

Camden Springs

Gracious Retirement Living

8476 Sheldon Road • Elk Grove, California 95624 • Phone (916) 714-6565 • www.seniorlivinginstyle.com

MAY 2019

CAMDEN SPRINGS FAMILY

Managers..... DEAN & TAMMIE BENTON
Assistant Managers CHRIS & LAURIE BARROW
Executive Chef..... MICHAEL FOX
Activity Coordinator CHELSEA ERBE
Activity Assistant ASHLEY PRASAD
Maintenance MARTIN PINA
Transportation CARMEN MUNIZ

IMPORTANT PHONE NUMBERS

Beauty Salon: (916) 743-7388

Fax: (916) 687-3587

MEAL TIMES

Breakfast: 8 a.m.

Dinner: 12:30 p.m.

Supper: 5:30 p.m.

YOUTUBE.COM

For slideshows and videos visit:
www.youtube.com/camdensprings

HAWTHORN
SENIOR LIVING

Out and About in May

Wednesday, May 1st,
10:15 a.m.: Outing to Shop
Heroic Outlet

Wednesday, May 8th,
10:15 a.m.: Outing to
Diamond Almonds

Friday, May 10th,
11:30 a.m.: Outing to
Jack's Urban Eats

Wednesday, May 15th,
10:30 a.m.: Outing to
El Dorado Estates for Bean
Bag Baseball Tournament

Friday, May 17th,
11:30 a.m.: Outing to
Logan's Steakhouse

Wednesday, May 22nd,
10 a.m.: Outing to Bernhard
Museum and Lunch

Friday, May 24th,
11:30 a.m.: Outing to
Logan's Steakhouse

Wednesday, May 29th,
11 a.m.: Outing to Brazilian
Steakhouse

Friday, May 31st, 10 a.m.:
Outing to Arden Fair Mall
and Lunch





Happy 8th Anniversary, Camden Springs!

Happy 8th Anniversary, Camden Springs! It's so hard to believe that it's been eight years since this community opened its doors for the first time. Everyone wonders what makes our community so amazing and different from others. Some of those things include the memories, laughs and most importantly, our residents. They make this community feel like one big family. When we have a

new resident joining our community, all of our other residents welcome them with open arms. Not just the residents, but also our staff! Everyone cares for each other just like we're family. Here's to making new memories!



Eight years of memories



Say cheese!



Extraordinary Orchids

Prized for their exotic beauty and elegant blooms, orchids are one of the best-selling potted flowers in the U.S.

Fossils show that orchids have grown wild for millions of years. Throughout much of human history, the flowers were an expensive luxury enjoyed by the wealthy. During the Victorian era, many orchid collectors hired professional hunters to track down rare varieties only found in the jungles of South America and Asia. Over the decades, advances in transportation and greenhouse technology made the plants easier to cultivate and more affordable.

With more than 25,000 species worldwide, orchids grow in nearly every color of the rainbow, including rare blue hues and two-toned combinations. They range in height from a few inches to over 40 feet tall. A single orchid seedpod contains up to 3 million microscopic seeds, but the plants are slow-growing, with some varieties taking several years to produce their first flowers.





The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

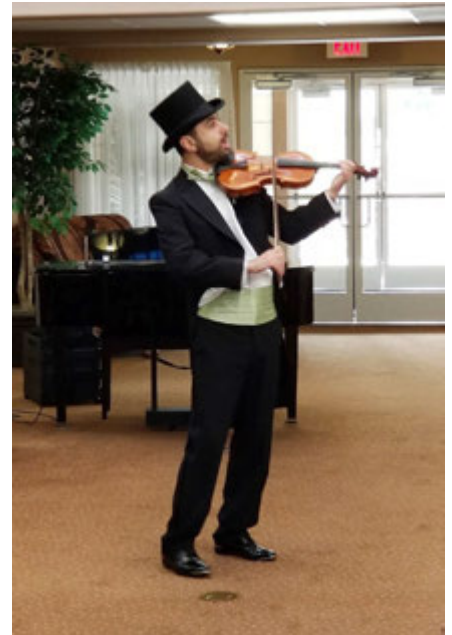
After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



St. Patrick's Day

Happy St. Patrick's Day, everyone! We started off with a special Irish-themed dinner that featured corned beef and cabbage with red potatoes. When our bellies were full, we began our Green Giveaway. The managers passed out raffle tickets to the residents and then they picked and read out a random ticket number. Whoever had that number

got to go home with a green prize! After the giveaway, we all moved into the atrium where we had a special violinist give our residents a spectacular performance!



