p>12:30 All about me game ☑</p> <p>2:00 Bingo</p> <p>3:00 Happy hour ☑</p> <p>4:00 Trivia</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>2</p> <p><b>National Ice Cream Sundae Day!!</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Whiteboard Games ☑</p> <p>12:30 Chair Volleyball ☑</p> <p>2:00 Cooking class w/ AL or Bingo ☑</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>3</p> <p><b>National Watermelon Day</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Church ☑</p> <p>12:30 Daily Chronicle ☑</p> <p>1:00 Apples to Apples ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>4</p> <p><b>National Chocolate Chip Cookie Day</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Music Appreciation ☑</p> <p>12:30 All about us Game ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>5</p> <p><b>Happy 100th Birthday Cece!!!</b></p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Finish the Phrase Game ☑</p> <p>12:30 Corn hole ☑</p> <p>2:00 Paint therapy ☑</p> <p>3:00 Bingo ☑</p>
<p>6</p> <p><b>National Bowling Day</b></p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>3:00 Activity with Lori ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>7</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>1:30 Activity with Lori ☑</p> <p>3:00 Happy hour ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>8</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Crossword Challenge ☑</p> <p>12:30 All about me game ☑</p> <p>2:00 Bingo</p> <p>3:00 Happy hour ☑</p> <p>4:00 Trivia</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>9</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Whiteboard Games ☑</p> <p>12:30 Chair Volleyball ☑</p> <p>2:00 Cooking class w/ AL or Bingo ☑</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>10</p> <p><b>National S'mores Day</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Church ☑</p> <p>12:30 Daily Chronicle ☑</p> <p>1:00 Apples to Apples ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>11</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Music Appreciation ☑</p> <p>12:30 All about us Game ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>12</p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Finish the Phrase Game ☑</p> <p>12:30 Corn hole ☑</p> <p>2:00 Paint therapy ☑</p> <p>3:00 Bingo ☑</p> <p>5:30 Movie night (resident choice) ☑</p>
<p>13</p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>3:00 Activity with Lori ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>14</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>1:30 Activity with Lori ☑</p> <p>3:00 Happy hour ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>15</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Crossword Challenge ☑</p> <p>12:30 All about me game ☑</p> <p>2:00 Bingo</p> <p>3:00 Happy hour ☑</p> <p>4:00 Trivia</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>16</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Whiteboard Games ☑</p> <p>12:30 Chair Volleyball ☑</p> <p>2:00 Cooking class w/ AL or Bingo ☑</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>17</p> <p>9:00 Morning News ☑</p> <p>10:00 Church ☑</p> <p>12:30 Daily Chronicle ☑</p> <p>1:00 Apples to Apples ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>18</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Music Appreciation ☑</p> <p>12:30 All about us Game ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>19</p> <p><b>National Potato Day</b></p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Finish the Phrase Game ☑</p> <p>12:30 Corn hole ☑</p> <p>2:00 Paint therapy ☑</p> <p>3:00 Bingo ☑</p> <p>5:30 Movie night (resident choice) ☑</p>
<p>20</p> <p><b>National Lemonade Day</b></p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>3:00 Activity with Lori ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>21</p> <p><b>National Senior Citizens Day</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>1:30 Activity with Lori ☑</p> <p>3:00 Happy hour ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>22</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Crossword Challenge ☑</p> <p>12:30 All about me game ☑</p> <p>2:00 Bingo</p> <p>3:00 Happy hour ☑</p> <p>4:00 Trivia</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>23</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Whiteboard Games ☑</p> <p>12:30 Chair Volleyball ☑</p> <p>2:00 Cooking class w/ AL or Bingo ☑</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>24</p> <p><b>National Waffle Day</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Church ☑</p> <p>12:30 Daily Chronicle ☑</p> <p>1:00 Apples to Apples ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>25</p> <p><b>National Banana Split Day</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Music Appreciation ☑</p> <p>12:30 All about us Game ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>26</p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Finish the Phrase Game ☑</p> <p>12:30 Corn hole ☑</p> <p>2:00 Paint therapy ☑</p> <p>3:00 Bingo ☑</p> <p>5:30 Movie night (resident choice) ☑</p>
<p>27</p> <p>9:00 Morning news ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>3:00 Activity with Lori ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>28</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Activity with Lori ☑</p> <p>12:30 Activity with Lori ☑</p> <p>1:30 Activity with Lori ☑</p> <p>3:00 Happy hour ☑</p> <p>5:30 Movie night (resident choice) ☑</p>	<p>29</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Crossword Challenge ☑</p> <p>12:30 All about me game ☑</p> <p>2:00 Bingo</p> <p>3:00 Happy hour ☑</p> <p>4:00 Trivia</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>30</p> <p>9:00 Morning News ☑</p> <p>10:00 Morning Exercise ☑</p> <p>10:30 Daily Chronicle ☑</p> <p>11:00 Whiteboard Games ☑</p> <p>12:30 Chair Volleyball ☑</p> <p>2:00 Cooking class w/ AL or Bingo ☑</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night (resident choice) ☑</p>	<p>31</p> <p><b>National Eat Outside Day</b></p> <p>9:00 Morning News ☑</p> <p>10:00 Church ☑</p> <p>12:30 Daily Chronicle ☑</p> <p>1:00 Apples to Apples ☑</p> <p>2:00 Bingo ☑</p> <p>3:00 Happy Hour</p> <p>4:00 Trivia ☑</p> <p>5:30 Movie Night (resident choice) ☑</p>		



