

Camden Springs

Gracious Retirement Living

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

NOVEMBER 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

Camden Springs Honor Wall

For those of you who are new to our community or who do not know, we have a Honor Wall here at Camden Springs. On this wall we feature the military veterans who live with us here at our community. If you are a military veteran and have yet to have your photo placed on our wall, please see Chelsea so that she can see to it that you have the place you deserve on the Honor Wall. Please bring with you a photo of yourself when you were in the service, but don't worry if you do not have one, Chelsea will place your branches emblem in its place instead.





Fire Department Wreath

In September, we created a wreath to deliver to our local fire department! We wanted it to be something that could be displayed year round so instead of it being holiday themed, we made it patriotic. We also wanted it to be slightly unique so instead of a traditional green wreath, we used a water hose. The firemen really got a kick out of the hose idea. Marilyn Parker helped create the bow as well as helped add some of the flowers to the piece. Bernice and Lori were kind enough to help us deliver it. Everyone who saw it before it was delivered truly loved it.



Fire hose wreath



Marilyn



Bernice and Lori

Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

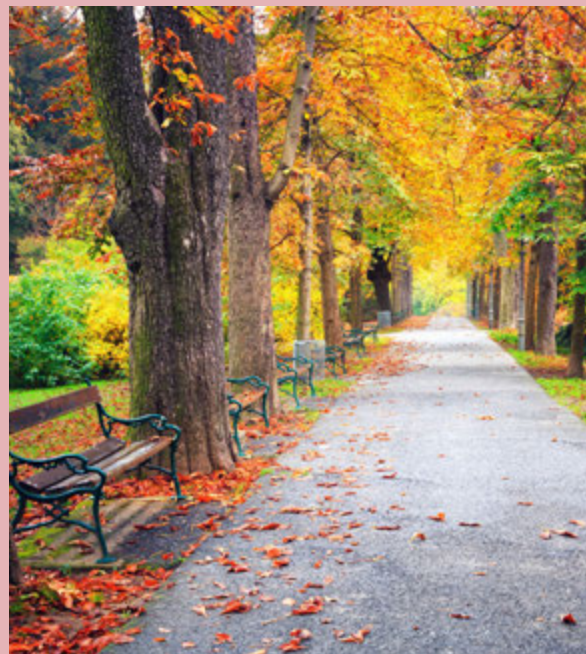
Go for a stroll: Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick: Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout: If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital: Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on: Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.





Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.



Gifts for Our First Responders

A handful of residents gathered to start decorating stockings that we are going to gift to our local first responders in the month of December. We successfully decorated 10 and have another 10 left to do. Once we complete all of the stockings, we plan to stuff them each with basic necessities and goodies as well. Keep your eyes peeled for when this activity will take place if you are interested in participating. One thing you could do now, if you wanted to, is start writing thank you notes/letters that we can put in the stockings before they are delivered!



Marlene

NOV 2020

Birthdays

Suzette Lamar, 1st
Shirley Bowman, 4th
Paul Grose, 4th
Judy Huff, 8th
Charles Metcalf, 9th
Ruth Loveall, 10th
Nancy Clark, 16th
Dorothy Epperson, 26th
Helen Bohon, 26th
Virginia Mauch, 26th
Marilyn Parker, 26th
Dottie Deffner, 27th
Mary Leal, 27th
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.

