

livfun

Heritage Estates

MAY 2019 • BLOSSOM AND BLOOM

The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.



On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.

March Birthday Babies' Bash



Becky, Andy, Val and Kay

March Flower Arranging



April Birthday Babies' Bash



Bonnie, Mary Beth, Ans, Rose, Betty, George, Norma, Letha, Midge and Margie

Family Gathering



Residents and neighbors, Grace and Darlene and their families



Betty Lewis Turns 105!



Happy Birthday Betty!

Phyllis Fachner Is 102!

A very special birthday wish for Phyllis Fachner, who turns 102 on May 1! Enjoy your day, Phyllis!

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	1:00 Bridge, G 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 1:00 Bridge, G 1:30 <i>Afternoon Movie, ILTR</i> 2:00 Book Group, ILAR	9:00 All About Balance, PFER 10:00 Flexibility & Stretch, HWAR 10:00 Bible Study, ILAR 7:00 Evening Poker, G	10:00 Gentle Chair Yoga, HWAR 10:30 Tripoley, B 1:00 Bridge, G 2:00 Bible Study, HWAR	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Jeanne Wagner, 1st Phyllis Fachner, 1st Betty Lewis, 5th Barbara Smith, 6th Mary Lou Harris, 8th Jane Hail, 8th Paul Christiansen, 9th Bea Crane, 10th Mary Fitts, 12th Jim Brown, 14th Cora Maille, 14th Robbie Wilson, 19th Flora Rizzo, 21st Joe Capello, 25th Nelly Vega, 26th Grace Samstad, 26th Roberta Cantua, 27th Marilyn Brown, 27th Nesta Buchler, 28th Dick Jones, 29th Mary Krebs, 29th Priscilla Martinez, 31st	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	MAY DAY 1 9:00 Mini Meditation, ILTR 10:30 Wii Bowling, B 11:00 Drop-In Gym, PFG 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 2 10:30 Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Welcome Wine Social, B	9:00 Mini Meditation, ILTR 3 10:00 Spring Fashion Show Shopping/JC Penney, OP 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>	9:00 Mini Meditation, ILTR 4 10:30 Seated Line Dancing, ILLR 1:30 Bunco, ILAR 1:30 <i>Afternoon Movie, ILTR</i> 3:00 Kentucky Derby Party, B 7:30 <i>Movie Night, LTR</i>	
Church Services, OP 5 1:00 Ice Cream Social, B 1:30 Scenic Drive/Health & Wellness, OP 3:15 Musical Guest: Natalia, HWLR 3:15 Anne's Painting Class, ILAR 6:30 Game Night, ILAR 7:00 Musical Guests: Natalia's Students, ILLR	8:45 Cardiofit & Tone, PFER 6 10:00 Gentle Fitness, PFER 10:30 Games with Lea, B 11:00 Drop-In Gym, PFG 1:00 Tai Chi, PFER 1:45 Brain Fit with PrimeFit, B 2:00 Kings in the Corner, B 2:00 Bingo, LTR 3:15 Medical Speaker: Dr. Gagnon/ EyeCare & Glasses TLC, ILAR	8:00 Graton Casino/ Rohnert Park, OP 7 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 2:10 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>	PLAID DAY 8 9:00 Mini Meditation, ILTR 10:30 Wii Bowling, B 11:00 Drop-In Gym, PFG 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 3:15 HE Residents/10+ Years Party, ILAR 7:30 <i>Movie Night, LTR</i>	STRIPES DAY 9 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Neighborhood Block Party (Apts. 201-217) 7:00 Musical Guest: Douglas Clay/Pianist, ILLR	POLKA DOT DAY 10 9:00 Mini Meditation, ILTR 10:00 Stoneridge Mall Trip, OP 10:30 Heritage Estates' Choral Concert & Singalong, ILLR 2:00 Meditation for Your Health, ILTR 3:15 Cocktails with Steve, B	9:00 Mini Meditation, ILTR 11 11:00 Premier Jewelry with Elena, ILLR 11:30 Mother's Day Brunch Buffet, LTR 7:30 <i>Movie Night, LTR</i>
MOTHER'S DAY 12 Church Services, OP 1:30 Scenic Drive/Independent, OP 3:15 Mother's Day Champagne & Chocolates, B 6:30 Game Night, ILAR	8:45 Cardiofit & Tone, PFER 13 10:00 Gentle Fitness, PFER 10:30 Games with Lea, B 11:00 Drop-In Gym, PFG 1:00 Tai Chi, PFER 1:45 Brain Fit with PrimeFit, B 2:00 Kings in the Corner, B 2:00 Bingo, LTR 3:15 Elaine Reiser/Art History, ILTR	9:00 Mini Meditation, ILTR 14 10:30 New! Awe Walk-Sycamore Grove/Livermore, OP 10:30 Line Dancing, ILLR 2:30 Ladies' Afternoon Tea, ILAR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 15 10:30 Wii Bowling, B 11:00 Drop-In Gym, PFG 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>	9:00 Mini Meditation, ILTR 16 9:00 Podiatrist (By Appt.), HWSR 10:30 Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 1:45 Brain Boosters, ILAR 2:00 Community Bingo, LTR 3:15 Birthday Wine Social, B 5:00 Dinner Outing, OP	9:00 Mini Meditation, ILTR 17 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 7:30 Musical Guests: Heritage Chimers, LTR	9:00 Mini Meditation, ILTR 18 1:30 Bunco, ILAR 3:15 Special Guests: LTM Ballet Co., ILLR 7:30 <i>Movie Night, LTR</i>
Church Services, OP 19 1:00 Ice Cream Social, B 3:15 Anne's Painting Class, ILAR 3:15 Musical Guest: Denis Colletet, HWML 6:30 Game Night, ILAR	8:45 Cardiofit & Tone, PFER 20 10:00 Gentle Fitness, PFER 10:30 Games with Lea, B 1:00 Tai Chi, PFER 1:45 Brain Fit with PrimeFit, B 2:00 Kings in the Corner, B 2:00 Bingo, LTR	9:00 Mini Meditation, ILTR 21 9:30 Legion of Honor-Early Rubens/San Francisco, OP 10:30 Line Dancing, ILLR 2:10 15 Minutes of Movement, ILLR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 22 10:30 Wii Bowling, B 11:00 Drop-In Gym, PFG 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 3:30 Spring Fashion Show, B 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 23 10:30 Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 HealthCare Reunion, ILAR 7:00 Musical Guest: Yakov/Violin, B	9:00 Mini Meditation, ILTR 24 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>	9:00 Mini Meditation, ILTR 25 10:30 Seated Line Dancing, ILLR 1:30 Bunco, ILAR 1:45 Musical Madness: "Singing in the Rain," ILTR 7:30 <i>Movie Night, LTR</i>
Church Services, OP 26 1:30 Scenic Drive/Health & Wellness, OP 6:30 Game Night, ILAR	MEMORIAL DAY 27 10:30 Fix-It Fred, ILAR 2:00 <i>Afternoon Movie, ILTR</i> 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 28 10:00 Peripheral Neuropathy Group, ILTR 10:00 Wings of Freedom/ Livermore Airport, OP 10:30 Line Dancing, ILLR 1:30 Hearing Aid Tuneup, LIB 3:15 Hymn Sing with Lisa, ILLR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	DENIM & BLACK DAY 29 9:00 Mini Meditation, ILTR 10:30 Wii Bowling, B 11:00 Drop-In Gym, PFG 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 3:15 Finish Lines Game Event, B 7:30 Faith Choir/Asbury Church, LTR	9:00 Mini Meditation, ILTR 30 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 May Birthday Babies' Bash, ILAR	9:00 Mini Meditation, ILTR 31 10:30 Heritage Estates' Choral Group, ILLR 2:00 Meditation for Your Health, ILTR 3:15 Cocktails, Chips & Guacamole/Salsa, B 7:30 <i>Movie Night, LTR</i>	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

