

livfun

Heritage Estates

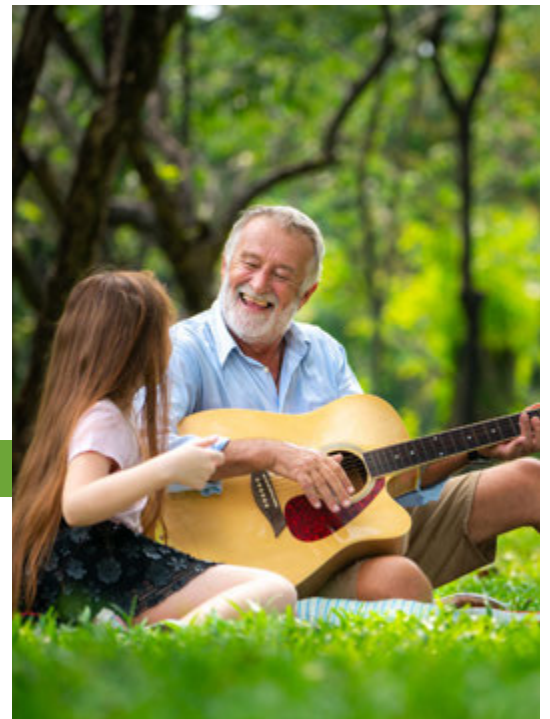
APRIL 2019 • SONGS OF SPRING

February Birthday Babies' Bash

Another nice time spent with our monthly Birthday Babies' Bash folks. When it's your birthday month, look for this in the calendar and don't miss it!



Liz, Helen, Grace, Lea, Al, Mary and Valerie



Volunteering at 103!

Meet Gwen Hallstrom, a Heritage Estates' resident who has been volunteering at ValleyCare for 20 years. At age 103, she is still volunteering and giving back to the community. Gwen, you're amazing!



Gwen Hallstrom and Steve Battisti

Lindsay Wildlife in Walnut Creek

A cold wintry day in Walnut Creek couldn't stop our residents from another great outing.



Back row: Joan, David, Bea, Pearl, Martha, Barbara and Dick. Front row: Bruce, Lea, Jane and Barb

Valentine's Day 2019

Chocolate tasting and a special appearance by the Devil Mountain Chorus men's quartet made for a nice Valentine's Day. Special attention was given to Mary Fitts, whose son-in-law is one of the quartet members. We hope you enjoyed all that chocolate!



Mary Fitts



Mary's son-in-law, Dwight, is second from the right.



WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
1:00 Holy Communion & Rosary Group, HWAR 1:30 <i>Afternoon Movie, ILTR</i> 6:00 Evening Poker, G	8:45 Cardiofit & Tone, PFER 10:00 Gentle Fitness, PFER 11:00 Drop-In Gym, PFG 1:00 Tai Chi, PFER 1:00 Bridge, G 1:45 Brain Fit with PrimeFit, B 2:00 Bingo, LTR 6:00 Sew & Sew Group, ILAR	9:00 All About Balance, PFER 10:00 Flexibility & Stretch, HWAR 10:30 Bible Study, ILAR 1:00 Gentle Chair Yoga, PFER 7:00 Evening Poker, G	8:45 Cardiofit & Tone, PFER 10:00 Gentle Fitness, PFER 10:30 Spanish, ILTR 11:00 Drop-In Gym, PFG 1:00 Bridge, G 1:30 <i>Afternoon Movie, ILTR</i>	9:00 All About Balance, PFER 10:00 Bible Study, ILAR 10:00 Flexibility & Stretch, HWAR 1:30 <i>Afternoon Movie, ILTR</i> 7:00 Evening Poker, G	10:00 Gentle Chair Yoga, HWAR 1:00 Bridge, G 2:00 Bible Study, HWAR	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Transportation Monday, Thursday & Friday 8:30-11 a.m. & 1-2 p.m.: Doctor Appointments Tuesday, Excursion: OP Wednesday, 2 p.m.: Library Wednesday, 1-2 p.m.: Department Stores Wednesday, 9-11 a.m.: Grocery Shopping	1 11:00 Can You List This, B 2:00 Kings in the Corner, B 3:15 Medical Speaker, ILAR	2 8:00 Jackson Rancheria Casino, OP 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 2:00 15 Minutes of Movement, ILLR 3:15 Heritage Chimes, HWAR 3:15 Card Coloring Corner, ILAR 3:15 Numbered Painting, HWTR 7:30 <i>Movie Night, LTR</i>	3 9:00 Mini Meditation, ILTR 10:30 Wii Bowling, B 1:00 Tripoley with Jenny, LIB 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 3:15 April Birthday Babies' Bash, ILAR 7:30 <i>Movie Night, LTR</i>	4 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Welcome Wine Social, B	5 9:00 Mini Meditation, ILTR 10:30 Heritage Estates Choral Group, ILLR 2:00 Meditation for Your Health, ILTR 3:15 Cocktails & Singalong, B 7:30 <i>Movie Night, LTR</i>	6 9:00 Mini Meditation, ILTR 1:30 Bunco, ILAR 1:30 <i>Afternoon Movie, ILTR</i> 3:15 Jelly Belly Tasting with Cathy, B 7:30 <i>Movie Night, LTR</i>
Church Services, OP 7 1:00 Ice Cream Social, B 1:30 Scenic Drive/Health & Wellness, OP 3:15 Anne's Painting Class, ILAR 6:30 Game Night, ILAR	8 11:00 Dominoes with Lea, B 2:00 Kings in the Corner, B 3:15 Elaine Reisert/Art History, ILTR	9 9:00 Mini Meditation, ILTR 9:30 Lawrence Hall of Science/Berkeley, OP 10:30 Line Dancing, ILLR 2:30 Ladies' Afternoon Tea, ILAR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	10 9:00 Mini Meditation, ILTR 10:30 Wii Bowling, B 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 3:15 Taylor Family Foundation: Kit Packaging, ILAR 7:30 <i>Movie Night, LTR</i>	11 9:00 Podiatrist (By Appt.), HWSR 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Neighborhood Block Party (Apts 221-238) 7:00 Musical Guests: Family Tradition, ILLR	12 9:00 Mini Meditation, ILTR 10:00 Stoneridge Mall Trip, OP 10:30 Heritage Estates Choral Group, ILLR 11:00 Lularoe Fashion Sale, FSR 2:00 Meditation for Your Health, ILTR 3:15 Cocktails with Steve, B 7:30 <i>Movie Night, LTR</i>	13 9:00 Mini Meditation, ILTR 10:30 Seated Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 1:30 Bunco, ILAR 3:15 Musical Guest: Natalia, ILLR 7:30 <i>Movie Night, LTR</i>
PALM SUNDAY 14 Church Services, OP 1:30 Scenic Drive/Independent, OP 3:15 Musical Guests: Chris & Jenny/Violin/Piano, HWLR 6:30 Game Night, ILAR	15 11:00 Easter Egg Stuffing, B 2:00 Kings in the Corner, B 3:15 Speaker: Rick Deutsch/Yellowstone: The First National Park, ILAR	16 9:00 Mini Meditation, ILTR 9:30 Jelly Belly Factory/Fairfield, OP 10:30 Line Dancing, ILLR 2:00 15 Minutes of Movement, ILLR 3:15 Heritage Chimes, HWAR 4:00 Special Guest: Rabbi Resnick & Passover, ILLR 7:30 <i>Movie Night, LTR</i>	17 9:00 Mini Meditation, ILTR 10:30 Wii Bowling, B 1:00 Tripoley with Jenny, LIB 1:30 Martha Circle, ILAR 2:00 High Stakes Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 3:15 IL Resident Meeting, LTR 7:30 <i>Movie Night, LTR</i>	18 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Community Bingo, LTR 3:15 Birthday Wine Social, B	19 GOOD FRIDAY PASSOVER STARTS AT SUNDOWN 9:00 Mini Meditation, ILTR 10:00 Costco Trip, OP 10:30 Heritage Estates Choral Group, ILLR 2:00 Meditation for Your Health, ILTR 3:15 Cocktails, Pizza & Beer, B	20 9:00 Mini Meditation, ILTR 11:30 Easter Buffet with Easter Bunny, LTR 1:00 Children's Easter Egg Hunt & Pictures with the Easter Bunny, P 3:15 Flower Arranging, ILAR 7:30 <i>Movie Night, LTR</i>
EASTER SUNDAY 21 Church Services, OP 1:00 Ice Cream Social, B 1:30 Scenic Drive/Health & Wellness, OP 3:15 Anne's Painting Class, ILAR 6:30 Game Night, ILAR	22 EARTH DAY 11:00 Dominoes with Lea, B 2:00 Kings in the Corner, B 3:15 Guest Speaker: Kathy Darlington/Healing Touch, ILAR	23 9:00 Mini Meditation, ILTR 9:30 Sam's Chowder House/Half Moon Bay, OP 10:00 Peripheral Neuropathy Group, ILTR 10:30 Line Dancing, ILLR 1:30 Hearing Aid Tuneup, LIB 2:30 Word Splashes, ILAR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	24 DENIM & BLACK DAY 9:00 Mini Meditation, ILTR 10:30 Wii Bowling, B 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 3:15 Jenny's Farewell Party, B 7:30 <i>Movie Night, LTR</i>	25 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Let's Laugh!, ILAR 7:00 Musical Guest: The David Cooley Show, ILLR	26 9:00 Mini Meditation, ILTR 10:30 Heritage Estates Choral Group, ILLR 2:00 Meditation for Your Health, ILTR 3:15 Cocktails, B 7:30 <i>Movie Night, LTR</i>	27 9:00 Mini Meditation, ILTR 10:30 Seated Line Dancing, ILLR 1:30 Bunco, ILAR 1:45 Musical Madness: "Seven Brides for Seven Brothers," ILTR 7:30 <i>Movie Night, LTR</i>
28 Church Services, OP 3:15 Musical Guest: Alligator, HWML 6:30 Game Night, ILAR	29 10:30 Fix-It Fred, ILAR 11:00 Blackjack, ILLR 2:00 Kings in the Corner, B 3:15 Crafts with Cathy, ILAR	30 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 12:00 Icicles Rolled Ice Cream/Pleasanton, OP 3:15 Hymn Sing with Lisa, ILLR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	Birthdays Margie Perry, 1st Colleen Menges, 2nd Pete Younie, 2nd Bonnie Blanchard, 9th Mary Torres, 9th George Robinson, 9th Martha Blackwell, 10th Rose Friedman, 11th Nelson Fletcher, 13th Val Smochko, 13th Mary Beth Acuff, 14th Letha Kehl, 14th Marlene Griefe, 16th Jeanette Vik, 16th Anne Power, 17th Midge Campbell, 18th Ralph Reichhold, 20th Val Stuckey, 21st Norma Richey, 22nd Carol Carter, 24th	Locations Bistro, B Fireside Room, FSR Game Room, 3rd Floor, G Health & Wellness Activity Rm, HWAR Health & Wellness Living Room, HWLR Health & Wellness Lobby, HWML Health & Wellness Spa, HWSR Health & Wellness Theatre Rm, HWTR Independent Living Activity Room, 2nd Floor, ILAR	Independent Living Lobby, ILMML Independent Living Room, ILLR La Toscana Restaurant, LTR Library, LIB Off Property, OP Patio, P PrimeFit Exercise Room, PFER PrimeFit Gym, PFG Theatre Room, 3rd Floor, ILTR Wine Cellar Restaurant, WCR	

