

# The Rio Grande

## Gracious Retirement Living

2331 Westside Boulevard S.E. • Rio Rancho, NM 87124 • Phone (505) 994-2800 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JUNE 2019

### THE RIO GRANDE STAFF

Managers.....STEPHAN & KAREN SHAHAN  
Assistant Managers....STEVE & KIMBERLY ROGERS  
Executive Chef.....ALBERTO MENDEZ  
Marketing.....MAURA PECTOR  
Activity Coordinator .....MELANIE MARTIN  
Maintenance Coordinator.....LEE LARRANAGA  
Bus Driver ..... LYDIA MARTINEZ

### OFFICE HOURS

Daily: 7:30 a.m.-7:30 p.m.

### TRANSPORTATION

Monday, 10:30 a.m.-12:15 p.m.: Shopping

Tuesday & Thursday, 8 a.m.-4 p.m.:  
Appointments

Wednesday, 9-11:15 a.m.: Shopping

Wednesday, 11:30 a.m.: Activity/Lunch Outings

Friday, 9-11:30 a.m.: Bank Runs

HAWTHORN  
SENIOR LIVING

## Indian Cultural Center Outing

New Mexico is home to 23 Indian tribes. We had the opportunity to visit the Indian Cultural Center as several local tribes performed dances that connect us to our ancestors, community and cultural traditions. It was a day of wonderful performances, education and great fun! We wrapped up our outing with a delicious stop at our locally famous Laguna Burger.



*Dancers from Acoma Pueblo*



*Debra and Desinique participate in the Friendship Dance.*



*Group selfie!*



*Laguna Burger!*





## Bean Bag Baseball Tournament

Bean Bag Baseball is such a great event here at the Rio Grande. We meet weekly to share in friendly competition and great fun! Each month, we have a tournament with our sister community, Paloma Landing, that we all look forward to each month. For Father's Day this month, we have a special game of Bean Bag Baseball planned to honor our special Dads.



*What a great game!*



*Ready to get started!*



*Will Debra's pitch bring Patricia home?! (Yes, it did!)*



*Martha's pitch moves Erv closer to home!*





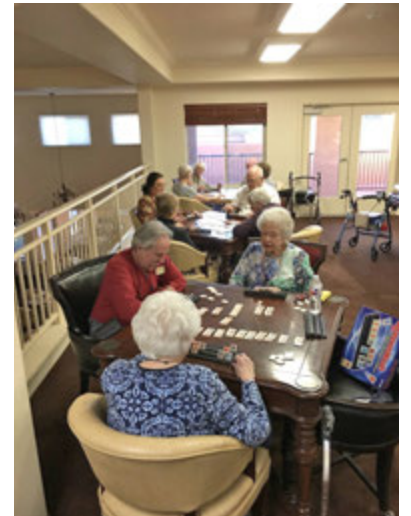
## Reflections



*Always a dance party at Gab, Groove and Move!*



*Putt-Putt golf at Rio!*



*Rummikub!*



*Post-game gathering*



*Happy Hour spontaneous after-party!*



# JUNE 2019

## Birthdays

Harry Schlafman, 6th  
 Peggy Broadstreet, 7th  
 Howard Feder, 8th  
 LouAnn Asbury, 9th  
 Sharlee Berg, 22nd  
 Marlyn Hubberd, 25th  
 Shirley Davis, 26th  
 Richard Heller, 28th  
 Bonnie Flowers, 29th

## Locations

Activity Room, AR  
 Atrium, AT  
 Backyard Patio, BP  
 Billiards, BL  
 Bistro, BI  
 Bus, Bus  
 Chapel, CH  
 Computer Room, CR  
 Dining Room, DR  
 Fitness Center, FC  
 Front Lobby, Lobby  
 Front Yard, FY  
 Gym, Gym  
 Library, LB  
 Movie Theater, MT  
 TV Room, TV

Your Place or Mine Hair Salon now accepting walk-ins! To schedule an appointment, contact Tammy at 505-259-4493.

