

El Dorado Estates

Gracious Retirement Living

4240 Town Center Blvd • El Dorado Hills, CA 95762 • Phone (916) 934-0596 • www.seniorlivinginstyle.com

MAY 2019

EL DORADO ESTATES STAFF

Managers..... FRED & LEAH TILlich

Assistant Managers ETHAN & RACHELLE
WEBER

Executive Chef..... CARLOS PIZANA

Sous Chef DANIEL JOJOLA

Activity Coordinator ROSALINDA BEATY

Maintenance Coordinator..... STEVE HIGGINS

Bus Driver TRACY BRANDON

Head Housekeeper ... DANIELLE CASTELLANOS

TRANSPORTATION

Monday, 9 a.m.-3 p.m.: Shopping and Errands

Tuesday & Thursday, 9 a.m.-3 p.m.:

Medical Appointments

Wednesday, 9 a.m.-3 p.m.: Outing Day

Friday, 9 a.m.-3 p.m.: Outings and Errands

HAWTHORN
SENIOR LIVING

Leprechaun Minute To Win It

We heard about this goofy idea called Leprechaun Minute to Win It. It involved shaving cream and Cheetos! How could we resist? This particular game involves volunteers who allow shaving cream to be applied to their faces and made to look like beards. Then another set of volunteers sits several feet away from the bearded victims and throws Cheetos Puffs at them, trying to get the puffs to stick onto the beard. The person who gets the most Cheetos to stick is the winner!

We discovered that shaving cream gel doesn't get too foamy and the Cheetos weren't sticking as they should have! So before we knew it, our chip throwers began throwing chips by the handful and when that didn't work, they actually took to pressing them onto the faces of our bearded volunteers! It was hilarious and very fun to watch. We have to thank Server Karly, Kitchen Helper Dylan and Assistant Manager Ethan for undergoing the shaving cream transformation. They were great sports, looked surprisingly happy, and said they'd do it again if asked! Thank you to Susan and Jeanne B. for enthusiastically volunteering to throw the Cheetos! Will we repeat this activity next March? You'll have to wait and find out!



Dylan



Karly



El Dorado Estates Fashion Show

On April 3rd, we had our second annual Fashion Show! It was generously sponsored by the Chico's location at the Palladio. We want to thank the Store Manager, Linda, for working with our ladies and offering them such a wonderful discount on their purchases! The fashion show was a hit and the Activity Room was totally full of enthusiastic viewers. Eight lovely residents volunteered to participate in the event and they all looked gorgeous and put together in their respective outfits! We'd like to thank all of our models: Karol, Jeanne, Joan, Bobbi, La June, Carol, Evelyn and Maureen. And thank you to all the residents who came out to support the show and models!



Carol



Joan



Maureen



Bobbie



Karol

Annual Salsa Tasting Contest!

Cinco de Mayo is right around the corner and when early May arrives, we begin thinking about Mexican cuisine! Last year, we held our first ever Salsa Tasting Contest. In total, around ten homemade salsas were entered into the contest by staff and residents. It was so neat to see how not one was like another. There were different ingredients used and each one turned out a different color! We had traditional salsas, pico de gallo, mango salsa and salsa with black beans! Be sure you get to taste and vote this year on Thursday, May 2nd, at 11 a.m. Last year's winner was Carol Tachibana! Let's see if she will be the reigning Salsa Queen two years in a row!



Just some of the beautiful, delicious homemade salsas from last year's contest!



Wanda enjoys a churro ice cream sundae for her birthday on Cinco de Mayo!



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.



Sharon and Vern safely enjoy the great outdoors: Hats and Sunglasses!

Monthly Men's Breakfast

Did you know that we have a breakfast outing just for men each month? So far, we have been to the Mimosa House in Town Center, Four Sisters in Roseville, and Mimi's Café in Folsom. This month, we are going to the Waffle Barn in Folsom. They specialize in waffles and have a section on their menu titled, "Cream of the Crop Waffles." You can find waffles such as: cinnamon roll topped with cream cheese frosting, lemon waffles with a lemon glaze, salted caramel waffles, waffles with bacon cooked inside and on top and more!

