

Ponté Palmero
RESORT-STYLE LIVING

Resident of the Month



Resident of the Month: Kay Henry

Our resident of the month for October 2026 is Kay Henry. She was born in Los Angeles, California. Kay is an only child. Her father was a veterinarian and her mother worked with him in the veterinary hospital. Kay's love of traveling may have been inspired by her parents, who took her on a European vacation when she was 12. They went over on the Queen Elizabeth cruise ship. After high school, she went to

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Germany as an exchange student. Kay has always loved horses. She raised and showed Arabian horses for many years.

Kay met her late husband, Ross, while attending UCLA. The two were each on dates with other people when they happened to meet. Ross asked Kay's date if it would be alright if he called her, and soon they started dating. Ross and Kay were both Catholic, and they began attending church together. A fun fact: Ross and Kay each attended private high schools that later combined and "married" each other. At UCLA, Ross was in a fraternity and socializing often took priority. After meeting Kay, he made the decision to focus on his studies, transferring to Long Beach State. Kay knew he was serious when he sold his metallic green Chevy for a Volkswagen. "That's a family car," she said. Ross finished school and the two married and had three children.

Kay finished nursing school later in Sacramento. She worked at Roseville Hospital as a nurse in all departments except pediatrics and obstetrics. She spent the last 15 years of her career working in alcohol and drug rehab. Ross was an English teacher briefly, then a banker with Bank of America, but he was still searching for a career that fit. At last he became a state park ranger. He was a beach park ranger in Southern California, then a technical writer for California State Parks in Sacramento. He finished his career working in acquisitions for the parks department. Kay and Ross became grandparents and then great-grandparents. They have two granddaughters, three great-grandsons, one great-granddaughter and one on the way.

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Happy Birthday

Laurie LeDuc - Oct. 6
Michelle Richmond - Oct. 6
Daniel Bernstein - Oct. 6
Deloris Feldman - Oct. 10
Thomas Teninty - Oct. 12
Gene Anderson - Oct. 15
Karl Kampe - Oct. 18
Margaret Kidder - Oct. 21
Janet Kohler - Oct. 22
Ginger Wintermute - Oct. 23
Katie McKinney - Oct. 27
Patricia Souza - Oct. 28
Cathy Angrisano - Oct. 29

Happy Anniversary

Bill & Judy Wagley - Oct. 12
Michael & Ellen Larkin - Oct. 16
Nicholas & Donna Burgeson - Oct. 18



Resident of the Month

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After retirement, Kay and Ross bought a condo in Graeagle, CA, a small town near Truckee, and a mobile home in Borrego Springs in San Diego County. They split their time between the two homes for 10 years and met neighbors who became lifelong friends. Kay and Ross also spent time traveling all over the United States with a tour company for seniors called Road Scholar, formerly Elder Hostels. Some of Kay's favorite trips were to Savannah, Georgia, and New England in the fall.

Kay appreciates living at Ponté for the conveniences her apartment provides, such as a washer and dryer and a garage. She also loves not having to cook! A quote Kay would like to share: "Live life to the fullest. Do what you can, while you can."

Lunch at Wally's



El Dorado Railroad Outing















Olde Coloma Club Play







Along the Lines of Corduroy

The word "corduroy" may bring to mind a cool weather fashion trend from decades past, but this fabric has been around for centuries.

An ancestor to corduroy was developed in the Egyptian city of Fustat, around 200 B.C. Called fustian, the material was a heavy cotton weave, but didn't have the familiar lines of today's corduroy. Merchants brought fustian to Europe during the medieval period, and royalty and the wealthy wore it for the warmth it provided.

In the 18th century, British textile manufacturers developed a ribbed fabric that became a staple of the working class, from industrial factory workers to farmers. The ridges provided durability so that pieces made from it lasted longer. The term "corduroy" was first recorded at this time, and many historians believe it was formed from two words: "cord," which refers to its lines or rows, and "duroy," a coarse woolen fabric.

Corduroy clothing, especially pants and jackets, became fashionable in the 1970s. The material has made several comebacks over the years.

Corduroy is typically made from cotton and is classified by the number of ridges, or wales, per inch. The lower the wale number, the thicker the width of the cords in the fabric.

Sherwood Demonstration Garden Outing

























Karaoke Time





Arts & Crafts







Migrating Monarchs

Each autumn, millions of monarchs take to the skies to begin their journey to a warmer climate for the winter. The annual migration is one of nature's most fascinating spectacles.

Cooler temperatures and shorter days alert the orange-and-black butterflies to take flight. Those west of the Rocky Mountains head to Southern California, where thousands hibernate in forests along the coast. But swarms of the eastern population travel much farther, from Canada and the northeastern U.S. to the mountains of central Mexico—a distance of nearly 3,000 miles. Monarchs numbering in the millions take shelter in the fir trees there.