Ciprian on the violin



Our Green Giveaway!



St. Patrick's selfie featuring Dottie, Dean, and Barbara

MAY 2019

Birthdays

Donald Kammerer, 8th
Rosemary Feaster, 8th
Michael Fox, 9th (Employee)
Linda Westburg, 9th
Sam Rinelli, 16th
Yvonne Gardner, 17th
Neva Kennelly, 20th
Ruth Butterfield, 20th
Aldean Ford, 29th
David Butterfield, 30th

Locations

Activities Room, (ACT)
Atrium, (A)
Back Patio, (P)
Chapel, (C)
Dining Room, (D)
Fitness Room, (F)
Front Patio, (FP)
Game Room, (G)
Library, (L)
Lobby, (LB)
Movie Theater, (T)
New Activity, New!
TV Room, (TV)

Bus Schedule

- Monday is Elk Grove Errand Day.
- Tuesday & Thursday are Appointment Days.
- Wednesday & Friday are Special Planned Outing Days.

“Age is not how old you are, but how many years of fun you’ve had.”
—Matt Maldre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div><div>MAY DAY</div><div>1</div><div>9:30 Chair Dancing Exercise, (ACT)</div><div>10:15 Outing: Shop Heroic Outlet, (LB)</div><div>12:30 Birthday Celebration, (D)</div><div>2:00 Summer of Adventures Meeting, (ACT)</div><div>3:00 Art Class with Cindy, (ACT)</div><div>6:45 Movie and Popcorn, (T)</div></div>	<div><div>2</div><div>9:30 Balance Enhancement Class, (ACT)</div><div>10:00 Bible Study with Bernice, (C)</div><div>11:00 Blood Pressure Reading with Alegre, (G)</div><div>12:30 Cinco De Mayo Celebration, (D)</div><div>2:00 Creekside Christian Ministry with Pastor Chuck, (C)</div><div>2:00 The Camden Closet Store</div><div>2:30 Pinata Party, (ACT)</div></div>	<div><div>3</div><div>9:30 Chair Drumming Exercise, (ACT)</div><div>10:00 Catholic Communion, (C)</div><div>11:00 Hangman for Funny Money, (ACT)</div><div>2:15 Nickel Bingo, (ACT)</div><div>3:30 Word Search Mania, (ACT)</div><div>6:45 Poker, (G)</div><div>6:45 Movie, (T)</div></div>	<div><div>4</div><div>10:00 Skip-Bo, (ACT)</div><div>11:00 Fireside Chat with Laurie, (D)</div><div>1:45 Musical Guest: Glenbrooke Chorus, (A)</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>3:00 Rummikub, (ACT)</div><div>6:45 Movie, (T)</div></div>
<div><div>5</div><div>9:00 Morning Stroll, (FP)</div><div>11:00 Wii Bowling, (ACT)</div><div>2:00 Craft with Tammie, (ACT)</div><div>2:00 Needle Group, (A)</div><div>3:00 Billiards, (G)</div><div>6:45 Skip-Bo, (ACT)</div><div>6:45 Mexican Train, (ACT)</div></div>	<div><div>6</div><div>9:15 Shopping and Banking Begins, (LB)</div><div>9:30 Brain and Fitness Exercise, (ACT)</div><div>10:00 Left, Center, Right Game, (ACT)</div><div>11:00 Trivia and True or False, (ACT)</div><div>1:45 Musical Guest: Denny Colletet, (A)</div><div>3:00 Activities Meeting, (ACT)</div><div>6:45 Robert De Niro Movie Night, (T)</div></div>	<div><div>7</div><div>9:00 Exercise with Jake, (ACT)</div><div>10:00 Bible Study Class, (C)</div><div>10:00 Pinochle Group, (G)</div><div>10:30 Giant Crossword Puzzle, (ACT)</div><div>12:00 Resident and Manager Meeting, (D)</div><div>2:00 The Camden Closet Store</div><div>2:00 Spelling Bee Challenge, (ACT)</div><div>2:45 Bean Bag Baseball, (A)</div><div>3:30 Funny Money Bingo, (ACT)</div></div>	<div><div>8</div><div>9:30 Chair Dancing Exercise, (ACT)</div><div>10:15 Outing: Diamond Almonds, (LB)</div><div>11:00 Optical Illusions, (ACT)</div><div>2:00 Wii Bowling, (ACT)</div><div>3:00 Minute to Win It, (ACT)</div><div>6:45 Movie and Popcorn, (T)</div><div></div></div>	<div><div>9</div><div>9:30 Balance Enhancement Class, (ACT)</div><div>10:00 Bible Study with Bernice, (C)</div><div>10:00 Mobile Dermatologist, (A)</div><div>10:30 Atlas Hearing Aid