

El Dorado Estates

Gracious Retirement Living

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

SEPTEMBER 2020

EL DORADO ESTATES STAFF

Managers..... FRED & LEAH TILlich
Assistant ManagersETHAN &
RACHELLE WEBER
Executive Chef.....CARLOS PIZANA
Sous ChefBRENDEN ORLICZKI
Maintenance Coordinator..... STEVE HIGGINS
Bus Driver MARY JANE MARTIN
Head HousekeeperSHERRY MILBOURNE

TRANSPORTATION

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

Tuesday, 9 a.m.-3 p.m.: Medical Appointments

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

Thursday, 9 a.m.-3 p.m.:
Medical Appointments

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

HAWTHORN
SENIOR LIVING

Live and Learn: September 2020

We are excited to spend the month focusing on lifelong learning, wellness and self-care! You'll notice a number of activities in the monthly calendar with the title Live & Learn. These activities have been specially chosen to engage our minds, bodies and hearts. When it comes to supporting healthy aging, an active mind is just as important as an active body!



*Social-distanced friendship
... so important!*

We will spend time doing an array of life building activities. Here are just a few of them: Learning the art of gratitude journals, chair dance exercise with Ethan, taking in lavender aromatherapy, deep breathing sessions and more!

Let's take September to really focus on taking good care of ourselves. Let's focus on better sleep and how to achieve it. Let's take time to really enjoy and nourish our friendships. On Friday, September 25th, at 10 a.m., we will be making power food smoothies in the Activity Room Kitchen. Stop by for a sample and some chit chat!



*Don't miss Blockbuster Bingo on
September 12th and 13th, at 3 p.m.*



Traipsing Around Sly Park

Northern California boasts no shortage of breathtaking vistas and gorgeous views. Jenkinson Lake Reservoir at Sly Park, located in El Dorado County near Pollock Pines, is one of them. Several of our residents have shared stories of camping, hiking, and RVing in forests near lakes and rivers so we thought this would be a nostalgic trip for many. We've even heard of personal stories and memories at Sly Park. Betty Gallego remembers camping there before there were any restrooms!

There were so many residents interested in visiting Sly Park that we scheduled two trips, two weeks in a row. We packed up some tables, chairs, chips, sodas and a sack lunch to spend the balance of the afternoon enjoying "the great outdoors." The weather was in the low 90's but there was a warm breeze coming off of the lake. No takers for a dip except MJ, our Driver, who cooled off in the crystal blue-green water. On second thought, during our first trip to the lake, Diane Harper enjoyed a refreshing dip and so did Rachelle! It really is a pleasant lake and the water temperature is very comfortable. We will definitely plan for picnic outings to this local treasure.



Tom and Donna Dimas enjoying the shade and a laugh



Bus Driver feeling refreshed after a quick jump in Lake Jenkinson



Socially distancing at the lake was a new one, but here is June glowing while getting in some healthy Vitamin D!

Fall Solstice Kick-Off Party

It's hard to believe that summer is technically coming to an end. While summer in California goes on a bit longer than in other areas of the country, it will officially be Fall on Tuesday, September 22nd. We are going to ring in the new season with a proper autumnal celebration. At 3 p.m., we shall gather in the Activity Room and sip on apple cider while making plans and goals for fall. Here's the fun and silly part ... we are asking that you wear scarves, puffy hats, sweaters, etc — anything that screams FALL!

October is just around the corner and we're already planning some really fun festivities. Of course, Halloween night always calls for a fancy, four-course dinner complete with tablecloths and all. Our very own DJ Fredentstein will be spinning tunes and the dance floor is sure to be hopping with mysterious, costumed characters! It really is a wonderful time of the year. Mark your calendars to attend our Kick-Off Party!



Catch Some ZZZs

A good night's sleep helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system which in turn, helps to prevent disease. Ensuring a good night's sleep is incredibly important and luckily, there are quite a few tricks you can try to make sure you are receiving a good night's sleep!