The monthly Men's Breakfast is a wonderful way for the men of El Dorado Estates to connect and learn more about one another. Each month when the men go out, they choose where they would like to go next! If you've never joined in, consider taking part this time around! The guys are very welcoming and friendly.



Ethan, Jerry, Keith, Al, Dick, Ron, Mort

MAY 2019

Birthdays

Catherine Larsen, 1st
Truda Nelson, 4th
Wanda Matthews, 5th
Ron Gorang, 12th
Claudette Riley, 18th
Angela Guilliams, 27th
Sally Klinetobe, 30th

Locations

Activity Room, AR
Activity Room
Kitchen, ARK
Atrium, AT
Billiard Room, BR
Bistro, B
Bus Transportation, BUS
Chapel, CH
Courtyard, CY
Dining Room, DR
Fitness Center, FC
Library, LIB
Lobby, L
Movie Theater, MT
TV Room, TV
Van, VAN

“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>Wear Nametags Today & Wear Blue</div><div>11:15 Yoga with Colette, FC</div><div>12:00 Monthly Resident Meeting, DR</div><div>3:00 Blackjack, BR</div><div>4:00 Happy Hour, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo, AR</div><div></div></div>	<div><div>2</div><div>9:00 Thursday Word Search Puzzle, AR</div><div>9:45 Strength & Balance, FC</div><div>11:00 Let’s Taste: Salsa Contest, ARK</div><div>11:30 Catholic Communion Service, CH</div><div>1:45 Music: Tim the Trumpet Player, AR</div><div>2:00 Wizard, FC</div><div>6:45 Evening Movie, MT</div></div>	<div><div>3</div><div>9:45 Strength & Balance, FC</div><div>10:30 Crafts: Mother’s Day Flower Craft</div><div>11:00 Bible Study, CH</div><div>2:00 Let’s Have Fun: Pinata Party, AR</div><div>3:30 Music Appreciation with Rachelle, CH</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>4</div><div>10:00 Saturday Crossword Puzzle, DR</div><div>10:00 Coffee Chat, B</div><div>10:30 Let’s Shop: Nancy with Mother’s Day Gifts, AT</div><div>2:00 Bingo with Paula, AR</div><div>4:00 Billiards with Ethan, BR</div><div>6:45 Evening Movie, MT</div><div></div></div>
<div><div>5</div><div>10:00 Sunday Morning Donuts, AR</div><div>2:00 Sunday Church with Pastor Jerry, CH</div><div>3:00 Blackjack with Fred, BR</div><div>4:00 Bingo with Leah, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div><div></div></div>	<div><div>6</div><div>11:00 Brain Games, AR</div><div>11:15 Yoga with Colette, FC</div><div>11:30 Let’s Shop: Mother’s Day Show, AT</div><div>2:00 Bridge Club, FC</div><div>2:00 Cribbage, BR</div><div>3:00 Bean Bag Baseball, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo with Leah, AR</div></div>	<div><div>7</div><div>9:45 Strength & Balance, FC</div><div>10:00 Rolling Hills Church Service, CH</div><div>10:30 Crafts: Let’s Make Mother’s Day Bonnets, AR</div><div>2:00 Scrabble, BR</div><div>3:00 Tea at Three, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>8</div><div>Nametags & Wear Green</div><div>9:00 Outing: Napa Valley & Tranca’s Steakhouse, BUS</div><div>11:15 Yoga with Colette, FC</div><div>3:00 Blackjack, BR</div><div>4:00 Happy Hour, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo, AR</div></div>	<div><div>9</div><div>9:00 Thursday Word Search Puzzle, AR</div><div>9:45 Strength & Balance, FC</div><div>11:30 Catholic Communion Service, CH</div><div>2:00 Wizard, FC</div><div>2:00 Live Music: Rick Turnage, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>10</div><div>9:45 Strength & Balance, FC</div><div>10:00 Outing: Library Run, BUS</div><div>11:00 Bible Study, CH</div><div>2:15 Let’s Dance: Line Dancing Class, AR</div><div>3:30 Music Appreciation with Rachelle, CH</div><div>4:00 Bingo with Paula, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>11</div><div>10:00 Saturday Crossword Puzzle, DR</div><div>10:00 Coffee Chat, B</div><div>2:00 Bingo with Paula, AR</div><div>4:00 Billiards with Ethan, BR</div><div>6:45 Evening Movie, MT</div></div>
<div><div>12</div><div>MOTHER’S DAY</div><div>10:00 Sunday Morning Donuts, AR</div><div>2:00 Sunday Church with Pastor Jerry, CH</div><div>3:00 Blackjack with Fred, BR</div><div>4:00 Bingo with Leah, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div><div></div></div>	<div><div>13</div><div>11:00 Brain Games, AR</div><div>11:15 Yoga with Colette, FC</div><div>2:00 Bridge Club, FC</div><div>2:00 Cribbage, BR</div><div>3:00 Bean Bag Baseball, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo with Leah, AR</div></div>	<div><div>14</div><div>9:45 Strength & Balance, FC</div><div>10:00 Rolling Hills Church Service, CH</div><div>11:30 Folsom Hearing Aid, MT</div><div>2:00 Scrabble, BR</div><div>2:15 Arthur