

THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
7548 Greenhaven Drive · Sacramento, CA 95831 · (916) 427-8887

GREENHAVEN MANAGEMENT TEAM

Executive Director

Benjie Doctolero

Business Office Director

Alexandria Noel

Sales Director

Lindsey Palmer

Sales Counselor

Lindy Brockley

Assisted Living Director

Arlene Moreno

Resident Care Coordinator

Tyler Brown

Activities Director

Kaitlynn Eagleson

Dining Director

Bradley Boyer

Maintenance Director

Steven Corey

OCTOBER 2023



Candy Corn Décor

These giant candy corn decorations will put a sweet smile on your face!

Materials:

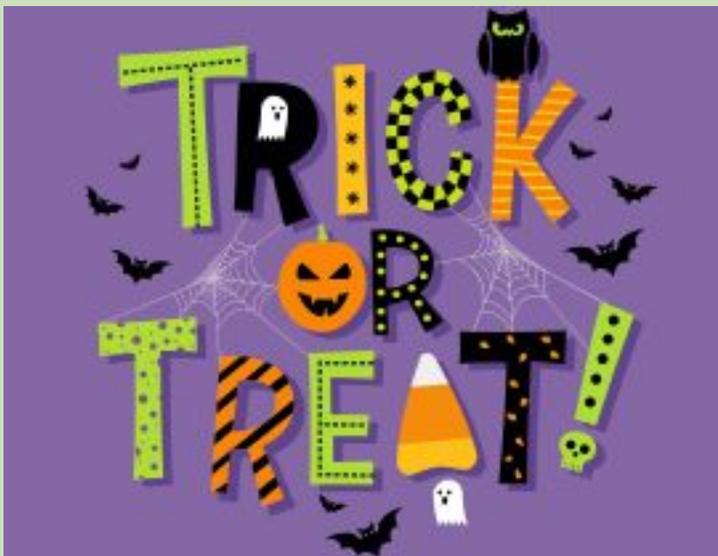
- 3 cone-shaped foam forms, different sizes
- Clear tape
- Yellow, orange and white yarn
- Scissors

Directions:

Choose one of the cones to start with. Tape the end of the yellow yarn to the side of the cone, near the bottom edge. Wind the yarn around the cone in a continuous string, moving upward, until the entire bottom third of the cone is covered. Cut the yarn string and tape the trimmed end to the cone.

Using the same process, wrap the cone's middle section with the orange yarn. Finish the tip of the cone with white yarn. It should look like a piece of candy corn.

Wrap the remaining two cones. Display the three candy forms on a table or shelf.



OCTOBER 2023

Brain Bender: Spooky Movie Scramble

It's spooky season, which means it's time for a scary movie marathon! Grab some snacks and a snuggly blanket and see if you can unscramble this tangled web of frightening film titles:

1. Enter Silent Goat Hammer
2. Highest Inn
3. Unsafe Rot
4. Couch Soups
5. The Hairy Tinder Theft
6. Got Reptiles?
7. Idyll Chaps
8. Julie Bee, Etc.
9. Wham! Teflon
10. Shortest Bugs

(Answers: 1. "A Nightmare on Elm Street"; 2. "The Shining"; 3. "Nosferatu"; 4. "Hocus Pocus"; 5. "Friday the Thirteenth"; 6. "Poltergeist"; 7. "Child's Play"; 8. "Beetlejuice"; 9. "The Wolf Man"; 10. "Ghostbusters")

Happy Halloween!

We hope you have a spook-tacular holiday!

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:00 Activity time 3:00 Crossword challenge 5:00 Movie night (resident choice)	2 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	3 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie Night (resident choice)	4 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	5 8:00 Morning News 9:30 Morning Exercise 10:30 Church 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	6 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	7 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:30 Bingo 3:00 Beauty Time 5:00 Movie night (resident choice)
8 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:30 Activity time 3:00 Crossword challenge 5:00 Movie night (resident choice)	9 Columbus Day 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	10 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	11 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	12 8:00 Morning News 9:30 Morning Exercise 10:30 Church 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	13 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	14 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:30 Bingo 3:00 Beauty Time 5:00 Movie night (resident choice)
15 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:30 Activity time 3:00 Crossword challenge 5:00 Movie night (resident choice)	16 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	17 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie Night (resident choice)	18 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	19 8:00 Morning News 9:30 Morning Exercise 10:30 Church 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	20 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	21 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:30 Bingo 3:00 Beauty Time 5:00 Movie night (resident choice)
22 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:30 Activity time 3:00 Crossword challenge 5:00 Movie night (resident choice)	23 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	24 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy hour★ 5:00 Movie Night (resident choice)	25 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	26 8:00 Morning News 9:30 Morning Exercise 10:30 Church 11:00 Crossword challenge 12:00 Communication skills 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	27 9:30 Morning Exercise 10:30 Morning walk club 11:00 Crossword challenge 12:00 Communication skills 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	28 8:00 Morning news 9:30 Morning walk club 10:30 Book club 12:00 Communication skills 1:30 Bingo 3:00 Beauty Time 5:00 Movie night (resident choice)
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Morning Walk Club!

Simple Ways To Make Someone Smile

World Smile Day, the first Friday in October, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your home, workplace or community. Put a note in your mailbox saluting the letter carrier.

Your actions speak volumes. Do a chore without being asked to or offer to cook a meal. Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.

Tap into technology and upload some feel-good vibes. In a few minutes and with a few clicks, help a friend begin their day on a happy note by sending them a good morning text. Post a recommendation on a local business's social media site or reply to a post that brought you a smile.



Welcome to our new Assisted Living Director, Arlene Moreno



Welcome to our new Resident Care Coordinator, Tyler Brown

A Glowing Goodbye

"Autumn glows upon us like a splendid evening; it is the very sunset of the year." —Mary Russell Mitford