**“The sun does not shine for a few trees and flowers, but for the wide world’s joy.”**

—Henry Ward Beecher

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;"><b>2</b></p> <p>10:00 Interdenominational Worship Service, CH</p> <p>2:00 Exercise with Donnie, AR</p> <p>3:00 Matinée, MT</p> <p>3:00 Wii Bowling, AR</p>	<p style="text-align: right;"><b>3</b></p> <p>8:30 St. Thomas</p> <p>9:30 Silver Sneakers Exercise with Cyan, AR</p> <p>10:00 Walmart, Bus</p> <p>2:00 Brain Games, AR</p> <p>2:00 Technology Support by Yesi, CR</p> <p>3:00 Bean Bag Baseball, AR</p> <p>6:45 Christ Fellowship Service, MT</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>4</b></p> <p>10:00 Rio Mart, BI</p> <p>10:00 Bocce Ball, AT</p> <p>2:00 Bridge, TV</p> <p>3:00 Horse Racing, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>5</b></p> <p>8:30 St. Thomas</p> <p><b>11:30 “Out to Lunch Bunch” Outing, Bus</b></p> <p>2:00 Putt Putt Golf, AR</p> <p>3:30 Blackjack with Ignacio, AR</p> <p>6:45 Prize Bingo!, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>6</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Rio Mart, BI</p> <p>2:00 Exercise with Donnie, AR</p> <p>3:30 Nickels, AR</p> <p>7:00 Rummikub, BL </p>	<p style="text-align: right;"><b>7</b></p> <p>9:30 Confession, CH</p> <p>10:00 Mass, CH</p> <p>10:30 Money Bingo, AR</p> <p>2:00 Chair Volleyball, AT</p> <p><b>3:30 Happy Hour!, DR</b></p> <p><b>5:30 Speakeasy Roaring '20s Dance!, AR</b></p> <p><b>6:45 Friday Night Flick, MT</b></p> <p>6:45 Wii Bowling, AR</p> <p>7:00 Rummikub, BL </p>	<p>9:15 Exercise with Donnie, AR <b>1</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Doughnut Social, AR</p> <p>1:45 Mexican Train Dominoes, BL</p> <p>3:00 Rummikub, TV</p> <p>6:45 Evening Movie, MT</p>
<p style="text-align: right;"><b>9</b></p> <p>10:00 Interdenominational Worship Service, CH</p> <p>2:00 Exercise with Donnie, AR</p> <p>3:00 Matinée, MT</p> <p>3:00 Wii Bowling, AR </p>	<p style="text-align: right;"><b>10</b></p> <p>8:30 St. Thomas</p> <p>9:30 Silver Sneakers Exercise with Cyan, AR</p> <p>10:00 Walmart, Bus</p> <p>2:00 Brain Games, AR</p> <p>2:00 Technology Support by Yesi, CR</p> <p>3:00 Bean Bag Baseball, AR</p> <p>6:45 Christ Fellowship Service, MT</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>11</b></p> <p>10:00 Rio Mart, BI</p> <p>10:00 Bocce Ball, AT</p> <p>2:00 Bridge, TV</p> <p>3:00 Horse Racing, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>12</b></p> <p>8:30 St. Thomas</p> <p><b>11:30 “Out to Lunch Bunch” Outing, Bus</b></p> <p>2:00 Putt Putt Golf, AR</p> <p>3:30 Blackjack with Ignacio, AR</p> <p>6:45 Prize Bingo!, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>13</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Rio Mart, BI</p> <p>2:00 Exercise with Donnie, AR</p> <p>3:30 Nickels, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>14</b></p> <p><b>FLAG DAY</b></p> <p>10:00 Rosary, CH</p> <p>10:30 Money Bingo, AR</p> <p><b>12:30 Flag Day Celebration, DR</b></p> <p>2:00 Chair Volleyball, AT</p> <p><b>3:30 Happy Hour!, DR</b></p> <p><b>6:45 Friday Night Flick, MT</b></p> <p>6:45 Wii Bowling, AR</p> <p>7:00 Rummikub, BL</p>	<p>9:15 Exercise with Donnie, AR <b>15</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Doughnut Social, AR</p> <p>1:45 Mexican Train Dominoes, BL</p> <p>3:00 Rummikub, TV</p> <p>6:45 Evening Movie, MT</p>
