



WESTMONT®

Meadow Oaks of Roseville

inspired retirement living®

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April 2018



Meet the Team

Executive Director Tanysha
 Business Office Director Tanysha
 Compass Rose Program Director Ana Marie
 Culinary Director Chef Vo
 Maintenance Director Artie
 Compass Rose Lifestyle Director Rosa
 Lifestyle Director Gail
 Community Relations Director Deborah
 Community Relations Director Heather

Positive Thought

"The single act of kindness throws out roots in all directions, and the roots spring up and make fresh trees." —Frederick William Faber



**Diane, Sharon P. And Betty P. To
Our Community**

Meadow Oaks Positive Inspirations

Time for change and that means learning to relax more and appreciate the small things in life. When feeling stressed, take a step back and a deep breath to collect your thoughts. Eliminate stress by finding healthy ways that can help you cope with it.

Just for Fun

What Was the First Concert You've Ever Seen?

Normita ~ "Air Supply, country music. They were my first concert"

Jack C. ~ "I was in a high school marching band and every year we would have a big band concert with other bands from other schools. They would play and we would play. It was a lot of fun"

Elvie ~ "West Life, it was a boy band I had seen"

Betty P. ~ "I saw Bojangles live in my 20s It was my first concert and I really enjoyed his music"

Martha ~ "I went and saw the Beach Boys at the Sacramento Memorial Auditorium"

Jim O. ~ "I was in marching band in school. I played the trumpet. I never went to concerts but I liked playing the trumpet"

Rosa ~ "I can't quite remember, but the best one I have seen was Santana in Vegas"

Sharon P. ~ "While I went to Chico State, I saw a Satchmo Jazz concert. It was really well done and the best concert I've ever been to"

Marge ~ "I had seen Lawrence Welk at a small town in Wessington"

Rhett ~ "The Beach Boys and fifty years later they are still good"

International Women's Day



Compass Rose at a Glance



Lifestyles at a Glance





National Couple Appreciation Month

On Board the Love Boat

No matter how long you've been together, there are plenty of reasons to salute a successful relationship. Vows pledged to each other in the past are now the anchor to a lifetime spent as loving shipmates. To those couples, chart your course for smooth sailing from here on out!



Reba and Norman have been married 60 plus years.



George and Clara have been married for 64 years.



Kathy and Ray have been happily married for 47 years



Ken and Delores will celebrate their marriage of 65 years this July



Katie and Freddie will be married 59 years this June

Wit & Wisdom

"The best thing one can do when it's raining is to let it rain."
—Henry Wadsworth Longfellow

"Let the rain kiss you.
Let the rain beat upon your head
with silver liquid drops.
Let the rain sing you a lullaby."
—Langston Hughes

"The sound of the rain needs no translation."
—Alan Watts

"There are many things I do for amusement, but for happiness I like to gather up my memories and go for a walk in the rain."
—Robert Brault

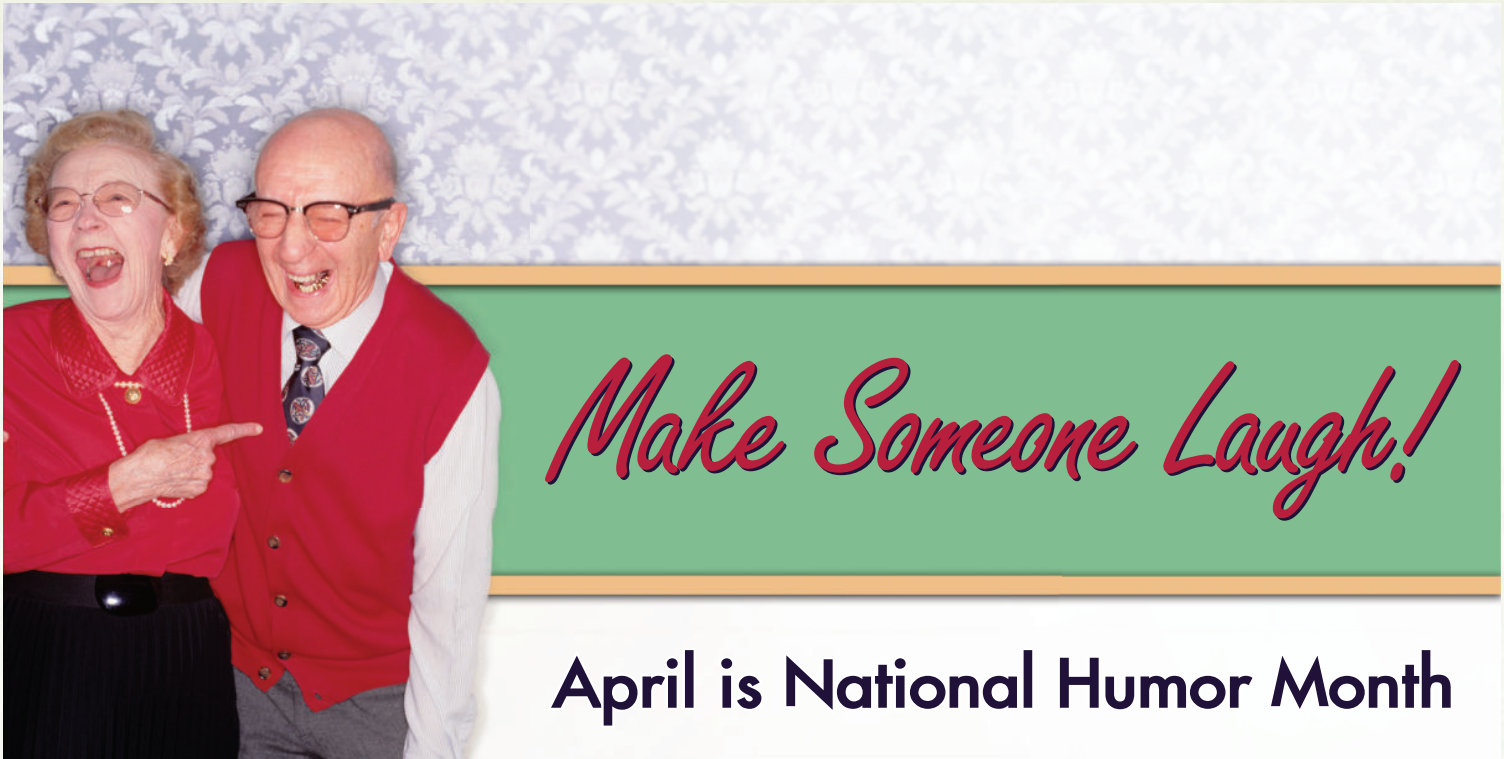
"The shortest period of time lies between the minute you put some money away for a rainy day and the unexpected arrival of rain."
—Jane Bryant Quinn

"I have always considered the rain to be healing—a blanket—the comfort of a friend."
—Douglas Coupland

"A rainy day is the perfect time for a walk in the woods."
—Rachel Carson

"Tears of joy are like the summer raindrops pierced by sunbeams."
—Hosea Ballou

"After the rain cometh the fair weather."
—Aesop



Make Someone Laugh!

April is National Humor Month



Easter Greetings

WISHING YOU A
HAPPY HOLIDAY!