

Camden Springs

Gracious Retirement Living

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

NOVEMBER 2019

CAMDEN SPRINGS FAMILY

Managers.....DEAN & TAMMIE BENTON
Assistant Managers CHRIS & LAURIE BARROW
Executive ChefMICHAEL FOX
Activity CoordinatorCHELSEA ERBE
Activity AssistantASHLEY 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

National Homemade Cookie Day

So, we took a slight left turn when it came to National Homemade Cookie Day. We didn't buy store-made cookies, but we also didn't technically make them from scratch either. We made them out of cake mixes. The recipe is simple, take any box of cake and then mix it with two eggs and half a cup of oil — it's that simple! If you wanted to shake it up you can also add an additional half cup of a mix-in ingredient such as nuts or chocolate chips.

The ones we made were white cake with M&M's and a chocolate one with peanut butter cups, both were delicious!



Yummy



Arvadell and Marlene



Chopped Cooking Competition

We are the champions, my friends! Yes, that's right, Chef Michael and resident Peggy Almo, came home victorious after our Chopped Cook-Off Competition against Chef Carlos at El Dorado Estates. It was a close battle but, in the end, we pulled ahead by just a few points. The competition was fierce and definitely delicious! Chef Michael prepared a seafood bisque as a starter and a sweet cream berry dessert. For his main entree he created a Jamaican-style pan-seared red snapper with blistered tomatoes and a zucchini noodle hash. Chef Carlos created garlic shrimp topped pan-seared red snapper served with a potato medley and sauteed asparagus and for dessert created a fruit compote. It was a fun battle to watch and we plan to host the event here next year!



Some of the action!



Chef Carlos and Chef Michael



Selecting ingredients



Our winning duo

Guacamole Tasting and Competition

Guacamole overload is what occurred when nearly 40 residents attended our Guacamole Competition on National Guacamole on Monday, September 16th. We had five competitors in the contest, Chelsea, Chef Michael, Jessica our PM Cook, Shalini and Laurie. For many residents it was hard to choose just one favorite, but in the end, it was Jessica who won first place with Chelsea coming in only one point behind. If you have a crowd-raving guacamole recipe, let us know, we would love to try it!



CHP Academy and Museum Tour

We went on a wonderful tour of the California Highway Patrol Academy and Museum where we got to learn so much about the CHP that many of us had never known. In addition to preserving and protecting the history of the California Highway Patrol, the CHP Museum strives to educate visitors about the rich past of the CHP and how it evolved to meet the changing roadway systems in this country since the inception of the motor vehicle. They strive to honor those who have given their lives in service to the California Highway Patrol and the people of California and you can see and feel this when you visit the academy. The grounds were spectacularly kept and the lunch was delicious. After we were done eating, we got to watch a special ceremony called the Fountain Ceremony where cadets polished name plates of fallen active duty CHP Officers. It was marvelous to watch their precision when marching. All of the residents loved it and we would highly recommend it to others wanting to go.



In the museum



Cadets for Fountain Ceremony



Some of the guacs!



Delicious!

NOVEMBER 2019

Birthdays

Suzette Lamar, 1st
Shirley Bowman, 4th
Judy Huff, 8th
Charles Metcalf, 9th
Ruth Loveall, 10th
Nancy Clark, 16th
Evelyn Greenfield, 25th
Marilyn Parker, 26th
Helen Bohon, 26th
Carol Bailey, 26th
Dorothy Epperson, 26th
Virginia Mauch, 26th
Francis Dietz, 27th
Doris Ray, 28th
Sarah Paquette, 28th