<p><b>FATHER'S DAY</b></p> <p style="text-align: right;"><b>16</b></p> <p>10:00 Interdenominational Worship Service, CH</p> <p>2:00 Exercise with Donnie, AR</p> <p>3:00 Matinée, MT</p> <p>3:00 Wii Bowling, AR</p>	<p style="text-align: right;"><b>17</b></p> <p>8:30 St. Thomas</p> <p>9:30 Silver Sneakers Exercise with Cyan, AR</p> <p>10:00 Walmart, Bus</p> <p>2:00 Brain Games, AR</p> <p>2:00 Technology Support by Yesi, CR</p> <p>3:00 Bean Bag Baseball, AR</p> <p>6:45 Christ Fellowship Service, MT</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>18</b></p> <p>10:00 Rio Mart, BI</p> <p>10:00 Bocce Ball, AT</p> <p>2:00 Bridge, TV</p> <p>3:00 Horse Racing, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>19</b></p> <p>8:30 St. Thomas</p> <p>10:15 Walgreens and/or CVS, Bus</p> <p><b>11:30 “Out to Lunch Bunch” Outing, Bus</b></p> <p>2:00 Putt Putt Golf, AR</p> <p><b>3:00 Book Club Meeting, TV</b></p> <p>3:30 Blackjack with Ignacio, AR</p> <p>6:45 Prize Bingo!, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>20</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Rio Mart, BI</p> <p>2:00 Exercise with Donnie, AR</p> <p><b>3:00 Welcome to Our Neighborhood, MT</b></p> <p>3:30 Nickels, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>21</b></p> <p><b>SUMMER BEGINS</b></p> <p>10:00 Rosary, CH</p> <p>10:30 Money Bingo, AR</p> <p>2:00 Chair Volleyball, AT</p> <p><b>3:30 Happy Hour!, DR</b></p> <p><b>6:30 First Day of Summer Ice Cream Social, BP</b></p> <p><b>6:45 Friday Night Flick, MT</b></p> <p>6:45 Wii Bowling, AR</p> <p>7:00 Rummikub, BL</p>	<p>9:15 Exercise with Donnie, AR <b>22</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Doughnut Social, AR</p> <p>1:45 Mexican Train Dominoes, BL</p> <p>3:00 Rummikub, TV</p> <p>6:45 Evening Movie, MT </p>
<p style="text-align: right;"><b>23</b></p> <p>10:00 Interdenominational Worship Service, CH</p> <p>2:00 Exercise with Donnie, AR</p> <p>3:00 Matinée, MT</p> <p>3:00 Wii Bowling, AR</p>	<p style="text-align: right;"><b>24</b></p> <p>8:30 St. Thomas</p> <p>9:30 Silver Sneakers Exercise with Cyan, AR</p> <p>10:00 Walmart, Bus</p> <p>2:00 Brain Games, AR</p> <p>2:00 Technology Support by Yesi, CR</p> <p>3:00 Bean Bag Baseball, AR</p> <p>6:45 Christ Fellowship Service, MT</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>25</b></p> <p>10:00 Rio Mart, BI</p> <p>10:00 Bocce Ball, AT</p> <p>2:00 Bridge, TV</p> <p>3:00 Horse Racing, AR</p> <p>7:00 Rummikub, BL </p>	<p style="text-align: right;"><b>26</b></p> <p>8:30 St. Thomas</p> <p><b>11:00 Resident Meeting with the Managers, AR</b></p> <p><b>11:30 “Out to Lunch Bunch” Outing, Bus</b></p> <p>2:00 Putt Putt Golf, AR</p> <p>3:30 Blackjack with Ignacio, AR</p> <p>6:45 Prize Bingo!, AR </p> <p>7:00 Rummikub, BL </p>	<p style="text-align: right;"><b>27</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Rio Mart, BI</p> <p><b>2:00 Chef Meeting, AR</b></p> <p>2:00 Exercise with Donnie, AR</p> <p>3:30 Nickels, AR</p> <p>7:00 Rummikub, BL</p>	<p style="text-align: right;"><b>28</b></p> <p>10:00 Rosary, CH</p> <p>10:30 Money Bingo, AR</p> <p><b>11:30 Casino Outing, Bus</b></p> <p>2:00 Chair Volleyball, AT</p> <p><b>3:30 Happy Hour!, DR</b></p> <p><b>6:45 Friday Night Flick, MT</b></p> <p>6:45 Wii Bowling, AR </p> <p>7:00 Rummikub, BL </p>	<p>9:15 Exercise with Donnie, AR <b>29</b></p> <p>10:00 Mahjong, TV</p> <p>10:00 Doughnut Social, AR</p> <p>1:45 Mexican Train Dominoes, BL</p> <p>3:00 Rummikub, TV</p> <p>6:45 Evening Movie, MT </p>
<p style="text-align: right;"><b>30</b></p> <p>10:00 Interdenominational Worship Service, CH</p> <p>2:00 Exercise with Donnie, AR</p> <p>3:00 Matinée, MT</p> <p>3:00 Wii Bowling, AR</p>						