Murray, AR</div><div>3:30 Reading Buddies, CH</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>15</div><div>Nametags & Baseball Shirts</div><div>10:30 Play Ball: Camden vs. El Dorado Baseball Game, AR</div><div>11:15 Yoga with Colette, FC</div><div>3:00 Blackjack, BR</div><div>3:30 Health: Dermatology, CH</div><div>4:00 Happy Hour, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo, AR</div></div>	<div><div>16</div><div>9:00 Thursday Word Search Puzzle, AR</div><div>9:45 Strength & Balance, FC</div><div>10:30 Chef’s Corner Meeting, AR</div><div>11:30 Catholic Communion Service, CH</div><div>2:00 Wizard, FC</div><div>2:00 Live Music: Capital City Reflection, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>17</div><div>9:45 Strength & Balance, FC</div><div>11:00 Bible Study, CH</div><div>3:30 Music Appreciation with Rachelle, CH</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div><div>11:00 Outing: Galleria Mall & Lunch, BUS</div></div>	<div><div>18</div><div>10:00 Saturday Crossword Puzzle, DR</div><div>10:00 Coffee Chat, B</div><div>2:00 Bingo with Paula, AR</div><div>4:00 Billiards with Ethan, BR</div><div>6:45 Evening Movie, MT</div><div></div></div>
<div><div>19</div><div>10:00 Sunday Morning Donuts, AR</div><div>2:00 Sunday Church with Pastor Jerry, CH</div><div>3:00 Blackjack with Fred, BR</div><div>4:00 Bingo with Leah, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>20</div><div>11:00 Brain Games, AR</div><div>11:15 Yoga with Colette, FC</div><div>2:00 Bridge Club, FC</div><div>2:00 Cribbage, BR</div><div>3:00 Bean Bag Baseball, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo with Leah, AR</div></div>	<div><div>21</div><div>9:45 Strength & Balance, FC</div><div>10:00 Rolling Hills Church Service, CH</div><div>2:00 Scrabble, BR</div><div>3:00 Tea at Three, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>22</div><div>Nametags & Wear Orange</div><div>10:00 Outing: Amador Flower Farm & Lunch, BUS</div><div>11:15 Yoga with Colette, FC</div><div>3:00 Blackjack, BR</div><div>4:00 Happy Hour, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo, AR</div></div>	<div><div>23</div><div>9:00 Thursday Word Search Puzzle, AR</div><div>9:45 Strength & Balance, FC</div><div>11:30 Catholic Communion Service, CH</div><div>2:00 Wizard, FC</div><div>2:00 Live Music: Robert Greene, AR</div><div>6:45 Evening Movie, MT</div></div>	<div><div>24</div><div>9:45 Strength & Balance, FC</div><div>10:00 Outing: Library Run, BUS</div><div>11:00 Bible Study, CH</div><div>2:15 Let’s Dance: Line Dancing Class, AR</div><div>3:30 Music Appreciation with Rachelle, CH</div><div>4:00 Bingo with Paula, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>25</div><div>9:00 Grandma’s Attic</div><div>10:00 Saturday Crossword Puzzle, DR</div><div>10:00 Coffee Chat, B</div><div>2:00 Bingo with Paula, AR</div><div>3:00 Monthly Gourmet Club</div><div>4:00 Billiards with Ethan, BR</div><div>6:45 Evening Movie, MT</div></div>
<div><div>26</div><div>10:00 Sunday Morning Donuts, AR</div><div>2:00 Sunday Church with Pastor Jerry, CH</div><div>3:00 Blackjack with Fred, BR</div><div>4:00 Bingo with Leah, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>27</div><div>MEMORIAL DAY</div><div>11:00 Brain Games, AR</div><div>11:15 Yoga with Colette, FC</div><div>2:00 Bridge Club, FC</div><div>2:00 Cribbage, BR</div><div>3:00 Bean Bag Baseball, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo with Leah, AR</div><div></div></div>	<div><div>28</div><div>National Hamburger Day</div><div>9:45 Strength & Balance, FC</div><div>10:00 Rolling Hills Church Service, CH</div><div>2:00 Scrabble, BR</div><div>2:15 Arthur Murray, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	<div><div>29</div><div>Nametags & Wear Pink</div><div>11:15 Yoga with Colette, FC</div><div>3:00 Blackjack, BR</div><div>4:00 Happy Hour, AR</div><div>6:45 Evening Movie, MT</div><div>7:00 Bingo, AR</div></div>	<div><div>30</div><div>9:00 Thursday Word Search Puzzle, AR</div><div>9:45 Strength & Balance, FC</div><div>11:30 Catholic Communion Service, CH</div><div>11:30 Mass with Father Jesus, CH</div><div>12:30 March Birthdays Celebration, DR</div><div>2:00 Wizard, FC</div><div>2:00 Live Music: Rick Turnage, AR</div><div>6:45 Evening Movie, MT</div><div></div></div>	<div><div>31</div><div>9:45 Strength & Balance, FC</div><div>11:00 Bible Study, CH</div><div>3:30 Music Appreciation with Rachelle, CH</div><div>6:45 Evening Movie, MT</div><div>7:00 Mexican Train, BR</div></div>	