Suzette Lamar, 1st
Shirley Bowman, 4th
Paul Grose, 4th
Judy Huff, 8th
Charles Metcalf, 9th
Ruth Loveall, 10th
Nancy Clark, 16th
Dorothy Epperson, 26
Helen Bohon, 26th
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- Activities Room, (ACT)
- Atrium, (A)
- Back Patio, (P)
- Chapel, (C)
- Dining Room, (D)
- Fitness Room, (F)
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- Game Room, (G)
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- New Activity, New!
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>DAYLIGHT SAVING TIME ENDS</div><div>1</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>	<div><div>2</div><div>9:00 Morning Shopping, (LB)</div><div>10:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Movie, (T)</div><div>2:15 Giant Pictionary, (ACT)</div><div>2:45 Trivia and True or False, (ACT)</div><div>6:45 Movie, (T)</div></div>	<div><div>ELECTION DAY</div><div>3</div><div>9:00 Brain and Fitness Exercise, (ACT)</div><div>10:00 Art Class with Matthew, (ACT)</div><div>2:00 The Camden Closet Store</div><div>2:00 Movie, (T)</div><div>2:00 Camden Springs Thankful Tree, (ACT)</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>4</div><div>9:00 Chair Dancing Exercise, (ACT)</div><div>9:30 Chair Dancing Exercise, (ACT)</div><div>11:00 Resident Manager Meeting #1, (D)</div><div>1:30 Resident Manager Meeting #2, (D)</div><div>2:00 Movie, (T)</div><div>2:15 Categories, (ACT)</div><div>2:45 Whiteboard Word Challenge, (ACT)</div><div>6:45 Movie and Popcorn, (T)</div><div>7:00 Funny Money Bingo with Chris, (ACT)</div><div>7:00 Craft with Laurie</div><div></div></div>	<div><div>5</div><div>9:00 Tai Chi, (ACT)</div><div>10:15 Horse Racing, (A)</div><div>2:00 The Camden Closet Store</div><div>2:00 Movie, (T)</div><div>2:00 Fall Door Hanger Craft, (ACT)</div><div>3:30 Bible Study with Bob, (ACT)</div><div>6:45 Movie, (T)</div></div>	<div><div>6</div><div>9:00 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>7</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>2:00 Movie, (T)</div><div>6:45 Movie, (T)</div><div>7:00 Activity with Stan and Julie, (ACT)</div></div>
<div><div>8</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>	<div><div>9</div><div>9:00 Morning Shopping, (LB)</div><div>10:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Movie, (T)</div><div>2:15 Giant Pictionary, (ACT)</div><div>2:45 Trivia and True or False, (ACT)</div><div>6:45 Movie, (T)</div><div></div></div>	<div><div>10</div><div>9:00 Brain and Fitness Exercise, (ACT)</div><div>10:15 Text Twist, (ACT)</div><div>10:45 Giant Card Memory Game, (ACT)</div><div>2:00 The Camden Closet Store</div><div>2:00 Movie, (T)</div><div>2:00 Gingerbread House Meeting, (ACT)</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>	<div><div>VETERANS DAY</div><div>11</div><div>9:00 Chair Dancing Exercise, (ACT)</div><div>10:00 Musical Guest: Dave Chelini Band</div><div>12:00 Presentation of Medals, (D)</div><div>1:30 Presentation of Medals, (D)</div><div>2:00 Movie: National Anthem Girl, (T)</div><div>2:30 Learn About the Flag Folds, (ACT)</div><div>6:45 Movie: National Anthem Girl, (T)</div><div>7:00 Funny Money Bingo with Chris, (ACT)</div><div>7:00 Craft with Laurie</div></div>	<div><div>12</div><div>9:00 Thanksgiving Coloring Contest Pick Up, (ACT)</div><div>9:30 Chelsea and Trina Perform, (T)</div><div>10:15 Chelsea and Trina Perform, (T)</div><div>11:00 Chelsea and Trina Perform, (T)</div><div>2:00 The Camden Closet Store</div><div>2:00 Movie, (T)</div><div>3:30 Bible Study with Bob, (ACT)</div><div>6:45 Movie, (T)</div></div>	<div><div>13</div><div>9:00 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>14</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>2:00 Movie, (T)</div><div>6:45 Movie, (T)</div><div>7:00 Activity with Stan and Julie, (ACT)</div></div>
<div><div>15</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>16</div><div>9:00 Morning Shopping, (LB)</div><div>10:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Movie, (T)</div><div>2:15 Giant Pictionary, (ACT)</div><div>2:45 Trivia and True or False, (ACT)</div><div>6:45 Movie, (T)</div><div></div></div>	<div><div>17</div><div>9:00 Brain and Fitness Exercise, (ACT)</div><div>10:00 Art Class with Matthew, (ACT)</div><div>11:15 Library Bookmobile, (FP)</div><div>2:00 The Camden Closet Store</div><div>2:00 Movie, (T)</div><div>2:00 Gingerbread Construction, (ACT)</div><div>6:45 Movie, (T)</div></div>	<div><div>18</div><div>9:00 Chair Dancing Exercise, (ACT)</div><div>9:30 Chair Dancing Exercise, (ACT)</div><div>10:30 Gingerbread Construction, (ACT)</div><div>2:00 Movie, (T)</div><div>2:15 Categories, (ACT)</div><div>2:45 Whiteboard Word Challenge, (ACT)</div><div>6:45 Movie and Popcorn, (T)</div><div>7:00 Funny Money Bingo with Chris, (ACT)</div><div>7:00 Craft with Laurie</div></div>	<div><div>19</div><div>9:00 Tai Chi, (ACT)</div><div>10:15 Horse Racing, (A)</div><div>12:30 Gingerbread Participant Luncheon, (ACT)</div><div>2:00 The Camden Closet Store</div><div>2:00 Movie, (T)</div><div>2:00 Gingerbread Construction, (ACT)</div><div>3:30 Bible Study with Bob, (ACT)</div><div>6:45 Movie, (T)</div></div>	<div><div>20</div><div>9:00 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>21</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>2:00 Movie, (T)</div><div>6:45 Movie, (T)</div><div>7:00 Activity with Stan and Julie, (ACT)</div></div>
<div><div>22</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>23</div><div>9:00 Morning Shopping, (LB)</div><div>10:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Movie, (T)</div><div>2:15 Giant Pictionary, (ACT)</div><div>2:45 Trivia and True or False, (ACT)</div><div>6:45 Movie, (T)</div></div>	<div><div>24</div><div>9:00 Brain and Fitness Exercise, (ACT)</div><div>10:15 Text Twist, (ACT)</div><div>10:45 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>	<div><div>25</div><div>9:00 Auction #1, (ACT)</div><div>9:30 Auction #2, (ACT)</div><div>10:00 Auction #3, (ACT)</div><div>10:30 Auction #4, (ACT)</div><div>2:00 Movie, (T)</div><div>2:15 Categories, (ACT)</div><div>4:00 Pie Eating Contest, (P)</div><div>6:45 Movie and Popcorn, (T)</div></div>	<div><div>THANKSGIVING</div><div>26</div><div>10:00 Grateful, Thankful and Blessed Discussion Group, (ACT)</div><div>11:30 Thanksgiving Dinner, (D)</div><div>1:00 Thanksgiving Dinner, (D)</div><div>2:00 Movie, (T)</div><div>6:45 Movie, (T)</div><div></div></div>	<div><div>27</div><div>2:00 Movie, (T)</div><div>2:00 Christmas Decorating, (A)</div><div>3:30 Hot Cocoa Pick Up, (ACT)</div><div>6:45 Movie, (T)</div><div></div></div>	<div><div>28</div><div>10:00 Christmas Decorating, (A)</div><div>2:00 Therapeutic Coloring, (ACT)</div><div>2:00 Movie, (T)</div><div>2:00 Christmas Decorating, (A)</div><div>6:45 Movie, (T)</div><div>7:00 Activity with Stan and Julie, (ACT)</div><div></div></div>
<div><div>29</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>30</div><div>10:00 Blood Pressure Reading with Alegre, (G)</div><div>2:00 Movie, (T)</div><div>2:45 Trivia and True or False, (ACT)</div><div>6:45 Movie, (T)</div></div>					