## Baskets from the Heart

The Ronald McDonald House helps “more than 35,000 families whose children are hospitalized or receiving treatment for an illness or injury by providing temporary affordable lodging.” Several of our residents came together last month to create Easter baskets for the children whose families are staying there. It was an event from the heart resulting in beautiful baskets that were much appreciated.

Source: [www.rmhc-nm.org](http://www.rmhc-nm.org)



*Loading up for delivery...*



*...for a nice date with Ronald!*



*Hard at work...*



*...signing every card...*



*...for baskets made with love.*







## The US Senior Open

Each summer, some of the world's best golfers tee off at the U.S. Senior Open, considered the most prestigious tournament for senior players.

Established by the U.S. Golf Association in 1980 as a result of the rise in older golfers, the first competition was open to men age 55 and older. Roberto De Vincenzo of Argentina, at age 57, won the top prize. The minimum age was lowered to 50 the following year, and 51-year-old Arnold Palmer was the champion.

Golf clubs across the country take turns hosting the event, which takes place annually in late June or early July. Out of the more than 2,000 hopeful professional and amateur golfers from around the globe who enter to play, only 156 qualify to compete in the tournament.

Among the game's greats who have won the Senior Open are Lee Trevino, Jack Nicklaus, Fred Funk and Hale Irwin.

This year, the 40th U.S. Senior Open takes place June 27th-30th in Indiana, at the University of Notre Dame's Warren Golf Course. It marks the first time the event has been held on a college campus.



## 'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Their water content and nutrients make them a healthy snack, and their sweet taste adds a burst of flavor to salads, smoothies and desserts. Enjoy these berries that are ripe for the eating:

**Strawberries** – This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Packed with vitamin C and a good source of fiber, the red, heart-shaped fruit may help protect the heart by lowering blood pressure and reducing cholesterol.



**Blueberries** – Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food. Research suggests compounds in these berries can boost brain health and help prevent heart disease and diabetes.

**Raspberries** – At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular and have a slightly tart taste. There are also varieties in black, purple and yellow.

**Blackberries** – Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.

# The Rio Grande

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Rio Rancho, NM 87124



## Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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