

Camden Springs

Gracious Retirement Living

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

AUGUST 2020

CAMDEN SPRINGS FAMILY

Managers..... CHRIS & LAURIE BARROW
Assistant Managers STAN & JULIE KOON
Executive Chef MICHAEL CEREZO-FOX
Activity Coordinator CHELSEA ERBE
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

Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

Mango — This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya — The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

Guava — Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

Passion fruit — The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

Lychee — Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee's flavor is described as light and floral, with hints of strawberry, watermelon and grape.

Join us at one of our Luau Socials on August 20th to taste these and other tropical fruits.



*Trina and Her
Mother Dancing at
Last Years Luau*



Independence Day

The dining room was adorned in red, white and blue to the hilt over the Fourth of July holiday. We dined on sirloin steak and barbecue chicken, and were so glad to be able to spend our day celebrating independence in our dining room and not our apartments. The Culinary team made us some cute snacks for our social and we learned things about the holiday that we never knew before! For instance, did you know that the United States is the number one consumer of hot dogs and that Fourth of July is the day that the most hot dogs are eaten? Well, if you didn't, now you do. Stan and Julie did a wonderful job hosting our annual fireworks show, making sure to mingle with the residents and making sure that it was a fun evening for all!



Sue, Clyde and Don



Stan putting on a great show



Dottie, Doris and Deb



Lori, Ruth and Alma



Welcome to the Fair

Due to the pandemic, this summer has definitely looked a little bit different. Many State and County Fairs will no longer be taking place. However, that doesn't mean we can't bring all the fun of fairs to life in our community! Keeping social distancing and protocols in mind, let's have Fun at the Fair! Below are just a few fun fair facts to get started.

1. Both the Texas State Fair and the Minnesota State Fair claim to have invented the corn dog.
2. A giant butter sculpture of a cow has been an Iowa State Fair institution since 1911.
3. What popular State Fair food has the most calories? The giant turkey leg! This fair food favorite has a whopping 1,136 calories and 54 grams of fat.
4. Each year, the Midwest Dairy Association names a new Dairy Princess at the Minnesota State Fair. The Dairy Princess' official title is Princess Kay of the Milky Way. A sculpture of the winner is carved out of a 90 lb. block of butter!
5. The earliest funnel cakes came from the Pennsylvania Dutch.
6. The Minnesota State Fair is known for their many kinds of food on a stick.
7. California's State Fair is home to the oldest wine competition in North America, with over 2,800 entries a year.
8. In 2018, Ohio's State Fair was the first to serve burgers sandwiched between two donuts, and topped with onions and green peppers.
9. Dr. Pepper was originally debuted at a State Fair. The popular soda was unveiled at the 1904 World's Fair in St. Louis.
10. You might think of cheese when you think of Wisconsin, but the most popular food at the Wisconsin State Fair is hands down the cream puffs. Over 350,000 of them are sold every year.



Join us for our Fun Fair Day on August 13th!

Craft Time With Ashley: Popsicle Sticks

Because our July Culinary Education Series was based around popsicles, I tasked Ashley with crafts that used popsicle sticks and boy did she deliver! She came up with so many fun and varied crafts for all tastes. She helped the residents make bookmarks, two different styles of wall décor, patriotic stars and rainbow cloud bursts. We are glad so many residents participated in the crafts. We plan to continue our crafting sessions even though Ashley now has returned to her on call schedule. If you have any craft ideas, please see Chelsea and she will set it up!



Virginia



Ellie and Monica



Peggy

AUGUST 2020

Birthdays

Eloise Kell, 1st
Paul Maxwell, 6th
Marilyn Drake, 12th
Margaret Kresha, 14th
Ruth Mori, 17th
Bob Lane, 18th
Ida Garrett, 20th
Shirlee Clark, 22nd
Annette Fleishman, 24th
Marion Stoneking, 26th
Shalini Prasad, 26th (Employee)
Rose Lima, 28th

