



# Madonna Gardens

Assisted Living & Memory Care



## Madonna Gardens

1335 Byron Drive, Salinas, CA 93901  
(831) 758-0931 • @MadonnaGardens

### Resident Birthdays:

Mark Dratz 8/7

Denis Servatius 8/9

### New Residents:

Emma Randall

Norma Luder

Reuben Harris

Frank Garcia

Don Baldrica

### SPECIAL EVENTS:

Luau 8/12

Alz Walk 8/26

Grandparents Day 9/10

### Entertainment:

Brotherly Love 8/4

Mike Noonan 8/11

Peter Allen 8/25

August 2023

## A note from our.... Executive Director

We are proud to report, the Alzheimer Silent Auction was a success! This event raised awareness and \$1,155 for ALZ.org. This would not be possible without the continued generosity of our family members, loved ones, friends, employees, and community partners. We would like thank everyone that contributed everything from thoughtful gift baskets for all ages to tickets whale watching, the rodeo, the 49er Fan Club, and Harbor House and much more! You can still contribute to our goal. Our ALZ Walk is going to be held at Madonna Gardens on Saturday, August 26 at 9:30-12:00. Register at the door and enjoy coffee and donuts before the Walk. We hope to see you there!

Sincerely,

Tyler Barnes, Executive Director



Sunday	Monday	Tuesday	Wednesday	Thursday
		<p><b>1</b></p> <p>9:00 Coffee &amp; Conversation 10:30 Strength Training 11:00 Universal Yums Box 12:40 Craft project 1:00 Madonna Strolls 1:30 Scenic Drive 3:30 Discussion Group</p>	<p><b>2</b></p> <p>9:00 Coffee &amp; Conversation 10:30 Seated Aerobics 1:00 Health &amp; Vitality 1:00 Madonna Strolls 2:30 Card Games: Spoons 3:30 Badminton 6:00 Mid-Week Movie Night</p>	<p><b>3</b></p> <p>9:00 Coffee &amp; Conversation 10:30 Armchair Fitness 11:00 Book Club 1:00 Madonna Strolls 2:00 Dominoes 3:00 Town Hall</p>
<b>6</b> 9:00 Coffee & Conversation 11:00 Communion Service 1:00 Madonna Strolls 3:00 Sunday Cinema 3:30 Table Games	<b>7</b> 9:00 Coffee & Conversation 10:30 Senior Stretching 11:00 Old Maid Card Game 1:00 Madonna Strolls 2:00 Chalked Words 3:00 Bingo	<b>8</b> 9:00 Coffee & Conversation 10:30 Strength Training 11:00 Word Games 12:40 Craft project: Calligraphy 1:00 Madonna Strolls 1:30 Presentation 3:00 Bunco	<b>9</b> 9:00 Coffee & Conversation 10:00 Catholic Mass 1:00 Madonna Strolls 2:30 Ice Cream Social 3:30 Kickball 6:00 Mid-Week Movie Night	<b>10</b> 9:00 Coffee & Conversation 10:30 Armchair Fitness 11:00 Group Crossword 1:00 Madonna Strolls 2:00 Painting in Acrylic 3:00 Let's Dish! with Vanessa
<b>13</b> 9:00 Coffee & Conversation 11:00 Communion Service 1:00 Madonna Strolls 3:00 Sunday Cinema 3:30 Table Games	<b>14</b> 9:00 Coffee & Conversation 10:30 Senior Stretching 11:00 Go Fish Card Game 1:00 Madonna Strolls 2:00 Chalked Words 3:00 Bingo	<b>15</b> 9:00 Coffee & Conversation 10:30 Strength Training 11:00 Team Scrabble 12:40 Craft project: 1:00 Madonna Strolls 2:30 Wine Tasting 3:30 Badminton	<b>16</b> 9:00 Coffee & Conversation 10:30 Seated Aerobics 11:00 Twenty Questions 1:00 Madonna Strolls 2:00 All-Staff Meeting (for staff) 3:00 Dice Games in B Wing 6:00 Mid-Week Movie Night	<b>17</b> 9:00 Coffee & Conversation 10:30 Armchair Fitness 11:00 Sketching 1:00 Madonna Strolls 2:30 Pool Party 3:30 Taste/Smell Activity
<b>20</b> 9:00 Coffee & Conversation 11:00 Communion Service 1:00 Madonna Strolls 1:30 Live Music with Enrique 3:00 Sunday Cinema 3:30 Table Games	<b>21</b> <b>Senior Citizen's Day</b> 9:00 Coffee & Conversation 10:30 Senior Stretching 11:00 Senior Citizens Day recognition 1:00 Madonna Strolls 2:00 Chalked Words 3:00 Bingo	<b>22</b> 9:00 Coffee & Conversation 10:30 Strength Training 11:00 Scattergories 12:40 Craft project: 1:00 Madonna Strolls 2:30 Tea Party 3:30 Bocce Ball	<b>23</b> 9:00 Coffee & Conversation 10:00 Episcopal Service 10:30 Seated Aerobics 1:00 Madonna Strolls 2:30 Dice Games 3:30 Indonesia Culture Activity 6:00 Mid-Week Movie Night	<b>24</b> 9:00 Coffee & Conversation 10:30 Armchair Fitness 11:00 Brain Games 1:00 Madonna Strolls 2:00 Watercolor Painting 3:00 Indonesia Food Demo
<b>27</b> 9:00 Coffee & Conversation 11:00 Communion Service 1:00 Madonna Strolls 3:00 Sunday Cinema 3:30 Table Games	<b>28</b> 9:00 Coffee & Conversation 10:30 Senior Stretching 11:00 Uno Card Game 1:00 Madonna Strolls 2:00 Chalked Words 3:00 Bingo	<b>29</b> 9:00 Coffee & Conversation 10:30 Strength Training 11:00 Sequence 12:40 Craft project: 1:00 Madonna Strolls 2:30 Name That Tune 3:30 Volleyball	<b>30</b> 9:00 Coffee & Conversation 10:30 Seated Aerobics 11:00 Horseshoes 1:00 Madonna Strolls 2:30 Baking Activity 3:30 Tasting Table Game 6:00 Mid-Week Movie Night	<b>31</b> 9:00 Coffee & Conversation 10:30 Armchair Fitness 11:00 Brain Games 1:00 Madonna Strolls 2:30 Flower Arrangements 3:30 "Stars" Trivia Game