New: Meet Your Team!

This is something new and is a resident request. Each month we will feature a different Department with their picture in the calendar and then follow it up with a separate flyer containing information on each of the staff members. This will allow you to learn a bit more about your staff on a personal level. We begin with our Admin Group!



Administration: Anel, Laura, Cheryl, Steve and Jorge

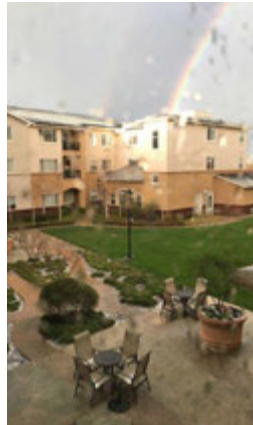
Make It and Eat It: Health and Wellness

Sue and the Health and Wellness residents outdid themselves in the February Make It and Eat It activity. These pies were as good to eat as they looked. Some even took them to lunch and had them add ice cream. There's nothing like home baked pie!



Hail and Double Rainbows

It's been a strange winter as was captured in this photo. Thank you for sharing it with us Barbara!



Picture taken from Barbara Smith's apartment

Grumpy Old Men Festival Staff Competition

Another Silly City Celebration – this time the Grumpy Old Men Festival from Wabasha, Minn. In Minnesota they enjoy the grumpy plunge, which is jumping into a freezing cold lake in February. Without a frozen lake nearby, we opted for an ice cream eating contest for the staff and Klondike bars for those in attendance.

A huge thank you to Lea, Karen, Mayra and Jorge for agreeing to be part of the contest and a special congrats to Mayra for winning!

More silly cities and their fun to come!



Lea, Karen, winner Mayra and Jorge

Dressed to Dance

New resident Romy, decided to try the line dance group complete with Stetson hat, boots and hand embroidered denim shirt. She looked great on the dance floor!

We line dance every Tuesday and Thursday morning, at 10:30 a.m., in the IL Living Room. Join us sometime to dance or just to enjoy the music.



Romy

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Acacia Burns
Sue Harding

Chef
Patrick Nunez

Restaurant Manager
Alex Brown

Health and Wellness Director
Terry Runkel

Health and Wellness Manager
Lovelyn Serios

Bookkeeper
Cheryl Lasit

Compliance Specialist
Laura Matteucci

Administrative Assistant
Jorge Monge

Program Supervisor
Nancy DenBroeder

Assistant Program Supervisors
Sue Barnard
Lea Papa

PrimeFit Instructors
Cathy Wagner
Debbie Gast

Concierge
Mayra Gonzalez

Drivers
Michael Miller
Vaughn Lasit
Lesa Wadleigh

Plant Operations Supervisor
Kevin Shinn

2019 Destinations

Alaska Cruise | July 27–August 3

Las Vegas | September 30–October 4

Bermuda Cruise | October 20–27

For more information,
or to book your getaway, contact:
Carol Dennis at 1-888-468-2010



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