

# El Dorado Estates

## Gracious Retirement Living

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

### AUGUST 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 .....MARY JANE  
Head Housekeeper .....KATIE GROtJAHN

#### 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

### It's All About Fun and Games

We've got all sorts of fun games to join in on and we've kicked off a couple new games just in the last month. Gen Gorang has graciously volunteered to lead Bunco and Left Center Right! Bunco has been especially popular with over 20 people playing in the last match! If you've never played, Bunco is a simple, fun and fast-moving game. It's easy to learn and a hoot to play! If you have questions about either game, ask Gen and she will tell you all about it!

Mexican Train is another simple and fun game that meets in the Billiards Room on Sunday and Friday evenings at 7 p.m. Sometimes the group meets spontaneously after deciding to pick up an extra game. Mexican Train is really causal and easy to learn and the group that plays makes it really fun and relaxing!

Bridge is on Mondays at 2 p.m. There are typically about 12-16 people who play. Joan Trotter has been leading Bridge for quite some time and does a fabulous job of it! As you know, Bridge is a challenging game that takes great focus! Bridge's intricacies make it particularly appealing for those who want to sharpen acuity with mental gymnastics. A study in 2000 at the University of California — Berkeley found strong evidence that an area in the brain used in playing bridge stimulates the immune system! If you have played Bridge in the past and it's been awhile, consider picking it back up again!

Wizard is a trick-taking card game for three to six players designed by Ken Fisher of Toronto, Ontario in 1984. The game was first printed commercially in June 1986! Wizard is on Thursdays at 2 p.m. in the Fitness Center. Give it a try!





## Wonderful August Outings

Sign up now to reserve your spot on the following outings and trips:

- Lunch Bunch: China City, Cameron Park  
Wednesday, August 7th  
11:30 a.m.
- El Dorado Hills Public Library  
Friday, August 9th  
10 a.m.
- BJ's Brewery and Color Me Mine Pottery  
Wednesday, August 14th  
11 a.m.
- Beanbag Baseball: El Dorado Estates vs. Camden Springs  
Elk Grove  
Wednesday, August 21st  
9:30 a.m.
- El Dorado Hills Public Library  
Friday, August 23rd  
10 a.m.
- Men's Breakfast: Sweetie Pie's Placerville  
Monday, August 26th  
8 a.m.
- Night on the Town: Outback Steakhouse  
Gold River  
Wednesday, August 28th  
4 p.m.
- Red Hawk Casino  
Placerville  
Thursday, August 29th  
10:30 a.m. at 2 p.m.
- Sacramento Hornblower River Cruise  
Supper at Joe's Crab Shack  
Friday, August 30th  
10:30 a.m.

## Corn-on-the-Cob Celebration!

On Friday, July 5th, we celebrated one of summer's most delicious, local bounties: fresh corn-on-the-cob! Rosie shucked two dozen ears of corn and carefully boiled them for a special tasting. We featured three different flavors to sample. Rosie made her favorite Mexican Street Corn which involves first spreading mayonnaise generously on the corn and then sprinkling Parmesan cheese all over the top! Some people



will sprinkle hot chili powder on it to finish but we decided to keep ours mild. Rachelle made a fresh basil, garlic, and black pepper butter to spread on the corn. The third option was a wild card suggestion that someone mentioned when a conversation about corn toppings came up ... peanut butter and butter! Being very curious about how it would taste, we decided to give it a try and see. We melted some salted butter and then stirred in a bunch of creamy peanut butter and then we got to tasting!

Bingo was just finishing up and many residents came over to try our fresh corn. Lots of folks enjoyed the basil butter but also enjoyed Rosie's mayo-Parmesan creation. Charlotte was blown away by how good the peanut butter topping was! We all laughed and enjoyed how much she loved it! She loved it so much she stopped right there and didn't try the others. Many people felt the peanut butter topping was interesting, but also felt that they couldn't taste the corn quite so well. If you love peanut butter, you should give it a try! It's really quite delicious!

Here are a few interesting facts about fresh, sweet corn:

- Sweet corn leaves were used as chewing gum by Native Americans.
- Corn is grown on every continent except Antarctica.
- The tassel borne at the top of the stalk is the male part and the silk of the ear is the female part.
- There is one strand of silk for each kernel on a cob.
- On average, there are about 800 kernels on an ear of corn.
- An ear of corn always has even number of rows.
- One acre of land can produce 14,000 pounds of sweet corn.





