

Camden Springs

Gracious Retirement Living

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

SEPTEMBER 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

Live and Learn

Fall Term 2020



What is Lifelong Learning?

Lifelong learning is the practice of continuing to learn throughout one's entire life, especially outside of or after the completion of formal schooling. We tend to think of learning as ending when school ends, but there is always more to learn!

What are the benefits of Lifelong Learning?

When it comes to supporting healthy aging, an active mind is just as important as an active body. Numerous studies have found that learning is valuable at all stages of life, helping improve one's cognitive skills, social connections, and overall quality of life.

Live and Learn – Fall Term 2020:

The goal of this program is to promote lifelong learning with a focus on five areas of overall health and wellness for our residents.

Each week will focus on Social Wellness, Brain Health, Physical Fitness, and Self-Care. Check out the September calendar to see ways you can participate in this program!



Funnel Cakes With Chef Michael

Oh, funnel cakes, who doesn't love them? Funnel cakes are lovely light batter fried until golden brown, most often topped with powdered sugar. They are a sweet and delicious fair food that no one really thinks to make at home,



but that didn't stop Chef Michael from making them for our residents. Each funnel cake created was just as unique as our residents and staff who enjoyed the delectable treat. Because you literally funnel the batter into the hot oil, it is truly very hard to create any two funnel cakes that look alike. Thank you Chef Michael, for indulging our fair food desires for the day!



Eloise



Izzie

Five Sunflower Facts

Sunflowers, in all their colorful glory, are a happy sight to behold — but there's more to their nature than just beauty. The multipurpose plants deliver healthy snacks, useful oil, and birdseed. Let your garden knowledge flourish with these facts about sunflowers:

1. **They are native to the Americas:** Like potatoes, tomatoes, and corn, the cheerful plants didn't originate in Europe. They were cultivated in North America as far back as 3000 BCE, when they were developed for food, medicine, dye, and oil.
2. **They were brought to Russia by royalty:** Tsar Peter the Great was so fascinated by the sunny flowers he saw in the Netherlands that he took some back to Russia. They became popular when people discovered that sunflower seed oil was not banned during Lent.
3. **They need a lot of rays and room:** The flowers not only look like the sun; they need a lot of it. They grow best with about six to eight hours a day but more is even better. They can grow as tall as 16 feet, although many varieties have been developed to thrive at different heights.
4. **They track the sun:** Sunflowers display a behavior called heliotropism. The flower buds and young blossoms will face east in the morning and follow the sun as the earth moves during the day.
5. **They are actually thousands of tiny flowers:** Each sunflower's head is made of smaller flowers. The petals we see around the outside are called ray florets, and they cannot reproduce. But the disc florets in the middle, where the seeds develop, are both male and female, and each produce a seed. They can self-pollinate or take pollen blown by the wind or transported by insects.



Join us for our social activity of creating seed painting mosaics on Thursday, September 3rd, at 2:30 p.m.



Crafting Together

Did you know there are numerous health and mental benefits to crafting? Some of the things you might notice include better hand-eye and spatial coordination, thanks to the detailed work involved with many crafting projects. The focus that's involved with crafting stimulates areas of the brain that may have been dormant for a while, keeping your brain sharp and more well-rounded. Also, crafting can even lift your mood.

Crafting also allows you to learn new skills. With the variety of skills required for the many different types of adult craft projects out there, you can learn a lot quickly. You could focus on one skill and become a master at that, or do a variety and become a jack of all trades — that's the beauty of crafting.

Crafting is a great social activity. This may be one of the best benefits of crafting. Crafting promotes natural conversation and curiosity about other people's projects. The questions and answers about how to do something or why someone is doing a certain design, opens more doors to getting to know someone who just doesn't normally come up over dinner or regular social engagements.

And lastly, finishing an adult craft kit provides you that sense of accomplishment we all love. Make sure to stop by and join us for our crafting sessions any time you see them scheduled!



Creating suncatchers



Lori Yoder's creation



Watermelon Mason Jars

A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and, of course, unconditional love.

In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow — without the responsibility of primary parenting — grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparent-grandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.

Join the Managers in the Activities Room where they will be passing out root beer floats in honor of Grandparents Day on Sunday, September 13th.