Service, (ACT)</div><div>11:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Creekside Christian Ministry with Pastor Chuck, (C)</div><div>2:00 The Camden Closet Store</div><div>3:00 Mother’s Day Tea Party, (ACT)</div><div></div></div>	<div><div>10</div><div>9:30 Chair Drumming Exercise, (ACT)</div><div>10:00 Catholic Communion, (C)</div><div>11:00 Hangman for Funny Money, (ACT)</div><div>11:30 Outing: Jack’s Urban Eats, (LB)</div><div>2:15 Nickel Bingo, (ACT)</div><div>3:30 Word Search Mania, (ACT)</div><div>6:45 Poker, (G)</div><div>6:45 Movie, (T)</div></div>	<div><div>11</div><div>10:00 Skip-Bo, (ACT)</div><div>11:00 Fireside Chat with Laurie, (D)</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>3:00 Rummikub, (ACT)</div><div>6:45 Movie, (T)</div></div>
<div><div>MOTHER’S DAY</div><div>12</div><div>9:00 Morning Stroll, (FP)</div><div>11:00 Wii Bowling, (ACT)</div><div>12:30 Mother’s Day Luncheon, (ACT)</div><div>2:00 Needle Group, (A)</div><div>3:00 Billiards, (G)</div><div>5:45 Mexican Train, (ACT)</div></div>	<div><div>13</div><div>9:15 Shopping and Banking Begins, (LB)</div><div>9:30 Morning Meditation, (ACT)</div><div>10:00 Left, Center, Right Game, (ACT)</div><div>11:00 Trivia and True or False, (ACT)</div><div>2:00 Giant Pictionary, (ACT)</div><div>3:00 Learn to Play Sequence, (ACT)</div><div>6:45 Robert De Niro Movie Night, (T)</div></div>	<div><div>14</div><div>9:00 Exercise with Jake, (ACT)</div><div>10:00 Bible Study Class, (C)</div><div>10:00 Pinochle Group, (G)</div><div>2:00 The Camden Closet Store</div><div>2:00 Fraud Prevention with Police Dept., (ACT)</div><div>2:15 Mobile Seamstress, (ACT)</div><div>2:45 Bean Bag Baseball, (A)</div><div>3:30 Funny Money Bingo, (ACT)</div></div>	<div><div>15</div><div>9:30 Chair Dancing Exercise, (ACT)</div><div>10:30 Bean Bag Baseball Tournament at El Dorado Estates, (LB)</div><div>2:00 Wii Bowling, (ACT)</div><div>3:00 Art Class with Cindy, (ACT)</div><div>6:45 Movie and Popcorn, (T)</div></div>	<div><div>16</div><div>9:30 Balance Enhancement Class, (ACT)</div><div>10:00 Bible Study with Bernice, (C)</div><div>10:30 Food Meeting with Chef Mike, (ACT)</div><div>11:00 Blood Pressure Reading with Alegre, (G)</div><div>12:30 Sam & Joe’s 102nd Birthday Celebration, (D)</div><div>2:00 Creekside Christian Ministry with Pastor Chuck, (C)</div><div>2:00 The Camden Closet Store</div><div>3:30 Funny Money Blackjack, (ACT)</div><div></div></div>	<div><div>17</div><div>9:30 Chair Drumming Exercise, (ACT)</div><div>10:00 Catholic Communion, (C)</div><div>11:00 Hangman for Funny Money, (ACT)</div><div>11:30 Outing: Logan’s Steakhouse, (LB)</div><div>2:15 Nickel Bingo, (ACT)</div><div>3:30 Word Search Mania, (ACT)</div><div>6:45 Poker, (G)</div><div>6:45 Movie, (T)</div><div></div></div>	<div><div>18</div><div>10:00 Skip-Bo, (ACT)</div><div>11:00 Fireside Chat with Laurie, (D)</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>3:00 Rummikub, (ACT)</div><div>6:45 Movie, (T)</div></div>
<div><div>19</div><div>9:00 Morning Stroll, (FP)</div><div>11:00 Wii Bowling, (ACT)</div><div>2:00 Craft with Tammie, (ACT)</div><div>2:00 Needle Group, (A)</div><div>3:00 Billiards, (G)</div><div>6:45 Skip-Bo, (ACT)</div><div>6:45 Mexican Train, (ACT)</div></div>	<div><div>20</div><div>9:15 Shopping and Banking Begins, (LB)</div><div>9:30 Brain and Fitness Exercise, (ACT)</div><div>10:00 Left, Center, Right Game, (ACT)</div><div>11:00 Trivia and True or False, (ACT)</div><div>11:30 Avon with Barbara, (ACT)</div><div>2:00 Giant Pictionary, (ACT)</div><div>3:00 Learn to Play Sequence, (ACT)</div><div>6:45 Robert De Niro