

livfun

Heritage Estates

JUNE 2019 • SOAK UP THE SUNSHINE

Sam's Chowder House in Half Moon Bay

Always a popular trip to the ocean and to Sam's Chowder House!



Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered – slowly and ceremoniously – and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.



Final Tripoley With Jenny

Going forward, look for Tripoley every Friday, at 10:30 a.m., in the Library. Never played before? Come and try it! It's a great game!



Midge, Jenny, Bonnie and Martha

Slime Kits for Taylor Family Foundation

We were able to help package slime kits for the Taylor Family Foundation's summer camps. The Taylor Family Foundation's mission is to preserve the wellness and enhance the quality of life for children in northern California living with life-threatening and chronic illnesses, developmental disabilities and youth at-risk.

Thank you to all those who helped with this fun project!



Jenny Retires and Moves to Arizona

We send with Jenny our best wishes for a wonderful retirement and life in Arizona. She will be missed.



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 1:45 Brain Fit with PrimeFit, B 2:00 Bingo, LTR 2:00 Book Group with Joanne, LIB 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 Wii Bowling, B 10:30 Spanish, ILTR 11:00 Drop-In Gym, PFG	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 10:30 Heritage Estates' Choral Group, ILLR 1:00 Bridge, G 2:00 Bible Study, HWAR	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Transportation Monday, 8:30-11 a.m. & 1-2 p.m.: Doctor Appointments Tuesday: Excursion, OP Wednesday, 9-11 a.m.: Grocery Shopping Wednesday, 1-2 p.m.: Department Stores</p> <p>Wednesday, 2 p.m.: Library Thursday, 8:30-11 a.m. & 1-2 p.m.: Doctor Appointments Friday, 8:30-11 a.m. & 1-2 p.m.: Doctor Appointments</p> <p>Birthdays Marie Johnson, 2nd Terry Kniss, 2nd Marie Kautz, 5th Carolyn Karr, 6th Barbara Ruiz, 7th Bruce Anderson, 8th Beverly Cavin, 9th Jackie Reese, 16th Norma Nunes, 18th Susan Court, 18th Joann Prendergast, 19th Roberta Bonner, 19th Pearl Christensen, 23rd Audrey Buna, 28th Pat Giovanazzi, 28th Daniel Tindall, 29th Jo Anne Spellman, 29th</p>						
Church Services, OP 2 1:00 Ice Cream Social, B 1:30 Scenic Drive/Health & Wellness, OP 3:15 Anne's Painting Class, ILAR 3:15 Aiko's Teen Piano Recital, ILLR 6:30 Game Night, ILAR	10:30 Games with Lea, B 3 1:00 Bridge, G 2:00 Kings in the Corner, B 3:15 Medical Speaker, ILAR	9:00 Mini Meditation, ILTR 4 9:00 Bouquets to Art: DeYoung Museum/SF, OP 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>	9:00 Mini Meditation, ILTR 5 1:00 Bridge, G 1:30 <i>Afternoon Movie, ILTR</i> 2:00 Bingo, LTR 2:00 It's a Laughing Matter Theater Group, LIB 2:00 Car Wash by Staff 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 6 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Welcome Wine Social, B	9:00 Mini Meditation, ILTR 7 10:00 Stoneridge Mall Trip, OP 10:30 Tripoley, LIB 2:00 Meditation for Your Health, ILTR 3:15 Cocktails & Country Singalong, B	9:00 Mini Meditation, ILTR 8 10:30 Seated Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 1:30 Bunco, ILAR 3:15 Crafts with Cathy, ILAR 7:30 <i>Movie Night, LTR</i>
Church Services, OP 9 1:30 Scenic Drive/Independent, OP 3:15 Musical Guest: Mike Osborn, HWML 6:30 Game Night, ILAR	10:30 Games with Lea, B 10 1:00 Bridge, G 2:00 Kings in the Corner, B 3:15 Elaine Reiser/Art History, ILTR	9:00 Mini Meditation, ILTR 11 9:00 Del Valle Boat Ride/Livermore, OP 10:30 Line Dancing, ILLR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 12 1:00 Bridge, G 1:30 <i>Afternoon Movie, ILTR</i> 2:00 Bingo, LTR 2:00 It's a Laughing Matter/Show #1, ILLR 3:15 It's a Laughing Matter/Show #2, ILLR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 13 9:00 Podiatrist (By Appt.), HWSR 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Neighborhood Block Party (Apts. 261-276) 7:00 Musical Guests: Family Tradition, ILLR	FLAG DAY 14 9:00 Mini Meditation, ILTR 9:30 Cattle Drive County Fair Opener/Downtown Pleasanton, OP 2:00 Meditation for Your Health, ILTR 3:15 Outdoor Cocktails, P 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 15 10:30 Seated Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 1:30 Bunco, ILAR 3:15 Flower Arranging, ILAR 7:30 <i>Movie Night, LTR</i>
FATHER'S DAY 16 Church Services, OP 1:30 Scenic Drive/Health & Wellness, OP 3:15 Anne's Painting Class, ILAR 3:15 Father's Day Beer Cocktails & Snacks, B 6:30 Game Night, ILAR	10:30 Games with Lea, B 17 1:00 Bridge, G 2:00 Kings in the Corner, B 3:15 Armchair Travel/Antarctica with Doug & Lindy Webb, ILAR	9:00 Mini Meditation, ILTR 18 9:30 Picnic & Games at Lake Chabot/Castro Valley, 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>	FLORAL DAY 19 9:00 Mini Meditation, ILTR 1:00 Bridge, G 1:30 <i>Afternoon Movie, ILTR</i> 1:30 Martha Circle, ILAR 2:00 High Stakes Bingo, LTR 3:15 IL Resident Meeting, LTR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 20 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Community Bingo, LTR 3:15 Birthday Wine Social, B 5:00 Dinner Outing, OP	SUMMER BEGINS 21 9:00 Mini Meditation, ILTR 10:00 Costco Trip, OP 10:30 Tripoley, LIB 2:00 Meditation for Your Health, ILTR 3:15 Cocktails, Pizza & Beer, B 7:00 Meditation Retreat, ILTR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 22 11:00 Meditation Retreat, ILTR 1:30 Bunco, ILAR 7:30 <i>Movie Night, LTR</i>
Church Services, OP 23 1:00 Ice Cream Social, B 1:30 Scenic Drive/Independent, OP 3:15 Musical Guest: Albert, HWML 6:30 Game Night, ILAR	10:30 Fix-It Fred, ILAR 24 10:30 Games with Lea, B 1:00 Bridge, G 2:00 Kings in the Corner, B 3:15 Guest Speaker: Meryl McCormack, PT, ILAR	9:00 Mini Meditation, ILTR 25 9:00 Krispy Kreme Donuts, OP 10:00 Peripheral Neuropathy Group, ILLR 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 26 9:00 Mini Meditation, ILTR 1:00 Bridge, G 2:30 HERITAGE ESTATES' 15TH ANNIVERSARY PARTY!, LTR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 27 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 Dictionary Brain Game, B 7:00 Musical Guest: Denis Colletet, ILLR	9:00 Mini Meditation, ILTR 28 2:00 Meditation for Your Health, ILTR 3:15 Cocktails, B 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 29 10:30 Seated Line Dancing, ILLR 1:30 Bunco, ILAR 1:45 Musical Madness: "Mary Poppins Returns," ILTR 7:30 <i>Movie Night, LTR</i>
Church Services, OP 30 3:15 Living History Chats with Jeff, ILAR 6:30 Game Night, ILAR	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, ILLM 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			