SEPT 2020

Birthdays










Dorothy Setlick, 1st
 Alex Chung, 2nd
 Shirley Iwahiro, 2nd
 Byron Drew, 3rd
 JoAnn Gregoire, 7th
 DJ Enzminger, 8th
 Elizabeth Pett, 23rd
 Winnie Bonslett, 23rd
 Margaret Toye, 26th

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	
		9:00 Health Benefits of Staying Social, (ACT) 1 9:30 Health Benefits of Staying Social, (ACT) 10:30 Senior Picture Day, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 3:00 Funny Money Bingo, (ACT) 3:45 Funny Money Bingo, (ACT) 6:45 Movie, (T) 	2 9:00 Chair Dancing Exercise, (ACT) 9:30 Chair Dancing Exercise, (ACT) 10:30 Memories of School: Discussion Group, (ACT) 11:00 Memories of School: Discussion Group, (ACT) 2:00 Movie, (T) 2:15 Superlative Voting, (ACT) 3:00 Art Class, (ACT) 6:45 Movie and Popcorn, (T) 	3 9:30 Roll Call: Name Game, (ACT) 10:00 Roll Call: Name Game, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 Seed Painting Mosaic Craft, (ACT) 6:45 Movie, (T) 	9:00 Chair Drumming Exercise, (ACT) 4 9:30 Chair Drumming Exercise, (ACT) 10:15 Hangman, (ACT) 10:45 Hangman, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T)	5 2:00 Therapeutic Coloring, (ACT) 2:00 Movie, (T) 6:45 Movie, (T) 7:00 Mad Lib Moments with Stan and Julie, (ACT)	
6 9:00 Streaming Church Service, (T) 10:15 Streaming Church Service, (T) 2:00 Movie, (T) 3:00 Ice Cream Surprise Pick Up, (ACT) 6:45 Movie, (T)	LABOR DAY 7 9:00 Brain and Fitness Exercise, (ACT) 10:00 Blood Pressure Reading with Alegre, (G) 10:30 Trivia and True or False, (ACT) 12:00 Staff Corn on the Cob Eating Contest #1, (D) 1:30 Staff Corn on the Cob Eating Contest #2, (D) 2:00 Movie, (T) 6:45 Movie, (T) 	8 9:00 Brain Boosters Worksheets, (ACT) 9:30 Brain Boosters Worksheets, (ACT) 10:15 Text Twist, (ACT) 11:00 Giant Card Memory Game, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 3:00 Funny Money Bingo, (ACT) 3:45 Funny Money Bingo, (ACT) 6:45 Movie, (T) 	9 9:00 Chair Dancing Exercise, (ACT) 9:30 Chair Dancing Exercise, (ACT) 10:30 As Easy As 1,2,3! Budgeting Challenge, (ACT) 11:00 As Easy As 1,2,3! Budgeting Challenge, (ACT) 2:00 Movie, (T) 3:00 Food for Thought, (ACT) 3:30 Food for Thought, (ACT) 6:45 Movie and Popcorn, (T)	10 10:00 An Apple a Day: Taste Test, (ACT) 10:30 An Apple a Day: Taste Test, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 Hydration and the Brain, (ACT) 3:00 Hydration and the Brain, (ACT) 6:45 Movie, (T)	PATRIOT DAY 11 9:30 Chair Drumming Exercise, (ACT) 10:15 Hangman, (ACT) 10:45 Hangman, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T)	12 2:00 Therapeutic Coloring, (ACT) 2:00 Movie, (T) 6:45 Movie, (T) 7:00 Mad Lib Moments with Stan and Julie, (ACT)	
13 9:00 Streaming Church Service, (T) 10:15 Streaming Church Service, (T) 2:00 Movie, (T) 3:00 Root Beer Float Pick Up, (ACT) 6:45 Movie, (T)	14 9:00 Brain and Fitness Exercise, (ACT) 10:00 Blood Pressure Reading with Alegre, (G) 10:30 Trivia and True or False, (ACT) 11:00 Whiteboard Word Challenge, (ACT) 2:00 Movie, (T) 2:15 Giant Pictionary, (ACT) 2:45 Giant Pictionary, (ACT) 6:45 Movie, (T)	15 9:00 Ways to Overcome Your Fitness Fears, (ACT) 9:30 Ways to Overcome Your Fitness Fears, (ACT) 10:15 Walking Towards Better Health, (ACT) 10:45 Walking Towards Better Health, (ACT) 11:15 Library Bookmobile, (FP) 2:00 Movie, (T) 2:00 The Camden Closet Store 3:00 