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>DAYLIGHT SAVING TIME ENDS 3</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 2:00 Needle Group, (A) 3:00 Billiards, (G) 6:45 Mexican Train, (ACT)</div>	<div>4</div> <div>9:00 Brain and Fitness Exercise, (ACT) 9:15 Shopping and Banking Begins, (LB) 10:00 Left, Center, Right Game, (ACT) 10:30 Music Bus Demo, (FP) 2:00 Activities Meeting, (ACT) 3:00 Sequence, (ACT) 6:45 Western Movie Night, (T) </div>	<div>ELECTION DAY 5</div> <div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 11:00 Art Class with Matthew, (ACT) 11:30 Vendor: Door Decor, (A) 2:00 Spelling Bee Challenge, (ACT) 2:00 The Camden Closet Store 3:00 The Not-So-Newlywed Game, (ACT)</div>	<div>6</div> <div>9:00 Chair Dancing Exercise, (ACT) 9:30 Outing: Thunder Valley Casino, (LB) 12:00 Resident and Manager Meeting, (D) 12:30 Birthday Celebration, (D) 2:00 Wii Bowling, (ACT) 6:45 Movie and Popcorn, (T)</div>	<div>7</div> <div>9:00 Balance Enhancement Class, (ACT) 10:15 Horse Racing, (A) 11:00 Blood Pressure Reading with Alegre, (G) 1:45 Musical Guest: Mellow Fellas, (A) 2:00 Camden Springs Bible Study, (T) 2:00 The Camden Closet Store 3:00 Medicare Updates and Q&A, (A) 3:30 Funny Money Blackjack, (ACT)</div>	<div>8</div> <div>9:00 Chair Drumming Exercise, (ACT) 9:30 The Camden Closet Store 10:00 Catholic Communion, (C) 11:00 Hangman for Funny Money, (ACT) 11:30 Outing: The Squeeze Inn in Galt, (LB) 2:15 Nickel Bingo, (ACT) 3:30 Word Search Mania, (ACT) 6:45 Movie, (T)  6:45 Poker, (G)</div>	<div>9</div> <div>10:00 Skip-Bo, (ACT) 10:30 Chit-Chat with Laurie, (TV) 11:30 Fitness by YMCA, (ACT) 2:00 Therapeutic Coloring, (ACT) 3:00 Rummikub, (ACT)  6:45 Movie, (T)</div>
<div>10</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 2:00 Light of the Valley Church Service, (C) 2:00 Needle Group, (A) 3:00 Billiards, (G) </div>	<div>VETERANS DAY 11</div> <div>8:00 Breakfast Buffet with First Responders, (D) 9:15 Shopping and Banking Begins, (LB) 9:45 Flag Raising Ceremony by Boy Scouts, (FP) 10:00 Resident Veterans' Ceremony, (ACT) 1:45 Musical Guest: The Dave Chelini Band, (A) 3:00 Sequence, (ACT) 6:45 Western Movie Night, (T)</div>	<div>12</div> <div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 11:00 Ladderball, (A) 1:45 Society for the Blind Presentation, (ACT) 2:00 The Camden Closet Store 3:30 Funny Money Bingo, (ACT)</div>	<div>13</div> <div>9:00 Chair Dancing Exercise, (ACT) 9:30 Outing: Poinsettia Farm and Lunch, (LB) 2:00 Wii Bowling, (ACT) 3:00 Comcast Q&A, (A) 6:45 Movie and Popcorn, (T)</div>	<div>14</div> <div>9:00 Balance Enhancement Class, (ACT) 10:30 Atlas Hearing Aid Service, (ACT) 11:00 Blood Pressure Reading with Alegre, (G) 11:30 Jewelry Vendor Marie, (A) 2:00 Camden Springs Bible Study, (T) 2:00 The Camden Closet Store 2:30 Staff Chili Cook-Off, (ACT) 3:30 Funny Money Blackjack, (ACT)</div>	<div>15</div> <div>9:00 Chair Drumming Exercise, (ACT) 9:30 The Camden Closet Store 10:00 Catholic Communion, (C) 11:00 Hangman for Funny Money, (ACT) 11:30 Outing: Garlic Brothers in Stockton, (LB) 2:15 Nickel Bingo, (ACT) 3:30 Word Search Mania, (ACT) 6:45 Movie, (T) 6:45 Poker, (G)</div>	<div>16</div> <div>10:00 Annual Craft Fair 2:00 Therapeutic Coloring, (ACT) 3:00 Rummikub, (ACT) 6:45 Movie, (T) </div>
<div>17</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 2:00 Needle Group, (A) 3:00 Billiards, (G) 6:45 Mexican Train, (ACT)</div>	<div>18</div> <div>9:15 Shopping and Banking Begins, (LB) 10:00 Left, Center, Right Game, (ACT) 11:30 Avon with Barbara, (ACT) 2:00 Giant Pictionary, (ACT) 3:00 Sequence, (ACT) 6:45 Western Movie Night, (T)</div>	<div>19</div> <div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 10:00 Christmas Choir Practice, (ACT) 11:15 Library Bookmobile, (FP) 1:45 Falls Prevention Program and Fitness Testing, (ACT) 2:00 The Camden Closet Store 3:30 Funny Money Bingo, (ACT)</div>	<div>20</div> <div>9:00 Chair Dancing Exercise, (ACT) 10:00 Outing: Arden Fair Mall and Elephant Bar, (LB) 10:00 20 Questions, (ACT) 2:00 Wii Bowling, (ACT) 2:45 Craft: Acrylic Paint Pouring, (ACT) 6:45 Movie and Popcorn, (T)</div>	<div>21</div> <div>9:00 Balance Enhancement Class, (ACT) 10:30 Food Meeting with Chef Mike, (ACT) 11:00 Blood Pressure Reading with Alegre, (G) 2:00 Camden Springs Bible Study, (T) 2:00 The Camden Closet Store 2:00 Mobile Dermatology, Sign Up 1 Week Prior 3:30 Funny Money Blackjack, (ACT)</div>	<div>22</div> <div>9:00 Chair Drumming Exercise, (ACT) 9:30 The Camden Closet Store 10:00 Catholic Communion, (C) 11:00 Hangman for Funny Money, (ACT) 11:30 Outing: Elkhorn Saloon, (LB) 2:15 Nickel Bingo, (ACT) 3:30 Word Search Mania, (ACT) 6:45 Movie, (T) 6:45 Poker, (G)</div>	<div>23</div> <div>10:00 Skip-Bo, (ACT) 10:30 Chit-Chat with Laurie, (TV) 11:30 Fitness by YMCA, (ACT) 2:00 Therapeutic Coloring, (ACT) 3:00 Rummikub, (ACT) 6:45 Movie, (T)</div>
<div>24</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 2:00 Light of the Valley Church Service, (C) 2:00 Needle Group, (A) 3:00 Billiards, (G)</div>	<div>25</div> <div>9:00 Morning Meditation, (ACT) 9:15 Shopping and Banking Begins, (LB) 10:00 Left, Center, Right Game, (ACT) 11:00 Trivia and True or False, (ACT) 1:45 Musical Guest: Alvin, (A) 3:00 Sequence, (ACT) 6:45 Western Movie Night, (T) </div>	<div>26</div> <div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 10:00 Christmas Choir Practice, (ACT) 11:00 Art Class with Matthew, (ACT) 2:00 The Camden Closet Store 2:00 Card Bingo, (ACT) 3:30 Funny Money Bingo, (ACT) </div>	<div>27</div> <div>9:00 Chair Dancing Exercise, (ACT) 9:30 Outing: Seaquest, (LB) 10:00 Brain Game Packet Pick-Up, (ACT) 2:00 Wii Bowling, (ACT) 2:30 Funny Money Auction, (A)  6:45 Movie and Popcorn, (T)</div>	<div>THANKSGIVING DAY 28</div> <div>10:00 Rummikub, (ACT) 12:30 Thanksgiving Dinner, (D) 6:45 Chris's Choice Movie, (T) </div>	<div>29</div> <div>9:30 The Camden Closet Store 10:00 Catholic Communion, (C) 1:45 Musical Guest: La Deana, (A) 3:30 Word Search Mania, (ACT) 5:00 Outing: Stockton Kings Basketball Game, (LB) 6:45 Movie, (T) 6:45 Poker, (G)</div>	<div>30</div> <div>10:00 Skip-Bo, (ACT) 10:30 Chit-Chat with Laurie, (TV) 2:00 Therapeutic Coloring, (ACT) 3:00 Rummikub, (ACT) 6:45 Movie, (T)</div>