Movie Night, (T)</div><div></div></div>	<div><div>21</div><div>9:00 Exercise with Jake, (ACT)</div><div>10:00 Bible Study Class, (C)</div><div>10:00 Pinochle Group, (G)</div><div>10:30 Giant Crossword Puzzle, (ACT)</div><div>11:15 Library Bookmobile, (FP)</div><div>1:45 Musical Guest: Gary Mendoza, (A)</div><div>2:00 The Camden Closet Store</div><div>3:30 Funny Money Bingo, (ACT)</div></div>	<div><div>22</div><div>9:30 Chair Dancing Exercise, (ACT)</div><div>10:00 Outing: Bernhard Museum and Lunch, (LB)</div><div>2:00 Wii Bowling, (ACT)</div><div>3:00 Minute to Win It, (ACT)</div><div>6:45 Movie and Popcorn, (T)</div></div>	<div><div>23</div><div>9:30 Balance Enhancement Class, (ACT)</div><div>10:00 Bible Study with Bernice, (C)</div><div>11:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Creekside Christian Ministry with Pastor Chuck, (C)</div><div>2:00 The Camden Closet Store</div><div>2:15 Card Bingo, (ACT)</div><div>3:30 Funny Money Blackjack, (ACT)</div></div>	<div><div>24</div><div>9:30 Chair Drumming Exercise, (ACT)</div><div>10:00 Catholic Communion, (C)</div><div>11:00 Hangman for Funny Money, (ACT)</div><div>11:30 Outing: Mongolian BBQ, (LB)</div><div>2:15 Nickel Bingo, (ACT)</div><div>3:30 Word Search Mania, (ACT)</div><div>6:45 Poker, (G)</div><div>6:45 Movie, (T)</div></div>	<div><div>25</div><div>10:00 Skip-Bo, (ACT)</div><div>11:00 Fireside Chat with Laurie, (D)</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>3:00 Rummikub, (ACT)</div><div>6:45 Movie, (T)</div></div>
<div><div>26</div><div>9:00 Morning Stroll, (FP)</div><div>11:00 Wii Bowling, (ACT)</div><div>2:00 Light of the Valley Church Service, (C)</div><div>2:00 Needle Group, (A)</div><div>3:00 Billiards, (G)</div><div>6:45 Mexican Train, (ACT)</div></div>	<div><div>MEMORIAL DAY</div><div>27</div><div>9:15 Shopping and Banking Begins, (LB)</div><div>9:30 Morning Meditation, (ACT)</div><div>10:00 Left, Center, Right Game, (ACT)</div><div>12:30 Memorial Day BBQ, (D)</div><div>1:45 Musical Guest: Capital City Reflections Band, (A)</div><div>3:00 Learn to Play Sequence, (ACT)</div><div>6:45 Robert De Niro Movie Night, (T)</div></div>	<div><div>28</div><div>9:00 Exercise with Jake, (ACT)</div><div>10:00 Bible Study Class, (C)</div><div>10:00 Pinochle Group, (G)</div><div>10:30 Giant Crossword Puzzle, (ACT)</div><div>2:00 The Camden Closet Store</div><div>2:00 Spelling Bee Challenge, (ACT)</div><div>2:15 Mobile Seamstress, (ACT)</div><div>3:30 Funny Money Bingo, (ACT)</div></div>	<div><div>29</div><div>9:30 Chair Dancing Exercise, (ACT)</div><div>10:15 Activity TBA, (ACT)</div><div>11:00 Outing: Brazilian Steakhouse, (LB)</div><div>2:00 Wii Bowling, (ACT)</div><div>3:00 Minute to Win It, (ACT)</div><div>6:45 Movie and Popcorn, (T)</div><div></div></div>	<div><div>30</div><div>9:30 Balance Enhancement Class, (ACT)</div><div>10:00 Bible Study with Bernice, (C)</div><div>10:15 Horse Racing, (A)</div><div>11:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Creekside Christian Ministry with Pastor Chuck, (C)</div><div>2:00 The Camden Closet Store</div><div>2:15 Homemade Ice Cream, (ACT)</div><div>3:30 Funny Money Blackjack, (ACT)</div><div></div></div>	<div><div>31</div><div>9:30 Chair Drumming Exercise, (ACT)</div><div>10:00 Catholic Communion, (C)</div><div>10:00 Outing: Arden Fair Mall and Lunch, (LB)</div><div>11:00 Hangman for Funny Money, (ACT)</div><div>1:45 Musical Guest: La Deana, (A)</div><div>2:15 Nickel Bingo, (ACT)</div><div>3:30 Word Search Mania, (ACT)</div><div>6:45 Poker, (G)</div><div>6:45 Movie, (T)</div></div>	