Funny Money Auction

It's no secret that we have been having to do activities slightly different recently and our upcoming funny money auction is no different. Instead of having one large auction where I get 30 or so items and everyone comes together and bids in the atrium, this year I will be holding four separate smaller auctions for 10 people at a time. At each auction there will be 10 items up for grabs and they will be the same items at each auction. We will be auctioning off some special group items for groups of 4, so a seat to each of those group items will be sold separately at each auction. Please remember that we have a two win rule and to please have your funny money counted before you come. The auction is scheduled for the day before Thanksgiving. Please see Chelsea with any additional questions.



Happy Fall Y'all!

November is the month that most of us think of what we are 'thankful' for, which is usually family and friends. But I want to remind you of other times. Like when you received an unexpected lifetime opportunity, or a once-in-a-lifetime trip to a faraway place, or when you found a \$5 bill in that old jacket pocket — and you were broke. Yes, there are many things in a lifetime that a person can be thankful for — both big and small!

Fall Fun Facts:

Ancient people wore Halloween costumes to hide from ghosts.

The Celtic tradition believed that ghosts roamed the earth on Halloween. Wearing a disguise would help you hide from these spirits.

Children born in the fall are statistically better students and live longer.

According to the UK Department of Education and the University of Chicago, fall is the best time to be born.

Fall is for lovers.

More people go from "single" to "in a relationship" or "engaged" in fall than any other season. That may be because both men and women experience a higher level of testosterone in the colder months.

By Cheryl Robinson





Ugly Christmas Sweater Party

An ugly Christmas sweater is any Christmas-themed sweater that could be considered in bad taste, tacky, or gaudy. The general consensus is that the more embellishments — tinsel, reindeer, Santa Clauses, candy canes, elves, presents, etc. — the uglier the sweater.

It's hard to say who invented the first ugly Christmas sweater. As a matter of fact, we can presume that ugly sweaters were designed with the original intention of being fashionable. It's only because of ever-changing fashion trends that sweaters once deemed acceptable are now considered ugly.

Inspired by the '80s

As a clothing item, ugly sweaters were often featured on situation comedies in the 1980s. They were mostly cardigans, buttoned down the front. The Christmas theme entered around the same time, with the first mass-produced Christmas garments being made under the name of "jingle bell sweaters" during the 1980s as well. <https://www.thoughtco.com/the-ugly-christmas-sweater-1992591>

Join us in your very own ugly Christmas sweater on December 24th and see if you can take home the prize for the ugliest sweater.



Haikus by Bob Lane

Bright, blue azure sky
Heavy rain clouds scudding past
Sometimes softly cry

Swaying palm trees sigh —
Shiny bodies splash water
Flowers nod their heads

Ginger, hibiscus
Orchids, guava, papaya
Hawaiian flavors

What is a Haiku?

A haiku is a Japanese poem of 17 syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world. Try it out and see if you can come up with your own haiku!

What Makes Us Smile

Hawthorn hosted their second Facebook Contest, and this one was all about SMILES! We were to ask what makes our residents smile and then take pictures of them with it written on a chalkboard. We found out that memories of the park with her grandchildren made Eloise smile, being close to her children made Bernice smile and that being together here at Camden Springs made Lori and Shirley smile. What makes you smile? Is it a person, an activity, a memory or something else?



Eloise



Bingo makes our residents smile.

Camden Springs
Gracious Retirement Living

8476 Sheldon Road
Elk Grove, California 95624



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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916-714-6565