Funny Money Bingo, (ACT) 3:45 Funny Money Bingo, (ACT) 6:45 Movie, (T)	16 9:00 Chair Dancing Exercise, (ACT) 9:30 Chair Dancing Exercise, (ACT) 10:30 The Hot Seat, (ACT) 2:00 Movie, (T) 2:00 Foods That Resemble the Body Parts They Help, (ACT) 2:45 Foods That Resemble the Body Parts They Help, (ACT) 6:45 Movie and Popcorn, (T)	17 9:00 Ten Minute Tai Chi, (ACT) 9:30 Ten Minute Tai Chi, (ACT) 9:45 Chelsea and Trina Perform, (T) 10:45 Chelsea and Trina Perform, (T) 2:00 The Camden Closet Store 2:00 Chelsea and Trina Perform, (T) 3:00 Chelsea and Trina Perform, (T) 6:45 Movie, (T)	ROSH HASHANAH BEGINS AT SUNSET 18 9:00 Chair Drumming Exercise, (ACT) 9:30 Chair Drumming Exercise, (ACT) 10:15 Hangman, (ACT) 10:45 Murder Mystery Practice, (ACT) 2:00 Movie, (T) 2:30 Making Goodies for Local First Responders, (ACT) 6:45 Movie, (T)	19 2:00 Therapeutic Coloring, (ACT) 2:00 Movie, (T) 6:45 Movie, (T) 7:00 Mad Lib Moments with Stan and Julie, (ACT)	
20 9:00 Streaming Church Service, (T) 10:15 Streaming Church Service, (T) 2:00 Movie, (T) 3:00 Ice Cream Surprise Pick Up, (ACT) 6:45 Movie, (T)	21 9:00 Brain and Fitness Exercise, (ACT) 10:00 Blood Pressure Reading with Alegre, (G) 10:30 Trivia and True or False, (ACT) 11:00 Whiteboard Word Challenge, (ACT) 2:00 Movie, (T) 2:15 Giant Pictionary, (ACT) 2:45 Giant Pictionary, (ACT) 6:45 Movie, (T)	AUTUMN BEGINS 22 9:00 Simple Self-Care Tips, (ACT) 9:30 Simple Self-Care Tips, (ACT) 10:15 Changing Our Perspectives, (ACT) 10:45 Changing Our Perspectives, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 3:00 Funny Money Bingo, (ACT) 3:45 Funny Money Bingo, (ACT) 6:45 Movie, (T)	23 9:00 Chair Dancing Exercise, (ACT) 9:30 Chair Dancing Exercise, (ACT) 10:30 Catching Zzzs: Tips on a Good Night's Sleep, (ACT) 11:00 Catching Zzzs: Tips on a Good Night's Sleep, (ACT) 2:00 Movie, (T) 2:00 Aromatherapy and Its Benefits, (ACT) 2:45 Aromatherapy and Its Benefits, (ACT) 6:45 Movie and Popcorn, (T) 	24 9:30 Meditation with Chef Michael, (ACT) 9:45 Meditation with Chef Michael, (ACT) 10:15 Horse Racing, (A) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 D.I.Y. Face Masks, (ACT) 3:30 D.I.Y. Face Masks, (ACT) 6:45 Movie, (T)	25 9:30 Chair Drumming Exercise, (ACT) 10:15 Hangman, (ACT) 10:45 Murder Mystery Practice, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T)	26 2:00 Therapeutic Coloring, (ACT) 2:00 Movie, (T) 6:45 Movie, (T) 7:00 Mad Lib Moments with Stan and Julie, (ACT) 	
YOM KIPPUR BEGINS AT SUNSET 27 9:00 Streaming Church Service, (T) 10:15 Streaming Church Service, (T) 2:00 Movie, (T) 3:00 Ice Cream Surprise Pick Up, (ACT) 6:45 Movie, (T)	28 9:00 Brain and Fitness Exercise, (ACT) 10:00 Blood Pressure Reading with Alegre, (G) 10:30 Trivia and True or False, (ACT) 11:00 Whiteboard Word Challenge, (ACT) 12:00 Live and Learn Graduation, (D) 1:30 Live and Learn Graduation, (D) 2:00 Movie, (T) 2:15 Giant Pictionary, (ACT) 2:45 Giant Pictionary, (ACT) 6:45 Movie, (T)	29 9:00 Morning Meditation, (ACT) 10:00 Flu Shot Clinic by Access My Rx, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 3:00 Funny Money Bingo, (ACT) 3:45 Funny Money Bingo, (ACT) 6:45 Movie, (T)	30 9:00 Chair Dancing Exercise, (ACT) 9:30 Chair Dancing Exercise, (ACT) 10:30 The Hot Seat, (ACT) 2:00 Movie, (T) 2:30 Categories, (ACT) 6:45 Movie and Popcorn, (T)				