Five Popular Crafts for Seniors and the Health Benefits

Crafting is an activity enjoyed by the young, the old, and everyone in between, but is perhaps more cherished during senior years when decades of nostalgia have had a chance to accumulate. If you had a favorite crocheted blanket from your childhood made by a grandparent, imagine when it comes time for you to be the grandparent crocheting a blanket for your own grandchildren. As we age, our mobility often becomes limited, so making crafts also becomes one of the few activities in which seniors can actively participate. Beyond nostalgia and helping to pass the time, crafts for seniors come with a variety of health benefits.

The health benefits of popular crafts for seniors include:

- Improved cognitive ability
- Decreased risk of cognitive impairment
- Pain relief
- Improved motor skills
- Stress reduction
- Lower blood pressure
- Strengthened immune system

And so many more! While crafting may not often be on a doctor's list of prescribed medicines, it's a surefire way to improve the health of seniors. Many of the benefits are linked to one another — reduced stress results in a better immune system and lower blood pressure, for example. The even better news is that crafting can improve the health of both caregivers and seniors alike and is also an activity that can be enjoyed together.

Five Popular Crafts for Seniors

There are many types of crafts to choose from and each come with their own set of health and wellness benefits. However, health conditions such as arthritis can impair a senior's ability to make crafts, which is why the support of a home caregiver can be helpful. If you're looking for crafting ideas, below are five popular crafts for seniors that are proven to improve well-being.

1. Decoupage:

This type of craft can be simple or complex and is suitable for people of all ages and crafting skill levels. Decoupage involves turning an ordinary object — like a cardboard box — into something colorful and unique

by pasting cutouts of paper onto the object in a seamless way. There are several options for adhesives and materials. Many decoupage crafters incorporate upcycling into their projects by choosing old wrapping paper and objects that would otherwise be discarded, such as a glass jar or plastic food container. The eco-friendly idea behind decoupage is reusing materials and transforming them into works of art.

Health benefits of decoupage center around improving fine motor skills and dexterity. Using your fingers to rip and place the tiny pieces of paper trains the muscles and brain to attune fine motor skill movements.

Decoupage is a simple craft that requires easy focus, which calms the mind and reduces stress. The colors and patterns of paper also stimulate certain areas of the brain, improving cognition.

