



Ponté Palmero

RESORT-STYLE LIVING

March 2024

Resident of the Month



Alan & Sue Hunt: Residents of the Month

Alan was raised in New England and Sue is from Oklahoma. They met in Coronado, California while Alan was in the Navy and stationed at North Island military Base in Coronado, CA (near San Diego). Al and Sue have twin boys and 2 grandchildren. One son lives in Cameron Park and the other lives in San Francisco.

Alan served 23 years active duty in the Navy and Navy reserve as an aviator. He flew Grumman S-2, Grumman C-1 and E-1 aircraft.

He served 2 cruises in Vietnam on an aircraft carrier. Alan attended George Washington University and earned an MBA (Master's Degree Business Administration). When Alan left the service, he worked for Lockheed in both Burbank, CA and Marietta, Georgia. They have lived in a total of nine different states including Key West Florida, Long Beach, CA and Washington, D.C.

Sue was working at Scripps Institute of Oceanography in Coronado, California when she and Alan met. Sue graduated from Oklahoma State University with a master's degree in library science. Sue has utilized her education to work in various libraries in the different places where they have lived, including the Beverly Hills public library. Sue loves reading and has also loved making beautiful quilts.

Alan has been a ham radio operator and has taken on the hobby of restoring vintage Porsches. They would drive them for awhile and then sell them.

When Al and Sue retired, they moved to Pensacola, Florida. After Florida, they moved to Placerville for many years and that brought them closer to their twin sons who both live in California. While living in Northern California, they did volunteer work at the McClellan Aviator Museum up until COVID closed it down for awhile. In August of last year, Alan and Sue moved to our community and we are delighted to have them here at Ponte Palmero. Welcome, Alan and Sue!



Laugh Lines: Jest a Few Holiday Jokes

These St. Patrick's Day-related jokes will have you Dublin over with giggles!

Rainbow Riddles

What do you call a rainbow over a farm?

A grain-bow.

What about one over a construction site?

A crane-bow.

Over an airport runway?

A plane-bow.

What if it's over the city of Madrid?

A Spain-bow.

Clover Comedy

Why do we wear shamrocks on St. Patrick's Day?

Because regular rocks are too heavy!

What happens when you cross poison ivy with a four-leaf clover?

You get a rash of good luck.

Why shouldn't you iron a four-leaf clover?

You might press your luck.

Leprechaun Laughs

What's a leprechaun's favorite place to relax?

The paddy-o!

What do you call leprechauns who collect plastic bottles?

Wee-cyclers.

Why do leprechauns hate running?

They'd rather jig than jog.

Wit & Wisdom: Luck of the Irish

"May your blessings outnumber the shamrocks that grow, & may trouble avoid you wherever you go."

Irish Blessing

"For the whole world is Irish on the seventeenth o' March!"

Thomas Augustine Daly



"The amount of good luck coming your way depends on your willingness to act."

Barbara Sher

"The best luck of all is the luck you make for yourself."

Douglas MacArthur

"A good friend is like a four-leaf clover, hard to find & lucky to have."

Irish Proverb

"I'm a great believer in luck, & I find the harder I work, the more I find of it."

Thomas Jefferson

"Whether it's St. Patrick's Day or not, everyone has a little luck o' the Irish in them."

Laura Sommers

Happy Anniversary

- Stan & Pat Brown- Mar. 27



Happy Birthday

- Maria Youngblood- Mar. 1
- Judy Borders- Mar. 6
- Misa Hodges- Mar. 6
- Bob Barton- Mar. 8
- Bobbie Wollrabe- Mar. 9
- Ralph Harder- Mar. 12
- Lori Sieber- Mar. 15
- Isolde Harder- Mar. 18
- Tom Leavitt- Mar. 20
- Bob Caldwell- Mar. 26
- Anna Boros- Mar. 26
- Fred Unsworth- Mar. 28
- Asmina Jiwa- Mar. 31

To This Month's Birthday Celebrants ...

Wishing you all the best in the year to come. May your days be filled with sunshine and beautiful colors. And may your nights be filled with comforting dreams and wishes to come.

Happy birthday!

Lunch outing to Zocolo



Laugh Lines: Tune Titles

Even before they're played, some country music songs are notable for their laugh-inducing titles. Quirky Country Music Song Titles Day, on March 27, gives kudos to this creativity. Tune in to these silly song titles from past and present and the artists best known for performing them. Is there a song title you can add to the list?