“Be Our Guest” Staycation

This year we hosted a staycation themed “Be Our Guest,” in which we took inspiration from the movie “Beauty and the Beast.” Each day of the week we had a day themed around a specific character from the movie ...

On Monday, we were focused on Belle. Since Belle was the intellectual type, we hosted activities such as Hangman and brain games all with a Beauty and the Beast twist.

On Tuesday, we focused on Gaston who loves competition. On this day we did many fun games and competed against one another. The games included target practice, ring toss over the antlers, darts and a book stack. The games were great but the target shooting was by far the favorite, and most people ended up being quite good at it.

On Wednesday, we had a day themed around Maurice, Belle’s father, the inventor. On this day, we hosted hands-on crafts such as celery rose painting and making faux stained glass. We also had an activity where the residents had to make a contraption to house an egg so that when it was dropped the egg wouldn’t crack.

We ended the staycation on Friday and we focused on Mrs. Potts. Mrs. Potts is all about being a hostess, so we did many things revolving around food this day. We learned to make “The Grey Stuff,” we decorated pretzel rods, ate a French dinner and ended the afternoon with a delicious social.



Marv taking aim



Cooling off the barrel



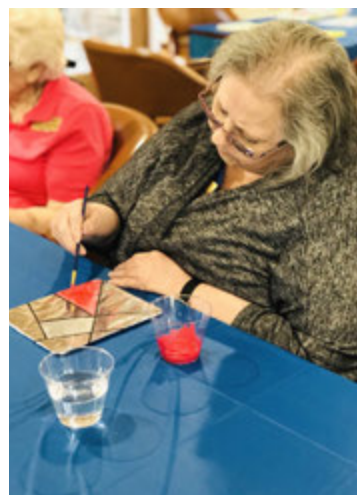
Arnette tossing her rings



Dart board glory



Ruth and Lydia problem solving



Marilyn creating faux stained glass



Peggy stacking books



A Trip to Bass Pro Shop

It was a drizzly Wednesday afternoon when we ventured to Bass Pro Shop in Rocklin in the month of September. None of the residents on the outing had ever been and they were amazed by how big the store was. We came to find out that this location was actually the smallest in the country although it had to be at least four times as big as our community.

For those of you who have never been to Bass Pro Shop, it is your one-stop shop for everything when it comes to camping, hunting, fishing and so on. The decor in the store is amazing with scenes of various wild animals placed around for effect. They also have a two-story high fish tank that has some rather large fish in them. When we were through shopping at Bass Pro Shop we had a wonderful lunch out to eat at Claim Jumper in Roseville.



A wondrous place



A friendly, furry pal for Jan

Annual Fall Ball Supper

The dining room was decked in fall colors on the night of our Annual Fall Ball, with folded cloth napkins and tablecloths to boot. Residents enjoyed a meal created by our culinary team of tri tip steak, lobster ravioli and sauteed asparagus with either coconut cream pie or key lime pie for dessert. When through, they were whisked away into a musical frenzy as the 13-piece big band, The R.C. Swing Band performed. It was a lovely night and a wonderful way to welcome the autumn season.



Eva serving Jane and Alma



Ruth, Miriam and Bernice

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Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

916-714-6565

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