2. Knitting and Crocheting:

Did you know that knitting and crocheting are proven mood boosters? A study published in The British Journal of Occupational Therapy found that 81% of respondents described feeling happier after knitting. The study also found improved rates of cognitive function and an increase in happiness for those who suffered from depression. Knitting and crocheting enhance dexterity and coordination. Holding knitting needles or a crochet hook improves visual-spatial and hand-eye coordination skills, which tend to decrease after we reach our senior years.

Many seniors already know how to knit or crochet, but if not, home caregivers can help by facilitating instructions. Videos online, personal tutorials, community classes, and directions from books are all ways to learn how to knit or crochet. It's okay to start small and work your way up to bigger projects — it's the act of knitting and crocheting that provides health benefits, not the scale of the project. This means that whether you are crocheting a granny square or knitting a blanket with complex patterns, you gain the same benefits.

3. Painting:

The beautiful thing about painting is that there are dozens of styles to choose from. Running the gamut



from fine art to paint-by-numbers, seniors can choose one or more styles that is best suited to them.

There are also many types of surfaces to choose from —

everything from canvas to pottery to rocks is an option. Discovering your style of painting is part of the fun, as is picking out color palettes and materials.



Painting is a top stress reducer. The repetitive motion of making a stroke with a paintbrush calms the mind and improves focus. According to doctors, repetitive movements help release serotonin, thereby boosting mood and reducing depression symptoms. Painting, and crafting in general, is also a great way to practice mindfulness, which has a whole wealth of benefits on its own, including pain relief and improvement in memory.

4. Scrapbooking:

Collecting and arranging photographs, memorabilia, quotes, and snippets of art is an enjoyable way to spark memory sensors and create nostalgia. The creative act of scrapbooking helps decrease anxiety and improves self esteem, all while producing a book filled with creative expression. Since scrapbooking is often so personal, it is also a way to help seniors maintain a sense of identity and independence. Research has found that people with higher levels of self esteem are better equipped to handle stressful situations, which in turn creates a stronger immune system, protects against heart disease, and aids in healing.

Scrapbooking is an activity that can be enjoyed alone or with others. The social component of scrapbooking provides even more benefits, allowing for opportunities of teamwork and improved communication skills. There are many how-tos for scrapbooking available online, but the process is easy. Simply choose a book with sturdy pages and paste photos, images, cutouts, etc., into the book in a way that mirrors what you want to express. You can choose a theme for each book, or even make a book dedicated to a specific person as a

gift. There are no hard and fast rules — you can create whatever is most unique to you!

5. Coloring:

This activity that was once mostly for children has exploded in popularity over the past decade. Coloring has been recognized as one of the most useful activities for practicing mindfulness. Since there is limited skill level required, coloring is an activity that can be done by almost anyone. Even seniors who no longer have the motor skills to hold a pencil can dictate how they want a picture colored and in this way can create a picture with someone. Choosing pictures and coloring books is also part of the creative process and a fun activity in itself.

The repetition, pattern, and detail involved in coloring prompt positive neurological responses, which lower stress and anxiety levels. These benefits can also lower the blood pressure levels and heart rates of some participants. Studies show that mandala-style designs are the most effective at producing a state of mindfulness and achieving the health benefits of coloring. Since coloring materials have long been designed for children, numerous non-toxic options are available, making coloring a suitable activity for seniors who have conditions such as pica or dementia.

Health Benefits of Crafts for Seniors

The health benefits of crafting are so powerful that studies even show that seniors involved in crafting activities — especially knitting — are less likely to develop dementia. Psychologists, doctors, and neuroscientists are all on board with using crafting as a therapeutic activity. Keep in mind that the health benefits of crafting are suited to complement regular therapy and prescribed treatments, not replace them.

One of the benefits of home care services is facilitating crafting activities. Home caregivers can pick up supplies, provide instructions, and make crafts together with the seniors in their care. If you are looking for home care services for yourself or a loved one, please reach out to Alegre Home Care at one of our Northern California locations and we're happy to answer any questions.



Camden Springs
Gracious Retirement Living

8476 Sheldon Road
Elk Grove, California 95624



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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916-714-6565