

THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
7548 Greenhaven Drive · Sacramento, CA 95831 · (916) 427-8887

Leadership 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 Resident Care Coordinator
Desiree Burns

MC Activities Director
Delondra Davis

Dining Director
Dennis Lalata

Maintenance Director
Steven Corey

MARCH 2023



Join us for our early Saint Patrick's Day Party on
March 16th @ 2:30pm in the small dining room!
Wearing green is encouraged!

Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

MARCH 2023

Why You Should Participate in Activities?

- **Become happier and less depressed.** Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.
- **Improve thinking abilities.** Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better.
- **Learn a new skill or topic.** Every day there is a possibility to learn something new!
- **Make friends.** Friendships are meant to be made in our community!

"Magic is believing in yourself. If you can do that, you can make anything happen."
—Johann Wolfgang von Goethe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Walk it Out Wednesday 🚶 10:30 Games 🎲 12:30 Resident Council Meeting 2:00 Cooking 🍳 3:00 Happy Hour ☕ 4:15 Garden Check	2 10:00 Thursday Stretching 🧘 10:45 Church 12:00 Trivia ★ 1:30 Bingo \$ 3:00 Happy Hour ☕ 5:30 Movie Night-Throwback Thursday 📺	3 10:00 Exercise 🚶 12:30 Jeopardy 1:30 Let's Talk about It 1:30 Nails & Face Masks 2:30 Bridge 🎲 3:00 Happy Hour ☕	4 9:00 Exercise- Residents' Choice 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia ★ 5:30 Movie Night-Residents' Choice 📺
5 10:00 Yoga Sunday 🧘 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 📺 4:00 Games 🎲	6 National Oreo Day 10:00 Shopping 🛒 12:00 Baking 1:30 Book Club Meeting ♥ 3:00 Happy Hour ☕ 5:00 Movie Night-Comedy 📺	7 10:30 Tai Chi Tuesday 🧘 12:15 Arts & Crafts 🎨 1:30 Bingo \$ 3:00 Karaoke Happy Hour 5:00 Movie Night-Drama 📺	8 9:30 Walk it Out Wednesday 🚶 10:30 Games 🎲 12:00 Meditation with Shaku 1:00 Chef's Chat 2:00 Cooking 🍳 3:00 Happy Hour ☕ 4:15 Garden Check	9 National Popcorn Lovers' Day 10:00 Thursday Stretching 🧘 10:45 Church 12:00 Trivia ★ 1:30 Bingo \$ 3:00 Happy Hour ☕ 5:30 Movie Night-Throwback Thursday 📺	10 10:00 Exercise 🚶 12:30 Jeopardy 1:30 Let's Talk about It 1:30 Nails & Face Masks 2:30 Bridge 🎲 3:00 Happy Hour ☕	11 9:00 Exercise- Residents' Choice 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia ★ 5:30 Movie Night-Residents' Choice 📺
12 10:00 Yoga Sunday 🧘 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 📺 4:00 Games 🎲	13 10:00 Shopping 🛒 12:00 Baking 1:00 Fit for Life Class 🚶 3:00 Happy Hour ☕ 5:00 Movie Night-Comedy 📺	14 10:30 Tai Chi Tuesday 🧘 12:15 Arts & Crafts 🎨 1:30 Bingo \$ 3:00 Karaoke Happy Hour 5:00 Movie Night-Drama 📺	15 9:30 Walk it Out Wednesday 🚶 10:30 Games 🎲 12:45 Town Hall Meeting 2:00 Cooking 🍳 3:00 Happy Hour ☕ 4:15 Garden Check	16 10:00 Thursday Stretching 🧘 10:45 Church 12:00 Trivia ★ 1:30 Bingo \$ 2:30 Early Saint Patrick's Day Party	17 Saint Patrick's Day 10:00 Exercise 🚶 12:30 Jeopardy 1:30 Let's Talk about It 1:30 Nails & Face Masks 2:30 Bridge 🎲 3:00 Happy Hour ☕	18 9:00 Exercise- Residents' Choice 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia ★ 5:30 Movie Night-Residents' Choice 📺
19 10:00 Yoga Sunday 🧘 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 📺 4:00 Games 🎲	20 First Day of Spring 10:00 Shopping 🛒 12:00 Baking 1:30 Book Club Meeting ♥ 3:00 Happy Hour ☕ 5:00 Movie Night-Comedy 📺	21 10:30 Tai Chi Tuesday 🧘 12:15 Arts & Crafts 🎨 1:30 Bingo \$ 3:00 Karaoke Happy Hour 5:00 Movie Night-Drama 📺	22 9:30 Walk it Out Wednesday 🚶 10:30 Games 🎲 12:00 Meditation with Shaku 1:00 Dementia Seminar 2:00 Cooking 🍳 3:00 Happy Hour ☕ 4:15 Garden Check	23 10:00 Thursday Stretching 🧘 10:45 Church 12:00 Trivia ★ 1:30 Bingo \$ 3:00 Happy Hour ☕ 5:30 Movie Night-Throwback Thursday 📺	24 National Cocktail Day 10:00 Exercise 🚶 12:30 Jeopardy 1:30 Let's Talk about It 1:30 Nails & Face Masks 2:30 Bridge 🎲 3:00 Happy Hour ☕	25 9:00 Exercise- Residents' Choice 🚶 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:30 Trivia ★ 5:30 Movie Night-Residents' Choice 📺
26 10:00 Yoga Sunday 🧘 11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 📺 4:00 Games 🎲	27 10:00 Shopping 🛒 12:00 Baking 1:00 Fit for Life Class 🚶 3:00 Happy Hour ☕ 5:00 Movie Night-Comedy 📺	28 10:30 Tai Chi Tuesday 🧘 12:15 Arts & Crafts w/ Memory Care- Get to Know Other Residents 🎨 1:30 Bingo \$ 3:00 Karaoke Happy Hour 5:00 Movie Night-Drama 📺	29 9:30 Walk it Out Wednesday 🚶 10:30 Games 🎲 12:30 Give Back to Sac 3:00 Happy Hour ☕ 4:15 Garden Check	30 10:00 Thursday Stretching 🧘 10:45 Church 12:00 Trivia ★ 1:30 Bingo \$ 3:00 March Birthday Party 5:30 Movie Night-Throwback Thursday 📺	31 10:00 Exercise 🚶 12:30 Jeopardy 1:30 Let's Talk about It 2:30 Bridge 🎲 3:00 Happy Hour ☕	