Meet Your Team!

This month we get to know the Health and Wellness staff ... and there's a lot of them! Look for more information on them this month!



Maria and Cherry



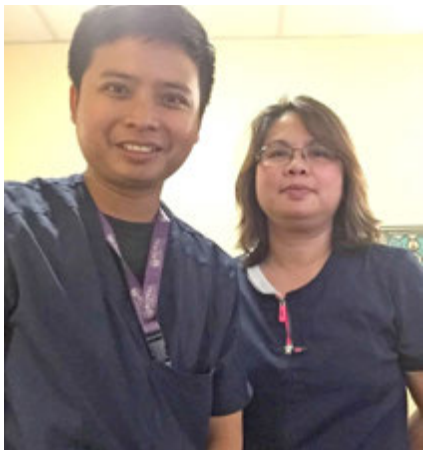
Digna, Jessica, Kishi and Judith



Jennelyn



Liza, Aurma, Lovelyn, Nordie, Jan, Daisy, Fatima and Terry



Sherwin and Benilda



Priscilla and Yen



Abby



Claudia and Bernadeth

HERITAGE ESTATES

It's More Than Retirement. It's Five-Star Fun.

900 E. Stanley Boulevard
Livermore, CA 94550
925.373.3636

Staff

General Manager
Steve Battisti

Guest Services Manager
Karen Crittenden

Sales Advisors
Jeff Katz
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



TRAVEL BY LEISURE CARE
POWERED BY TWIST TRAVEL

Make your
“someday”
today.

Get on board with
TRAVEL BY LEISURE CARE