Jelly Belly Factory



Sue, Barb, Dick and Bea



Bruce, Joan, Emily, Marie, Lucy, Jock and Mike

145th Kentucky Derby

What a controversial Kentucky Derby! There were no Heritage Estates winners with the horse that won initially, Maximum Security. However, once he was disqualified, we had two resident winners with the new winner, Country House! Congratulations to residents Pearl White and Becky King!



February Fitness Frenzy Winners

Thank you to ALL residents who participated in the February Fitness Frenzy this year!



Lois Escobar – most minutes of exercise, 3,405!



Ans Brown – most money raised, \$160!

Meet Your Team!

This month we get to know our new Marketing crew!



Danielle, Acacia, Sue and Jeff

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

Compliance Specialist
Laura Matteucci

Guest Services Manager
Karen Crittenden

Administrative Assistant
Jorge Monge

Sales Advisor
Jeff Katz

Program Supervisor
Nancy DenBroeder

Sales Advisors
Acacia Burns
Sue Harding

Assistant Program Supervisors
Sue Barnard
Lea Papa

Chef
Patrick Nunez

PrimeFit Instructors
Cathy Wagner
Debbie Gast

Restaurant Manager
Alex Brown

Concierge
Mayra Gonzalez

Health and Wellness Director
Terry Runkel

Drivers
Michael Miller
Vaughn Lasit
Lesia Wadleigh

Health and Wellness Manager
Lovelyn Serios

Plant Operations Supervisor
Kevin Shinn

Bookkeeper
Cheryl Lasit

Make your "someday" today.

Get on board with **TRAVEL BY LEISURE CARE**



Alaska Cruise | July 27 - August 3, 2019

Las Vegas | September 30 - October 4, 2019

Bermuda Cruise | October 20 - 27, 2019

Caribbean Cruise | February 22 - 27, 2020

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



TRAVEL BY LEISURE CARE
POWERED BY TWIST TRAVEL