- 1. Keep a grateful journal!** Grateful journals help us focus on the positive things that happened during the day, instead of the negative. This decreases stress levels and anxiety. Eliminating those feelings before going to bed helps us fall asleep faster and can lead to a better night's sleep.
- 2. Stretch it out!** Another great way to eliminate stress and tension before bed is to do a few simple stretches.
- 3. Aromatherapy:** Scent can be very powerful! From bringing back good memories, to calming our minds and bodies. Scents like lavender or rose help us relax and soothes our minds before hitting the hay. Check out diffused lavender oil in the lobby on Wednesday, September 30th, from 10 a.m. through the afternoon. It's so lovely to breathe in the floral, fresh scent!

Recalling El Dorado State Fair Week

With the local fairs and carnivals being put on hold this year, we decided to bring the fair right here into our community! We did all sorts of fun activities and sampled lots of mouth-watering and indulgent fair foods!

Chef Carlos made homemade funnel cakes topped with powdered sugar and strawberry sauce. Rosie made decadent and fully-loaded nachos that were a huge hit! We had Elephant ears, colorful snow cones, cotton candy, kettle corn and more.

We played balloon darts, ping pong toss and had an epic water balloon and squirt gun fight in the Courtyard! The word on the street is that Carol Fierro was the ping pong toss winner! Everyone agreed the game was much harder than it looked. Thank you to everyone who came out and participated to make Fair Week a big hit!



Wally enjoying a fresh snow cone



Jeanne taking her turn at ping pong toss — such a good try!



Rosie and Chef Carlos preparing to serve hot, tasty funnel cakes











SEPT 2020

Birthdays

Shelly Rydenbark, 2nd
Helen Unmack, 8th
Roy Arnesen, 13th
Scott Barrow, 16th
Trudy Bertges, 17th
Evelyn Borge, 17th
Carol Fierro, 22nd
Ed Leahy, 24th
Irene Schneider, 27th
Dick Fairty, 27th