## Sacramento Hornblower River Cruise

On a sunny Friday at the end of June, a full bus of residents embarked on an adventure to Old Sac where we boarded the Hornblower for an hour-long Sacramento river cruise! We enjoyed the one-hour tour learning about the history of Sacramento. There were refreshments for purchase and lots to learn.

After the cruise ended, we walked just down the way to Joe's Crab Shack for a scrumptious seafood lunch! We enjoyed fish and chips, coconut shrimp, chicken sandwiches and more.

It was so much fun that we've booked another trip so that more folks can sign up to go! Reserve your spot now!



## Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

**Heart:** Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

**Brain:** Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

**Digestion:** Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.

**Kidneys:** Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

**Muscles and joints:** Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.



AUGUST 2019

Birthdays

Adam Wosick, 11th  
Jeannette Amendola, 16th  
Maureen Anderson, 18th  
Mort Schaefer, 19th  
Steve Mykytyn, 22nd

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

“Summer means happy times and good sunshine.”  
—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 Thursday Word Search Puzzle, AR 1 9:45 Strength & Balance, FC 11:30 Catholic Communion Service, CH 2:00 Wizard, FC 2:00 Live Music: Rick Turnage, AR 3:00 Snack: Watermelon Eating, ARK 6:45 Evening Movie, MT	9:45 Strength & Balance, FC 2 11:00 Bible Study, MT 2:00 Bingo with Paula, AR 3:30 Music Appreciation with Rachelle, CH 6:45 Evening Movie, MT 7:00 Mexican Train, BR 7:00 Root Beer Floats, ARK	10:00 Saturday Crossword Puzzle, DR 10:00 Coffee Chat, B 2:00 Bingo with Paula, AR 4:00 Billiards with Ethan, BR 6:45 Evening Movie, MT
10:00 Sunday Morning Donuts, AR 4 2:00 Sunday Church with Pastor Jerry, CH 3:00 Blackjack with Fred, BR 4:00 Bingo with Leah, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR	10:00 Come Color with Rosie, AR 5 10:00 Crafts: Making Teacup Candles, ARK 11:00 Yoga with Colette, FC 2:00 Bridge Club, FC 3:00 Bean Bag Baseball, AR 6:45 Evening Movie, MT 7:00 Bingo with Leah, AR	9:45 Strength & Balance, FC 6 10:00 Rolling Hills Church Service, CH 11:00 Paparazzi Jewelry Sale, AR 11:00 Tai Chi with Michael, FC 1:30 Nail Painting with Debbie, AR 1:45 Talk: Dewy Talking About Strokes, MT 3:00 Tea at Three, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR	Wear Nametags Today & Wear Stripes 7 11:00 Lunch Outing: China City, BUS 11:00 Yoga with Colette, FC 3:00 Blackjack with Ethan, BR 4:00 Happy Hour, AR 6:45 Evening Movie, MT 7:00 Bingo, AR	9:00 Thursday Word Search Puzzle, AR 8 9:45 Strength & Balance, FC 11:00 Snack: Making Trail Mix, ARK 11:30 Catholic Communion Service, CH 2:00 Wizard, FC 2:00 Live Music: Robert Greene, AR 6:45 Evening Movie, MT	8:00 Ladies' Breakfast: Friends with Benedicts, BUS 9 9:45 Strength & Balance, FC 10:00 Outing: Library Run, BUS 11:00 Bible Study, MT 2:30 Let's Dance: Line Dancing Class, AR 3:30 Music Appreciation with Rachelle, CH 4:00 Bingo with Paula, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR	10:00 Saturday Crossword Puzzle, DR 10:00 Coffee Chat, B 2:00 Bingo with Paula, AR 4:00 Billiards with Ethan, BR 6:45 Evening Movie, MT