Anniversaries

Toye, 8/1/1983
Bailey, 8/2/1959
Grose, 8/10/1955
Hieb, 8/14/1953

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>2</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>3</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>10:30 Trivia and True or False, (ACT)</div> <div>11:00 Whiteboard Word Challenge, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Giant Pictionary, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>4</div> <div>9:00 Morning Meditation, (ACT)</div> <div>10:15 Text Twist, (ACT)</div> <div>11:00 Giant Card Memory Game, (ACT)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>5</div> <div>9:00 Chair Dancing Exercise, (ACT)</div> <div>9:30 Chair Dancing Exercise, (ACT)</div> <div>10:15 Watermelon Mason Jar Craft, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:30 Categories, (ACT)</div> <div>6:45 Movie and Popcorn, (T)</div>	<div>6</div> <div>9:00 Balance Enhancement Class, (ACT)</div> <div>10:00 Culinary Education Series: Fair Food, (ACT)</div> <div>10:45 Horse Racing, (A)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Walk Down Memory Lane Discussion, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>7</div> <div>9:00 Chair Drumming Exercise, (ACT)</div> <div>9:30 Chair Drumming Exercise, (ACT)</div> <div>10:15 Hangman, (ACT)</div> <div>10:45 Hangman, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>6:45 Movie, (T)</div>	<div>8</div> <div>2:00 Therapeutic Coloring, (ACT)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div>7:00 Mad Lib Moments with Stan and Julie, (ACT)</div> <div></div>
<div>9</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div>	<div>10</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>10:30 Trivia and True or False, (ACT)</div> <div>11:00 Whiteboard Word Challenge, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Giant Pictionary, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>11</div> <div>9:00 Morning Meditation, (ACT)</div> <div>10:15 Text Twist, (ACT)</div> <div>11:00 Giant Card Memory Game, (ACT)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>12</div> <div>9:00 Chair Dancing Exercise, (ACT)</div> <div>9:30 Chair Dancing Exercise, (ACT)</div> <div>10:30 Family Feud, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:30 Categories, (ACT)</div> <div>6:45 Movie and Popcorn, (T)</div> <div></div>	<div>13</div> <div>Fun at the Fair Day</div> <div>9:30 Midway Games, (ACT)</div> <div>10:30 Midway Games, (ACT)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>2:15 Popcorn Social, (ACT)</div> <div>3:00 Popcorn Social, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>14</div> <div>9:30 Chair Drumming Exercise, (ACT)</div> <div>10:15 Hangman, (ACT)</div> <div>10:45 Hangman, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>15</div> <div>2:00 Therapeutic Coloring, (ACT)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div>7:00 Mad Lib Moments with Stan and Julie, (ACT)</div>
<div>16</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div>	<div>17</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>10:30 Trivia and True or False, (ACT)</div> <div>11:00 Whiteboard Word Challenge, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Giant Pictionary, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>18</div> <div>9:00 Morning Meditation, (ACT)</div> <div>10:15 Text Twist, (ACT)</div> <div>11:00 Giant Card Memory Game, (ACT)</div> <div>11:15 Library Bookmobile, (FP)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>19</div> <div>9:00 Chair Dancing Exercise, (ACT)</div> <div>9:30 Chair Dancing Exercise, (ACT)</div> <div>10:30 The Hot Seat, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:30 Categories, (ACT)</div> <div>6:45 Movie and Popcorn, (T)</div>	<div>20</div> <div>9:00 Balance Enhancement Class, (ACT)</div> <div>10:15 Horse Racing, (A)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>2:15 Luau Social, (ACT)</div> <div>3:15 Luau Social, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>21</div> <div>9:00 Chair Drumming Exercise, (ACT)</div> <div>9:30 Chair Drumming Exercise, (ACT)</div> <div>10:15 Hangman, (ACT)</div> <div>10:45 Hangman, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>6:45 Movie, (T)</div>	<div>22</div> <div>2:00 Therapeutic Coloring, (ACT)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div>7:00 Mad Lib Moments with Stan and Julie, (ACT)</div> <div></div>
<div>23</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div>	<div>24</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>10:30 Trivia and True or False, (ACT)</div> <div>11:00 Whiteboard Word Challenge, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Giant Pictionary, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>25</div> <div>9:00 Morning Meditation, (ACT)</div> <div>10:15 Text Twist, (ACT)</div> <div>11:00 Giant Card Memory Game, (ACT)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>26</div> <div>9:00 Chair Dancing Exercise, (ACT)</div> <div>9:30 Chair Dancing Exercise, (ACT)</div> <div>10:30 Family Feud, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:00 Resident Art Showcase, (A)</div> <div>6:45 Movie and Popcorn, (T)</div> <div></div>	<div>27</div> <div>King of the Jungle Day</div> <div>9:00 Balance Enhancement Class, (ACT)</div> <div>9:30 Tarzan Movie Marathon, (T)</div> <div>10:15 Horse Racing, (A)</div> <div>11:30 Tarzan Calling Contest, (D)</div> <div>1:00 Tarzan Calling Contest, (D)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Walk Down Memory Lane Discussion, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>28</div> <div>9:30 Chair Drumming Exercise, (ACT)</div> <div>10:15 Hangman, (ACT)</div> <div>10:45 Hangman, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>29</div> <div>2:00 Therapeutic Coloring, (ACT)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div>7:00 Mad Lib Moments with Stan and Julie, (ACT)</div>
<div>30</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div>	<div>31</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>10:30 Trivia and True or False, (ACT)</div> <div>11:00 Whiteboard Word Challenge, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Giant Pictionary, (ACT)</div> <div>6:45 Movie, (T)</div>					