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>9:30 Tuesday Church Service with Chaplain Dave, CY 1</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Golf Putting, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Live & Learn: Inspring Rocks Craft, AR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Yoga with Laurie, FC 2</div> <div>10:00 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>2:00 Outing: Live & Learn: Hide Inspiring Rocks!, BUS</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT </div>	<div>No Bus Transportation Today Due to Maintenance 3</div> <div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Live & Learn: Challenging Charades!, AR</div> <div>3:00 Singalong with Shelly, DR</div> <div>6:45 Evening Movie, MT</div>	<div>No Bus Transportation Today Due to Maintenance 4</div> <div>9:30 Yoga with Laurie, FC</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>10:00 Saturday Crossword Puzzle, DR 5</div> <div>10:00 Music Appreciation with Rachelle, DR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>3:30 World Beard Day: Beards & Brews!, AR</div> <div>5:30 Saturday Night Dinner Music, DR</div> <div>6:45 Evening Movie, MT</div>
	<div>6</div> <div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>LABOR DAY 7</div> <div>9:30 Yoga with Laurie, FC</div> <div>2:00 Bean Bag Baseball, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 National Salami Day: Salami Tasting Time!, AR</div> <div>6:45 Evening Movie, MT</div>	<div>8</div> <div>9:30 Tuesday Church Service with Chaplain Dave, CY</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Golf Putting, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:30 Chocolate Milkshake Social, AR</div> <div>6:45 Evening Movie, MT </div>	<div>Nat'l Golden State Day Wear Blue & Gold 9</div> <div>9:30 Yoga with Laurie, FC</div> <div>10:00 Scenic Drive to the Capital Building, BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>2:00 Scenic Drive with M.J., BUS</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:00 National Golden State Day Party, AR</div> <div>6:45 Evening Movie, MT</div>	<div>10</div> <div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength & Balance, FC</div> <div>10:00 Live & Learn: Chef Carlos Culinary Surprise!, ARK</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Singalong with Shelly, DR</div> <div>6:45 Evening Movie, MT</div>	<div>PATRIOT DAY 11</div> <div>9:30 Yoga with Laurie, FC</div> <div>9:45 Strength & Balance, FC</div> <div>10:00 911 Remembrance Tribute, MT</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>
<div>13</div> <div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Live & Learn: Two Day Blockbuster Bingo, DR</div> <div>6:45 Evening Movie, MT </div>	<div>14</div> <div>9:30 Yoga with Laurie, FC</div> <div>2:00 Bean Bag Baseball, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>4:00 L & L: The Benefits of Sunflower Butter & Tasting, ARK</div> <div>6:45 Evening Movie, MT</div>	<div>15</div> <div>9:30 Tuesday Church Service with Chaplain Dave, CY</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Golf Putting, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 L & L: Positive Thinking and Gratitude Journals!, AR</div> <div>6:45 Evening Movie, MT</div>	<div>16</div> <div>Wear Your High School Colors</div> <div>9:30 Yoga with Laurie, FC</div> <div>10:00 Live & Learn: Chair Dance Routine with Ethan, AR</div> <div>10:00 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>2:00 Scenic Drive with M.J., BUS</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT </div>	<div>17</div> <div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Singalong with Shelly, DR</div> <div>3:30 Live & Learn: Trivia Wars: True or False?, AR</div> <div>6:45 Evening Movie, MT </div>	<div>18</div> <div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>9:30 Yoga with Laurie, FC</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>19</div> <div>Eat An Apple Day: Gourmet Apples on Coffee Bar!</div> <div>10:00 Music Appreciation with Rachelle, DR</div> <div>10:00 Live & Learn: TED Talk Presentation, MT</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>4:00 Live & Learn: Deep Breathing Exercise, MT</div> <div>5:30 Saturday Night Dinner Music, DR</div>
<div>20</div> <div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>21</div> <div>9:30 Yoga with Laurie, FC</div> <div>2:00 Bean Bag Baseball, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>22</div> <div>AUTUMN BEGINS</div> <div>9:30 Tuesday Church Service with Chaplain Dave, CY</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Golf Putting, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Fall Solstice Kick-Off Party!, AR</div> <div>6:45 Evening Movie, MT</div> <div>7:00 Left Center Right, AR </div>	<div>23</div> <div>9:30 Yoga with Laurie, FC</div> <div>10:00 Live & Learn: Keeping Connected/ Technology Tools, AR</div> <div>10:00 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>1:00 Labcorp Flu Shot Clinic, 1-4 P.M., AR</div> <div>2:00 Scenic Drive with M.J., BUS</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>24</div> <div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Singalong with Shelly, DR</div> <div>3:30 Live & Learn: Role Call Game, AR</div> <div>6:45 Evening Movie, MT </div>	<div>25</div> <div>9:30 Yoga with Laurie, FC</div> <div>9:45 Strength & Balance, FC</div> <div>10:00 Live & Learn: Power Foods Smoothie, ARK</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>26</div> <div>10:00 Saturday Crossword Puzzle, DR</div> <div>10:00 Live & Learn: Rachelle's Enchanced Hydration Demo, ARK</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>5:30 Saturday Night Dinner Music, DR</div> <div>6:45 Evening Movie, MT</div>
<div>27</div> <div>YOM KIPPUR BEGINS AT SUNSET</div> <div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT </div>	<div>28</div> <div>9:30 Yoga with Laurie, FC</div> <div>2:00 Bean Bag Baseball, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>29</div> <div>9:30 Tuesday Church Service with Chaplain Dave, CY</div> <div>9:45 Strength & Balance, FC</div> <div>2:00 Golf Putting, AR</div> <div>2:00 Afternoon Matinee, MT</div> <div>4:30 Tell Us All About It: Carolyn Pierce Ewing, DR</div> <div>6:45 Evening Movie, MT</div>	<div>30</div> <div>9:30 Yoga with Laurie, FC</div> <div>10:00 Live & Learn Lavender Aromatherapy, L</div> <div>10:00 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>2:00 Scenic Drive with M.J., BUS</div> <div>2:00 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>			



Simple Self-Care Tips

It's been shown that seniors sometimes struggle to prioritize self-care. Some folks feel that they're being selfish, while others simply don't know where to begin. We've compiled a short list of tips that can help get you started on your path to healthy self-care!