10:00 Sunday Morning Donuts, AR 11 2:00 Sunday Church with Pastor Jerry, CH 3:00 Blackjack with Fred, BR 4:00 Bingo with Leah, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR 	10:00 Craft: Making Sun Catchers, AR 12 11:00 Yoga with Colette, FC 2:00 Bridge Club, FC 3:00 Bean Bag Baseball, AR 6:45 Evening Movie, MT 7:00 Bingo with Leah, AR	9:45 Strength & Balance, FC 13 10:00 Rolling Hills Church Service, CH 10:30 Activity Meeting with Rosie, AR 11:00 Tai Chi with Michael, FC 11:30 Folsom Hearing Aid, MT 1:30 Nail Painting with Debbie, AR 1:45 Amber with Clear Captions, MT 2:15 Arthur Murray, AR 3:30 Reading Buddies, CH 6:45 Evening Movie, MT 7:00 Bunco, FC	14 Wear Nametags & Brown 11:00 Yoga with Colette, FC 11:00 BJ Brewhouse & Color Me Mine, BUS 12:00 Manager's Meeting, DR 3:00 Blackjack with Ethan, BR 4:00 Happy Hour, AR 6:45 Evening Movie, MT 7:00 Bingo, AR	9:00 Thursday Word Search Puzzle, AR 15 9:45 Strength & Balance, FC 10:00 Cooking: Candied Citrus Peels with Chef Carlos, ARK 11:30 Catholic Communion Service, CH 2:00 Wizard, FC 2:00 Live Music: Norm, AR 6:45 Evening Movie, MT	9:45 Strength & Balance, FC 16 11:00 Bible Study, MT 2:00 Bingo with Paula, AR 2:00 Shopping: Goodwill, BUS 3:30 Music Appreciation with Rachelle, CH 6:45 Evening Movie, MT 7:00 Mexican Train, BR 7:00 Music: Midtown Jazz, CY 	9:00 Cappuccino Cruiser Car Show & Pancakes Breakfast 17 10:00 Saturday Crossword Puzzle, DR 10:00 Coffee Chat, B 2:00 Bingo with Paula, AR 4:00 Billiards with Ethan, BR 6:45 Evening Movie, MT
10:00 Sunday Morning Donuts, AR 18 2:00 Sunday Church with Pastor Jerry, CH 3:00 Blackjack with Fred, BR 4:00 Bingo with Leah, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR 	10:00 Crafts: Making Flip-Flop Wreaths, AR 19 11:00 Yoga with Colette, FC 11:30 Shopping: Marie with Her Fine Jewelry, L 2:00 Bridge Club, FC 3:00 Bean Bag Baseball, AR 6:45 Evening Movie, MT 7:00 Bingo with Leah, AR 	9:45 Strength & Balance, FC 20 10:00 Rolling Hills Church Service, CH 11:00 Tai Chi with Michael, FC 1:30 Nail Painting with Debbie, AR 3:00 Tea at Three, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR	Wear Nametags & Green 21 9:30 Outing: Baseball Game at Camden Springs, BUS 11:00 Yoga with Colette, FC 3:00 Blackjack with Ethan, BR 4:00 Happy Hour, AR 6:45 Evening Movie, MT 7:00 Bingo, AR	9:00 Thursday Word Search Puzzle, AR 22 9:45 Strength & Balance, FC 10:30 Chef's Corner Meeting, AR 11:30 Catholic Communion Service, CH 2:00 Wizard, FC 2:00 Live Music: Capital City Reflections, AR 	9:45 Strength & Balance, FC 23 10:00 Outing: Library Run, BUS 11:00 Bible Study, MT 2:30 Let's Dance: Line Dancing Class, AR 3:30 Music Appreciation with Rachelle, CH 4:00 Bingo with Paula, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR	10:00 Saturday Crossword Puzzle, DR 10:00 Coffee Chat, B 2:00 Bingo with Paula, AR 4:00 Billiards with Ethan, BR 6:45 Evening Movie, MT
10:00 Sunday Morning Donuts, AR 25 2:00 Sunday Church with Pastor Jerry, CH 3:00 Blackjack with Fred, BR 4:00 Bingo with Leah, AR 6:45 Evening Movie, MT 7:00 Mexican Train, BR	8:00 Men's Breakfast: Sweetie Pies, VAN 26 10:00 Come Color with Rosie, AR 11:00 Yoga with Colette, FC 2:00 Bridge Club, FC 3:00 Bean Bag Baseball, AR 6:45 Evening Movie, MT 7:00 Bingo with Leah, AR	9:45 Strength & Balance, FC 27 10:00 Rolling Hills Church Service, CH 10:30 Making Orange Sugar Body Scrub with Rosie, ARK 11:00 Tai Chi with Michael, FC 1:30 Nail Painting with Debbie, AR 2:15 Arthur Murray, AR 6:45 Evening Movie, MT 7:00 Bunco, FC	Wear Nametags & Wear Plaid 28 11:00 Yoga with Colette, FC 3:00 Blackjack with Ethan, BR 4:00 Happy Hour, AR 4:00 Dinner Outing: Outback Steakhouse, BUS 6:30 Live Music: Miles Pike with Singing, AR 6:45 Evening Movie, MT 7:00 Bingo, AR	9:00 Thursday Word Search Puzzle, AR 29 9:45 Strength & Balance, FC 10:00 Cooking: Lemon Apricot Pops with Chef Carlos, ARK 11:30 Catholic Communion Service, CH 11:30 Mass with Father Jesus, CH 12:30 August Birthday Celebration, DR 2:00 Wizard, FC 6:45 Evening Movie, MT	9:45 Strength & Balance, FC 30 10:30 Outing: The Hornblower & Joe's Crab Shack, BUS 11:00 Bible Study, MT 2:00 Bingo with Paula, AR 3:30 Music Appreciation with Rachelle, CH 6:45 Evening Movie, MT 7:00 Mexican Train, BR	10:00 Saturday Crossword Puzzle, DR 10:00 Coffee Chat, B 2:00 Bingo with Paula, AR 3:00 Monthly Gourmet Club 4:00 Billiards with Ethan, BR 6:45 Evening Movie, MT