How the butterflies find their way to the same sites year after year is a mystery to scientists, but they believe the insects use the sun as a compass. Even more remarkable is that new generations arrive each fall and settle in the same trees as their ancestors did!

When spring comes, monarchs begin their flight back north, laying eggs on milkweed plants along the way. When the caterpillars hatch and transform into butterflies, they continue the trip northward. Up to five generations take part in the annual migration.

Movies by the Master of Suspense

Settle in for some thrills and chills with a flick from director Alfred Hitchcock.

"Rebecca" (1940). This was Hitchcock's first Hollywood film and his only one to win a best picture Oscar. Joan Fontaine plays a new bride taunted by the memories of her husband's (Laurence Olivier) late wife.

"Notorious" (1946). Cary Grant and Ingrid Bergman star in this romantic spy drama, famous for the couple's on-screen chemistry.

"Rear Window" (1954). Confined to his apartment due to an injury, a photographer (James Stewart) is convinced he witnessed a neighbor's murder and plots to solve it.

"Vertigo" (1958). This thriller is now revered as one of film history's best for its dizzyingly dark plot and performances by Stewart and Kim Novak.

"North by Northwest" (1959). Mistaken for a spy, Grant is a man on the run, and in two iconic scenes, finds himself chased through a corn field and across Mount Rushmore.

"Psycho" (1960). This film's screeching score and shocking plot twists redefined the horror genre, as leading lady Janet Leigh is showered with danger at the Bates Motel.

"The Birds" (1963). Tippi Hedren plays a socialite whose visit to a small town turns deadly as birds go on the attack.

National Coconut Day





Scenic Drive for the Lighthouse







Water Aerobics





El Dorado Bee Keepers Presentation





Employee Spotlight



Christi

Name: Christi

Department: Activities/ Transportation

How long have you worked at Ponté Palmero? 7.5 years

A fun fact others might not know about you: Sang and danced in a kick-line at Carnegie Hall NYC with the Sacramento Valley Chorus in 2013.

What do you like most about your job? The People, The Team! So many Wonderful, Smart, Fun and Interesting people. I luv You all!

Favorite type of music: Any music that is Danceable.

Favorite color: Purple

Favorite TV show: *The Middle,* it's a comedy about a family raising kids in the Midwest.

Coffee or tea? Coffee (no sugar)

What is one of your life goals or something you would like to accomplish in the future? Building our Ponté Ukulele Strings Club to 10-20 people and learning to play bass for the club.

Just For Fun

Laugh Lines: Silly Squirrels

Q: Why are squirrels so good at explaining things?

A: Because they give it to you in a nutshell.

Q: What is a squirrel's favorite flower?

A: Forget-me-nut.

Q: What do you call a squirrel who solves mysteries?

A: Squirrel-ock Holmes.

Q: Why did the squirrel bury lottery tickets under a shrub?

A: He was hedging his bets.

Q: What did the squirrel order on top of her latte?

A: Extra nutmeg.

Did you hear about the squirrel who worked at a bank? He was the branch manager.

Beware of talking to the squirrel. He will probably tell you acorn-y joke.

Look at that squirrel—he can't decide whether to jump to the ground or to the tree. He's on the fence.

Live Music on Fridays at Ponté





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
Assisted Living Director.....Jennifer Hinch
Business Office Director.....Kelli Riley
Maintenance Director.....Kevin Hallmeyer
Marketing Director.....Rachel Amador
Marketing Director.....Amy Elias
Food Services Director.....Alex Winters


Ponté Palmero Resort-Style Living

"This Month In History"

OCTOBER

1925: The National Life and Accident Insurance Company introduces its own radio station, WSM. A little over a month later, the station airs the Barn Dance program, and the Grand Ole Opry is born.

1945: The United Nations is established to maintain international peace and security. The UN took the place of the League of Nations after World War II, going into effect on Oct. 24.

1957: The Brooklyn Dodgers announce that the team is moving to Los Angeles. Although this left many New Yorkers with broken hearts, the move brought the MLB to the Pacific Coast for the first time.

1968: NASA's Apollo 7 launches humans into space. It was the agency's first manned flight in over a year.

1975: "Live from New York, it's Saturday Night!" George Carlin hosts the first episode of "NBC's Saturday Night." Still on air, the sketch comedy show is now known as "Saturday Night Live" or simply "SNL."

1989: Wayne Gretzky becomes the all-time leading point scorer in the NHL. Surpassing Gordie Howe on Oct. 15, Gretzky still holds this record today with 2,857 points.

1993: Beloved novelist Toni Morrison wins the Nobel Prize in Literature. Receiving the prize for her "visionary force and poetic import," she was the first Black woman to earn this honor.

2014: The podcast boom begins with the debut of "Serial." After only a month, the true-crime series had been downloaded and streamed a record 5 million times.

Illustratus
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