## Memorable Melody: 'Orange Colored Sky'

What does it feel like to fall in love? According to this jazz standard, it falls out of the sky with a "Flash! Bam! Alakazam!" The most famous recording of this single is a collaboration between Nat King Cole and the Stan Kenton Orchestra; it spent 13 weeks on Billboard's Best Seller chart in 1950. Bursting with energy from the brass section, the swinging tune also became famous on the variety show "Broadway Open House," which featured the song's co-writer Milton Delugg as bandleader. Numerous artists, including Doris Day, Screamin' Jay Hawkins, Natalie Cole (Nat King Cole's daughter) and Lady Gaga, have covered "Orange Colored Sky."



## 'Ballet' Is One

How many words can you come up with using the letters in "water balloon"?

## Women's World Cup Finals

Competition is heating up Down Under as the top teams in women's soccer face off this month in the FIFA Women's World Cup. Co-hosted by New Zealand and Australia, the tournament started on July 20 in Auckland, with the final match scheduled for Aug. 20 in Sydney.



## Popular Pages: 'Atomic Habits'

A No. 1 New York Times bestseller, this self-help book gained an audience quickly when it was released in 2018. Author James Clear, an expert on habit formation, uses concepts from biology, psychology and neuroscience to outline a clear path to success in an easy-to-understand format. With the tagline "Tiny Changes, Remarkable Results," the guide aims to help readers reach goals by breaking bad habits and employing good ones.

## Amazing Lizards

World Lizard Day is held annually on Aug. 14. There are over 7,000 lizard species, and these reptiles have some truly amazing abilities. Check out these fun facts:

- Lizards live on every continent except for Antarctica, but only one lizard spends time in the ocean—the marine iguana.
- The largest lizards, Komodo dragons can grow to 10 feet in length and weigh over 300 pounds.
- The popular gecko can stick to everything except dry Teflon. Nano-sized hairs on their toes, called setae, provide the cling.



## DIY Ice Balloons

Going on a day trip and packing a cooler of drinks? Before summer draws to an official end, make use of this fun ice hack: Fill water balloons and stick them in the freezer until solid; then, use those in your cooler instead of ice. They'll stay frozen longer and won't leak, so you can say goodbye to soggy drink containers and wet hands after grabbing a refreshment. The best part? After they've completely melted, you can have a water balloon fight!

## Did You Know?

In the U.K., a zucchini is called a courgette.