Over a dozen El Dorado Estaters enjoying a morning yoga session with instructor Laurie

1. Enjoy

your favorite hobbies: What do you love to do? Read? Play golf? Create fun crafts? Whatever your favorite hobbies are, make sure you are setting aside time every week, if not every day, to enjoy them without interruptions.

2. Get plenty of sleep: Rest and recovery are essential for seniors, and you should be shooting for somewhere between seven and nine hours per night. Getting a sufficient amount of restful sleep is essential for keeping our minds and bodies healthy. See the article on sleep for some great, helpful tips!

3. Nourish yourself with healthy foods: Prioritize real, whole foods, especially vegetables, fruit, high quality meats and fats. We are going to be blending up some super nutritious POWER smoothies on Friday, September 25th, at 10 a.m., in the Activity Room!

4. Make time for fitness: Finally, make sure you're taking time to exercise regularly. When we're busy or not feeling our best, exercise is usually the first thing to go. Regular exercise helps prevent falls, osteoporosis, arthritis and even dementia. If you haven't done exercise in awhile, give yourself lots of grace and start slow. A 10-minute walk in the hallways (enjoy the fun music being played and marvel at all of the different art we have on display) or a short stroll around our community on the flat, paved sidewalk is a great way to start! Did you know we have a professional yoga instructor here on Monday, Wednesday and Friday mornings, at 9:30 a.m.? Laurie meets with our residents in the shaded corner of the courtyard and everyone just loves her class! Try it out sometime and take it at your pace.



Barbara getting pampered in our salon by friend Nancy — great self-care! Try the new pedicure chairs for ultimate pampering!

Labcorp Flu Shot Clinic, Wednesday, September 23rd

It's the time of year to start to starting thinking about our annual flu shots. We have scheduled a flu clinic to take place right inside our Activity Room on Wednesday, September 23rd, from 1 to 4 p.m. This service is convenient, quick and accommodates most insurance policies and Medicare. This is a great, safe way to go about getting your flu vaccine. Stay tuned for details and a sign-up sheet.



Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.

We are excited to promote this idea of journaling! We invite you to meet in the Activity Room on Tuesday, September 15th, at 3 p.m. We will be giving out complimentary starter journals, listening to soothing music and will share in some time quietly journaling together — we will begin by creating a simple gratitude list. We hope this will be a practice that many of us adopt — the benefits are powerful! Sign up in the Activity Room to reserve your space and journal. We are so GRATEFUL FOR YOU!

A Buttered Corn-on-the-Cob Affair

One of the best things about summer is all of the wonderful, fresh produce. We are certainly blessed to live in a state with such an abundance of colorful, ripe fruits and vegetables.

What happens when you take fresh corn, cook it al dente and then douse it in

seasoned, melted butter? You have happy campers on your hands! With country music blasting, we wrapped up our State Fair week by enjoying delicious, local corn together.

We learned that farmers grow corn on every continent except Antarctica! Did you know that one bushel of corn will sweeten more than 400 cans of Coca-Cola? There are about 800 kernels in 16 rows on each ear of corn. The corncob (ear) is actually part of the corn plant's flower. Even cats love corn! The main ingredient in most dry pet food is corn. Corn happens to be America's number one field crop. Corn leads all other crops in value and volume of production! Finally, a pound of corn consists of approximately 1,300 kernels! We can't wait for corn season to return next year!



LaJune shows off her finished cob!



Carol skipped lunch to make room for delicious corn!



Evelyn smiles while taking a delicious bite of fresh corn.

El Dorado Estates
Gracious Retirement Living
4240 Town Center Blvd
El Dorado Hills, CA 95762



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

El Dorado Estates
Gracious Retirement Living

916-934-0596