## 4th of July

What a great 4th of July we had here at El Dorado Estates. Our day began with Red, White and Blues Crepes for breakfast. Shortly after breakfast, we decorated the dining room for family and friends to enjoy a celebratory dinner. Our fabulous kitchen staff prepared a traditional 4th of July American meal complete with hamburgers, hot dogs, ribs, potato salad, baked beans, fruit salads and plenty of delicious deserts.

Right after lunch, Robert Mullen, a local musician, took requests and serenaded us with nostalgic, patriotic songs of yore. Our Independence Day ended with a water fight, complete with 50 water balloons and Super Soaker squirt guns. A couple handfuls of brave residents came out to watch staff and managers engage in water war! Irene and June were extra brave and got in on the action, too!



*Rosie did a beautiful job making everything look festive.*



*Vel and her grandson*



*Bob and Ellie*



*Fred helps serve fruit to hungry guests.*



*The El Dorado Estates team pose just before the buffet began.*



*Don't think of messing with June — she'll get ya!*





## It's Never Too Late for Fitness

It's never too late to increase our fitness! Did you know there are all sorts of ways to better your health and fitness at El Dorado Estates? From making healthier choices on the menu to picking up a new exercise class.

On Mondays and Wednesdays, you'll find the Fitness Center filled with enthusiastic yoga students! Instructor Colette leads the class in gentle yoga poses, there is a chair balance and stability, and she ends the class with a relaxing cool-down. This class is at 11 a.m. and there's room for newcomers!

On Tuesday at 11 a.m. and Fridays at 11:15 a.m., we have a brand-new class called Tai Chi with Michael. Michael is a Tai Chi instructor who specializes in senior Tai Chi. He leads classes in senior living communities around the Sacramento area. Here are just some of the benefits of Tai Chi: reduces stress, improves mood, better sleep, promotes weight loss, improves cognition in older adults, reduces risk of falling in older adults, improves fibromyalgia symptoms and also improves the effects of COPD. Michael is very easygoing and approachable if you have questions. Try our Tai Chi and see how it benefits you!

Another awesome way to improve your fitness is to take advantage of the great walking options around the building. Outside, there is a 1/4 mile loop around the community that is paved, flat and offers areas to stop and rest. The landscaping is beautiful to observe — you are likely to see lizards, frogs and birds aplenty! When the weather conditions outside are not favorable, our indoor hallways can provide a wonderful and lengthy workout! Some of our residents get up before dawn and walk the hallways to get their exercise in early. There are great tunes to enjoy and lots of different art to take in. Mort and Karol are just a couple of our early birds! Others prefer to take their walks in the evening when it cools down outside. Shelly has recently started walking around the community with friends and has quickly gone from walking around half the community to walking around two full times. It's amazing how quickly our bodies respond to our efforts! On Wednesday mornings at 9 a.m. there is a walking club that meets right in the front entrance to go for a refreshing walk around the community together. You'll find June, George, Betsy, Truda, Karen, Betty, and Rosie eager to start their walk!

Activity Coordinator Rosie leads Strength and Balance on Tuesdays and Thursdays at 9:45 a.m. This class involves listening to fun music, using weights and bands, and also the balance bar!

If you have any questions about how you can start to get more involved in some of these activities, Rosie is the person to see! She will help you get started and encourage you along the way!



*Shelly, Joan and Claudette finish up a lovely afternoon walk together!*

## Car Show and Pancake Breakfast Fundraiser

**Saturday, August 17th**

**8-10:30 a.m.**

Mark your calendars! Delicious all-you-can-eat pancake fundraiser breakfast, Cappuccino Cruisers Car Show, music, and more!

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El Dorado Hills, CA 95762



## 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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