- "My Bucket's Got a Hole in It" by Hank Williams
- "You Can't Roller Skate in a Buffalo Herd" by Roger Miller
- "Only Me and My Hairdresser Know" by Kitty Wells
- "Dirty Old Egg-Sucking Dog" by Johnny Cash
- "Where Have All the Average People Gone" by Roger Miller
- "Peanut Butter Conspiracy" by Jimmy Buffett
- "If French Fries Were Fat-Free" by Alan Jackson
- "Do You Want Fries With That" by Tim McGraw
- "I Still Like Bologna" by Alan Jackson

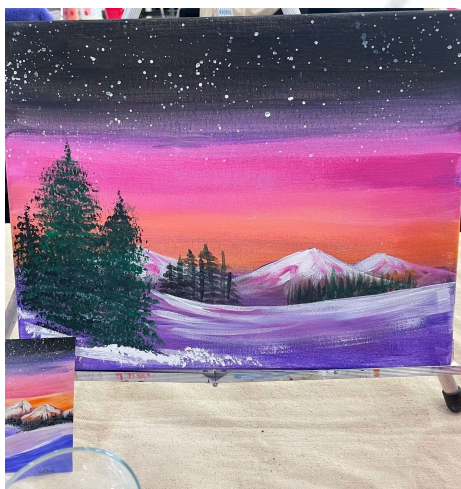
What's a golfer's favorite kind of music? Swing.

What's an avocado's favorite kind of music? Guac 'n' roll.

What kind of music are balloons afraid of? Pop music.

There are so many classical music jokes, I could write you a Liszt.

Paint & Sip with Cathie



With a Little Luck

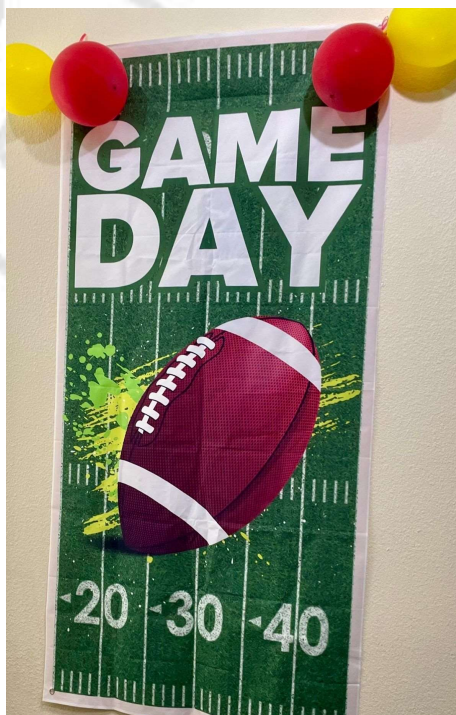
In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.

Super Bowl Sunday!



Wonderful saxophone by Andrii



Mo-Town Chair Exercises with Christi



Exploring Mount Rainier

Overlooking the cities of Seattle and Tacoma in western Washington is the crown jewel and namesake of Mount Rainier National Park, established March 2, 1899.

At 14,410 feet, Mount Rainier is the highest peak in the Cascade mountain range and an iconic feature of the Pacific Northwest. Surrounded by glaciers, forests and meadows, the area was protected as a forest preserve before it became America's fifth national park.

The mountain is an active volcano, capable of producing lava, ash and debris-filled mudslides, called lahars. Its last major eruption took place over 500 years ago, but minor volcanic explosions were recorded shortly before the area became a national park. Today, the park has an important role in monitoring the mountain for volcanic activity.

Receiving about 2 million visitors a year, Mount Rainier is a popular destination for mountain climbers, and the landscape provides many opportunities for recreational activities such as hiking, camping, skiing and snowboarding. The park's wildflower fields are a major attraction during warmer months. Among the many animals that can be spotted there are elk, black bears, black-tailed deer and more than 180 species of birds.

Fancy Footwork

A highlight of many St. Patrick's Day festivities is Irish step dancing.

Irish dancing can be traced back to the ancient Celts, who practiced circle dances during rituals and celebrations. Over the centuries, forms of folk dancing evolved, influenced by Ireland's European neighbors and new cultures that settled in the country.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance."

West Coast Dance Group performs



Justin, our fantastic weekend driver



The Building Blocks of Nutrition

March is National Nutrition Month, so we've prepared a helpful menu of the essential nutrients, which are nutrients the human body needs from food in order to function.

Protein. Made of different amino acids, protein is required to build, maintain and repair tissues. Dietary guidelines say 10 to 35 percent of your daily calories should come from lean protein sources, such as meat, fish, eggs, beans and nuts.