# GUST 2023

Assisted Living & Memory Care

Friday

Saturday

4

9:00 Coffee & Conversation  
10:30 Cardio Exercise  
11:00 Connect 4  
1:00 Madonna Strolls  
2:30 Music & Happy Hour with Brotherly Love  
3:30 Bingo

5

9:00 Coffee & Conversation  
10:30 Senior Stretching  
11:00 Card Games: Set  
1:00 Madonna Strolls  
2:00 Saturday Matinee  
3:00 Spa Day

11

9:00 Coffee & Conversation  
10:30 Cardio Exercise  
11:00 Farkle Dice Game  
1:00 Madonna Strolls  
2:30 Music & Happy Hour with Mike Noonan  
3:30 Bingo

12

9:00 Coffee & Conversation  
10:30 Senior Stretching  
11:00 Quirkle  
12:00 Luau in MC  
1:00 Madonna Strolls  
2:00 Saturday Matinee  
3:00 Buttons for Alzheimer's Walk

18

9:00 Coffee & Conversation  
10:30 Cardio Exercise  
11:00 Jenga  
1:00 Madonna Strolls  
2:30 Music & Happy Hour with Peter Cor  
3:30 Bingo

19

9:00 Coffee & Conversation  
10:30 Senior Stretching  
11:00 Kings in the Corner  
1:00 Madonna Strolls  
2:00 Saturday Matinee  
3:00 Cross Stitch

25

9:00 Coffee & Conversation  
10:30 Cardio Exercise  
11:00 Scattergories  
1:00 Madonna Strolls  
2:30 Music & Happy Hour with Lee Allen  
3:30 Bingo

26

9:00 Coffee & Conversation  
10:30 Senior Stretching  
11:00 Crazy Eights  
1:00 Community Walk for Alzheimer's  
2:00 Saturday Matinee  
3:00 Make Jewelry

# Community News

The 4th of July went out with a BANG! Well... not so much with a bang, but residents enjoyed a picnic and singing along to patriotic music while watching a radiant light show with LED sparklers! In keeping with celebrating our country's Independence Day, we also hosted a presentation by Mr. McAnaney, "Oh Say Can You See." He gave a brief history lesson about our nation, shared inspiring stories of heroic characters, and sang patriotic songs with our residents.

Can I get a YEE HAW! The residents were "chompin at the bit" at our Rodeo Days! They were excited to play a few competitive games of horseshoes and our version of roping cattle! In the garden residents visited with a pony and horse. Even a few staff members got a ride around the grounds. It was insightful to listen to some of the residents sharing stories of when they used to ride horses or those that lived on farms and ranches growing up. Being able to pet and interact with these gentle animals sparked a lot of surprising memories for the residents.

Did you know, Animal Therapy, also called pet therapy or animal assisted therapy, refers to various services using animals to help people with specific physical or mental health conditions. On the whole, the goal of animal assisted therapy is to alleviate or help people cope with some symptoms of various conditions where possible.

The exact type of animal therapy can vary greatly depending on what condition the person has, the type of animal, and what kind of therapy they provide.

Animal therapy builds on a concept called the human-animal bond, which describes people's desire to interact with and relate to animals. For many people, by interacting with a friendly animal, they can form a bond with them. This bond can produce a calming state in the person.

This bond itself may help the person in several ways, such as

- reducing boredom
- increasing movement and activity through walks and play
- providing companionship and decreasing loneliness
- increasing social interactions
- improving mood and general well-being

The positive interactions with an animal may lead to benefits in the mind and body, such as reduced stress and an overall more balanced mental and emotional state.





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