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.

Juicing Fresh Vegetables for Health

We recently had a fun morning making up fresh vegetable juice shots. We made up a few different kinds and used spinach, kale, carrots and celery. Several brave residents came down to join in the fun. We all agreed that a combination of celery, carrot and spinach was really good! We couldn't believe how salty celery juice tasted when it was all by itself. Did you know



La June, Evelyn, Virley, Joan and Rosie



First Floor Housekeeper, Pattie, taking a spinach shot.

that drinking straight celery juice has become a recent trend in the health world? Of course, the carrot juice tasted very sweet by itself. The least favorite was having spinach all by itself. Several tasters said it reminded them of dirt, chicken broth, grass and more. Housekeeper Pattie happily enjoyed two fresh juice shots. She just knew they would make her day more energetic and productive! All in all, the experiment was a good one and everybody enjoyed the healthy, fresh taste of the juice. Rosie and Tracy were inspired to begin juicing Monday through Friday. Good for them!



El Dorado Transit

You've probably heard all of the buzz about the new El Dorado Transit route that has gone into effect in our area. The city bus has graciously been pulling right outside our front doors when residents call ahead to schedule a pickup. The bus goes all around El Dorado Hills and features many stops!

One day, Al Elder decided to try the service out for himself and he came back with lots of helpful information! He got to have a long chat with the bus driver and rode the entire route which took about 45 minutes. La June and Willis have used the bus service to ride over to Town Center to take care of errands. If you'd like to try this wonderful service, stop by the Office and we will get you pointed in the right direction!



La June, Willis



Radu, Al

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.

Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners' tables across the U.S.

Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

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A photograph of an older couple hiking in a scenic landscape at sunset. The man is in the foreground, wearing a dark jacket and glasses, looking towards the right. The woman is behind him, wearing a striped shirt and a yellow backpack, also looking towards the right. They are walking on a dirt path. The background shows a vast, open landscape with mountains in the distance under a warm, orange sky.

**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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