Carbohydrates. Think of carbs as your body's fuel. They should make up about half of your day's calories. Whole grains, beans, fruits and vegetables contain fiber, which helps control blood sugar and may reduce the risk of heart disease.

Fat. Certain vitamins and minerals can only be absorbed with the help of healthy fats, which are rich in powerful antioxidants and a key component of brain health. Sources include fish, avocados, nuts, and vegetable oils such as olive, sunflower and canola.

In addition to these three building blocks of nutrition, the human body also requires two other groups of nutrients: vitamins, which are most abundant in fruits and vegetables, and minerals, such as potassium, calcium and iron.

The best way to get these nutrients is to eat a variety of foods.

Set the Stage for Spring

Spring is a splendid time to spruce up your home.

Incorporate bright colors, flowy fabrics and a touch of nature to craft a well-designed interior that's perfect for the season.

Lighten up textiles. Fabrics such as velvet and silk can feel a bit heavy for spring. Switch to throw pillows in linen or cotton for a more carefree appeal. Revive your bedding with a new blanket or duvet. Add something bright underfoot with a colorful throw rug or two.

Refresh what you have. Give your wall art a new look by replacing or repainting the frames. Reorganize your bookshelves and cut down on the visual clutter. Swap out your coffee table books to incorporate new color into your living room. Rearrange your furniture for a quick update that will have your home feeling brand-new.

Go for the greenery. Plants not only add life and color, but also act as natural air filters. Put large plants on the floor and smaller ones on desks, tables and shelves. An alternative to potted plants is an arrangement of large leaves, such as palm or papyrus.

Choose colorful accessories. When shopping for pillows, vases and other decorative objects, consider a palette of bright blue, green and white, plus touches of daffodil and lilac.

Digital Disconnect

The National Day of Unplugging is a 24-hour respite from technology. The global event, held from sundown on the first Friday in March until sundown the next day, highlights the value of disconnecting from digital devices to connect with ourselves, our loved ones and our communities.

Participants are encouraged to unplug completely or partially, often or occasionally.

You might start with putting your devices away while eating. Conversations will likely be more interesting, and the action shows respect for the people you are sharing a meal with.

Don't immediately grab your phone when you wake up in the morning. Instead, start your day with meditation, stretching or setting goals.

Establish electronics boundaries on your days off, such as limiting how often you check your social media accounts or work email.

Participate in a social media fast with a friend, and schedule a get-together with him or her.

Use your unplugged time to treat yourself to an activity that helps you unwind and relax. Ideas include going to the movies, listening to music, doing yoga or taking a walk.

Enjoy what is happening while resisting the urge to share it with the world.

Ponté Palmero Directors To Contact the Directors, Call the Concierge at (530) 677-9100

Administrator.....Landon Pilegaard
 Managing Director.....Terry Howard
 Activities Director.....Nancy Peabody
 Clinical Director.....Betsy Bernardine
 Business Office Director.....Kelli Riley
 Maintenance Director.....Kevin Hallmeyer
 Marketing Director.....Rachel Amador
 Lighthouse Activity Director.....Candace Worth



Ponté Palmero Resort-Style Living

“This Month In History” MARCH

1912: The first parachute jump from a moving airplane takes place. U.S. Army Capt. Albert Berry made the leap over St. Louis, Mo.

1936: The Hoover Dam is complete! After five years of construction, the dam spanning the Colorado River between Arizona and Nevada was able to begin creating hydroelectric power.

1941: Nashville, Tenn., becomes the home of the first FM radio station. WSM-FM was a commercial station for the National Life and Accident Insurance Company.

1958: Elvis Presley enters the U.S. Army. Already a rock 'n' roll star, he remained an active duty soldier for two years.

1964: The first Ford Mustang rolls off the production assembly line.

1977: Scientists discover that Uranus has rings, like its fellow planet Saturn. Dark in color, the rings were only seen because a star blinked repeatedly as the planet's rings passed in front of it.

1981: President Ronald Reagan is shot and wounded in an assassination attempt. At the hospital, Reagan reportedly joked to his wife, “Honey, I forgot to duck.”

1998: “Titanic” becomes the highest-grossing movie in box office history, earning over \$2.2 billion worldwide. It was later surpassed by “Avatar” (2009) and “Avengers: Endgame” (2019).

2005: The PlayStation Portable handheld gaming console debuts in North America. In five years, 17 million PSPs were sold in the U.S. alone.