

THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
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Remember When: Hand-Cranked Ice Cream

Modern machines do all the work for you, but once upon a time, homemade ice cream meant turning a crank by hand for as long as an hour until the cool treat was ready to eat. Based on an 1843 invention by Nancy Johnson, early ice cream makers consisted of a wooden bucket with an inner metal canister. Inside the canister was a paddle, attached to an outer crank handle; the ice cream mixture went into the canister, and remaining space in the wooden bucket was filled with layers of ice and salt. Then it was time to crank! Since the ice slowly melted during the churning process, this was usually done on the front porch, as kids and adults alike took turns cranking. For many, the eager anticipation of the finished dessert made the ice cream even sweeter.

JUNE 2023



Watch Sports for Your Well-Being

Can going to a ballgame, golf tournament or other live sporting event make you happier? The research says yes! Attending a competition of any level, from youth games to major league matchups, can raise one's self-esteem while lowering feelings of loneliness. Sharing a space with fellow fans builds community and trust, and regular spectators report a stronger sense of well-being and satisfaction with life.

Movie Magic

The first movie ever, "The Horse in Motion," began as a series of photographs and was turned into animation in 1880. The first recorded motion picture was a two-second silent short called "Roundhay Garden Scene," filmed in 1888. Many technological improvements have impacted the art of cinema—adding sound, color and visual effects—but the wonderful feeling of enjoying a good movie hasn't changed.

JUNE 2023

Popular Pages: 'Eragon'

If you like adventures and dragons, then this 2002 novel may be for you. The first novel in "The Inheritance Cycle" series by Christopher Paolini, "Eragon" was published when the author was a teenager. When Eragon, a humble farm boy, finds a blue stone that turns out to be a dragon egg, his world is flipped on its head. Will he be able to become a legendary Dragon Rider? Or will powerful forces succeed in stopping him? This action-packed novel was the third-best-selling children's hardback in 2003, second best-selling children's paperback in 2005 and was adapted into a 2006 film.

Music's Greatest Hit

"One good thing about music, when it hits you, you feel no pain." —Bob Marley

How many words can you come up with using the letters in "let's go fishing"?

"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."
—Lori Longbotham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				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)	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)	9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
4	5	6	7	8	9	10
9:00 Morning Meeting 12:30 Library Visit 3:00 Gardening 5:00 Movie (resident choice)	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)	8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	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)	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)	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)	9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
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9:00 Morning Meeting 12:30 Library Visit 3:00 Gardening 5:00 Movie (resident choice)	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)	8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	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)	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)	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)	9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
18	19	20	21	22	23	24
9:00 Morning Meeting 12:30 Library Visit 3:00 Gardening 5:00 Movie (resident choice)	Juneteenth 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)	8:00 Morning news 9:00 Morning meeting 12:00 Bingo 1:30 Crafts 3:00 Happy hour 5:30 Movie (resident choice)	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)	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)	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)	9:00 Morning Meeting with Staff 12:00 Bingo 2:00 Paint therapy 5:00 Movie (resident choice)
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A Playlist for Pops

This Father's Day, press play on these sweet songs that celebrate the bond between dads and their children.

"Color Him Father." A top 10 hit for R&B group the WinStons, this upbeat track from 1969 sings the praises of a kind, hardworking stepfather to a widow's seven children.

"Father and Son." When listening to this 1970 Cat Stevens song, note when the singer-songwriter is singing in a lower register and when he goes up an octave. The deep verses are the father's side of the conversation, and the higher verses are the son's response.

"Daddy's Hands." Country singer Holly Dunn wrote this sweet tribute as a Father's Day gift for her dad. Released in 1986, it spent six months on the country charts and made Dunn a Nashville star.

"Butterfly Kisses." Played at many wedding receptions during the father-daughter dance, this 1997 hit by Bob Carlisle showcases all the special moments between a dad and his little girl.

"I'm Already There." This 2001 single by country group Lonestar resonated with listeners familiar with the message of a father away from home, especially those deployed in the military. The band later recorded a version that included phone calls from soldiers to their loved ones.

"Dance With My Father." Though he lost his father at age 7, Luther Vandross held on to memories of his parents happily dancing in their home. This sentimental ode struck a chord with listeners, sending the song to No. 1 on the R&B charts in 2003.

"Glory." Rapper Jay-Z released this celebration of fatherhood in January 2012, just two days after his daughter with pop star Beyonce, Blue Ivy, was born. The song officially credits the baby for contributing her heartbeat, coos and cries to the track, making her the youngest person to have a song on the Billboard charts.

Laugh Lines: Stadium Snickers

Hit a home run with your pals by sharing some of these baseball jokes!

Q: What has 18 legs and catches flies?

A: A baseball team!

Q: Where does a baseball player go when he gets his uniform dirty?

A: New Jersey.

Q: What takes longer—running from first to second base, or running from second to third base?

A: Running from second to third, because there's a shortstop in the middle.

Q: How do ball players stay cool?

A: By standing next to the fans!

Q: What is a designated hitter's favorite spot at the playground?

A: The swings.

Q: What does a baseball team and a stack of pancakes have in common?

A: They both need a good batter.

Q: What do you call a baseball player who likes to climb trees?

A: Babe Root.

Q: Why aren't chickens good at baseball?

A: Because they always hit fowl balls.

Q: Where do ball players clean their bats?

A: In the bat tub!

Q: What did the outfielder say to the baseball?

A: "Catch you later!"

Wild World: California Sea Lion

This marine mammal is found along the western coast and islands of North America. Male sea lions can get quite large, growing nearly 9 feet long and weighing over 1,000 pounds; on the other hand, females average just under 7 feet and weigh only 220 pounds. Their strong front flippers and rotating hind flippers allow them to walk on all fours on land—unlike seals, who have to slide on their bellies—but sea lions also rely on head and neck movements to get around, making for an amusing gait. The clever animals are often featured in shows at zoos and marine parks, performing tricks such as catching a ball on their nose, running up ladders or responding to music.



A Pearl of Wisdom

There are three birthstones for the month of June: alexandrite, moonstone and pearl.

Traditionally, the pearl is the most favored of the three, with its creamy white color and iridescent shimmer. Pearls are the only gemstone to come from a living creature rather than the Earth's crust, and less than 1 in 10,000 wild oysters contain the jewel, making natural pearls one of the rarest gemstones in the world.