Shaku and one of our lovely caregivers, Claudia, preparing our happy hour appetizers! Every Wednesday at 2pm, we do cooking in the lounge—full of storytelling, laughs and fun!



Give Back to Sac

Research shows that people who give back to their communities experience better overall health, greater life satisfaction, fewer hospitalizations, higher, self-esteem and a greater ability to manage their own chronic illnesses. Volunteering can even reduce your risk of high blood pressure, depression, and chronic pain. Most of our residents at our community have been trying to figure out how we can give back to our community. This month will be our first time trying "Give Back to Sac!" Brainstorming ideas and planning will take place at our Resident Council Meeting on 3/1 @ 12:45!



Put on a Happy Face

Simply putting on a happy face could enhance your view of those around you. Researchers at City University London in England say there's evidence smiling can cue the brain to put a positive spin on other people's emotions. When researchers recorded the brain waves of study participants, data showed that the act of smiling changed their brain activity, making them perceive people with neutral expressions as smiling, too. As in the words of a classic tune, "When you're smiling, the whole world smiles with you."

Wake Up Happy

"Start each day with a positive thought and a grateful heart." — Roy T. Bennett

Alert for Allergy Weather

It's the season for allergies. Local weather forecasts often include pollen counts. But if you miss those numbers, you can still be prepared with a do-it-yourself weather check. Expect symptoms to flare up when it's windy, warm and dry. During rainy weather and breeze-free days, the pollen level will likely be lower.