“Words” by Bob Lane

Not just any word.
The right word.
Maybe not for this time
But for sometime —
A special time!
Loving words,
Comforting words,
Praising words,
Words that soothe the spirit
and calm the soul.
Sharp words,
Accusing words,
Bitter words,
Words that wound and hurt —
That leave confused and torn.
I’m sorry words,
Forgive me words,
I love you words,
Words that bind with greater depth,
And promise no more pain.

Photo Moment of the Month



Lance Kell and Clyde singing together on the patio

Good Singing Is Measured by the Audience’s Feeling

By Cheryl Robinson

“Listening is one of the only spaces where you can be still and moved at the same time.” I was reminded of this quote during the Disney Song performance and the Modern Western Country Songs performance by Chelsea and Trina. They were magnificent and the voices so charming, bringing various emotions to everyone in the audience.



Most of the audience immediately recognized the Disney songs from the movies: “Mulan,” “Moana,” “Frozen,” “Pocohanas,” “The Little Mermaid” and “Lion King.” Being grandparents, residents quickly remembered the Disney songs from movies that the children so often loved. The movie clips were also enlightening and brought many memories back.

The Modern Western Country Songs show made the audience realize that traditional country music is alive and well, especially when she sang the Dixie Chicks’ song.

So, hats off to Chelsea and Trina for wonderful singing performances, equal to any Broadway performance, right here at Camden Springs!



Resident Art Show

We will be hosting a resident art show on August 26th, from 2 to 4 p.m., throughout the community. We are looking for residents who would like to showcase their art projects. These projects can be anything you have created such as blankets, quilts, paintings, sketches, crafts, jewelry and so much more. Please sign up with Chelsea to let us know that you would like a showcase spot.



Facebook Mask Contest

Congratulations to Camden Springs, who was the winner of the Hawthorn Facebook mask contest! Camden Springs' post generated a reach of 2,531 (how many people saw it) and had a total of 438 engagements, meaning people liked, commented and shared the post! I would like to thank Bernice, Marilyn P., Jo Ann, Bernadette and Lydia for helping create masks and posing for the awesome photos that helped us win the contest! Each lady got their pick of items from the gift basket which was our reward. We anticipate more Facebook projects in the future, and hope we can count on you and your family's support to help us win again in the future. Thank you, everyone!



Bernice



Jo Ann



Marilyn



Lydia



Bernadette

Camden Springs
Gracious Retirement Living

8476 Sheldon Road
Elk Grove, California 95624



When the world
is staying apart,
we are coming
together.

Camden Springs
Gracious Retirement Living

916-714-6565