Live and Learn Schedule: For Easier Planning

September 1st

- **9/9:30 a.m.:** Learn About the Health Benefits of Staying Social
- **10:30-11:30 a.m.:** Senior Picture Day: Bring a Personalized Quote, too

September 2nd

- **10:30/11 a.m.:** Memories of School Discussion Group
- **2:15-2:45 p.m.:** Place Your Votes for Superlatives

September 3rd

- **9:30/10 a.m.:** Roll Call: Name Game

September 8th

- **9/9:30 a.m.:** Brain Boosters Worksheets: Challenge Yourself

September 9th

- **10:30/11 a.m.:** As Easy as 1, 2, 3: Budgeting Challenge
- **3/3:30 p.m.:** Food for Thought: Foods That Are Good for Your Brain

September 10th

- **10/10:30 a.m.:** An Apple a Day: Taste Test
- **2:30/3 p.m.:** Hydration and the Brain

September 15th

- **9/9:30 a.m.:** Ways to Overcome Your Fitness Fears
- **10:15/10:45 a.m.:** Walking Towards Better Health Info and Challenge

September 16th

- **2/2:45 p.m.:** Foods That Resemble the Body Parts They Help

September 17th

- **9/9:30 a.m.:** 10-Minute Tai Chi Class

September 22nd

- **9/9:30 a.m.:** Simple Self-Care Tips
- **10:15/10:45 a.m.:** Changing Your Perspective: Positivity

September 23rd

- **10:30/11 a.m.:** Catching ZZZs: Tips on a Good Night's Sleep
- **2/2:45 p.m.:** Aromatherapy and Its Benefits

September 24th

- **9:30/9:45 a.m.:** Meditation With Chef Michael
- **2:30/3:30 p.m.:** DIY Face Masks: Create a Relaxing Mask

September 28th

- **12/1:30 p.m.:** Graduation Ceremony

Fall in Love With Giving Back

Hawthorn is challenging every community to create a wreath which we will donate to our local first responders as a thank you for all they have done for our community. Remember, above all else, this competition is all about having fun and giving back to the folks in our city who truly deserve our upmost gratitude! We will be working on the wreath and other goodies for our first responders on Friday, September 18th. Please make sure to sign up if you would like to participate.





Cheryl's Corner

Just a Thought ...

The Love That Got Away

Now that you're in the latter years of your life, have you ever reminisced about the love that got away?

Perhaps it was the beautiful girl you dated in college, but you were not quite ready to settle down. Or the young man, who seemed handsome and debonair, but maybe a little too sophisticated for a country girl like you. Or the rich guy, who seemed to have everything he wished for in life. Or the quiet young lady, who never said much. Or the brat of the bunch, who became a famous actor.

Have you ever thought about what that person is doing today or how their life turned out? Have you seen them lately? Well, the rich guy lost all of his money (and hair) and is living a very ordinary life now. The quiet young lady had a productive career as a TV anchor personality. And the model, who now has five kids and 18 grandkids, is a very happy grandmother.

Who would have guessed their destiny? Life is so full of surprises ... for everyone!

Just a Thought ...

What If You Won The Lottery at 70+?

Have you ever thought, "What would I do with a million dollars at this age?" Would you buy a summer cottage in some interesting place, like the Hamptons or Paris, France? Would you give it to charity or a medical research program? Would you send some needy kids to college or pay for your grandkids' college education? Would you buy a big house for your child and their bunch of children, or give the money to a close relative? Would you split it equally among your children, or among friends and relatives?

Or just buy a few of the finer things in life that you never had the opportunity to purchase ... a cook, a butler, a maid, a driver, a mansion, or an island?

Hmm ... I wonder?

By Cheryl Robinson

A Lasting Memory From the Past

My grandpa played the fiddle,
And grandma the piano ...
My uncles played the mandolin,
guitar and ocarina.
They made the kind of music
that made you tap your feet!
You just really can't sit still
when you hear that steady beat.
Neighbors came on down the street
to hear the family play ...

And lots of them joined right in
The music bright and gay!
Well, now I'm grown the memories
clear
of days that used to be.
How did they manage all of
those strings?
(This ukulele's killing me!)

By Bob Lane

Camden Springs
Gracious Retirement Living

8476 Sheldon Road
Elk Grove, California 95624



Fall in love...

With Our Gracious Lifestyle

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.

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