

livfun

Heritage Estates

SEPTEMBER 2019 • FALL INTO FUN

15th Anniversary Party

Just one more picture from the Anniversary Party!



July Birthday Babies Bash

There were not many July birthday babies, but we enjoyed learning more about each one of them. When it's your birthday month, be sure to join us for this fun celebration!



Doug, Sargon, Suzy and Ted

Flower Arranging



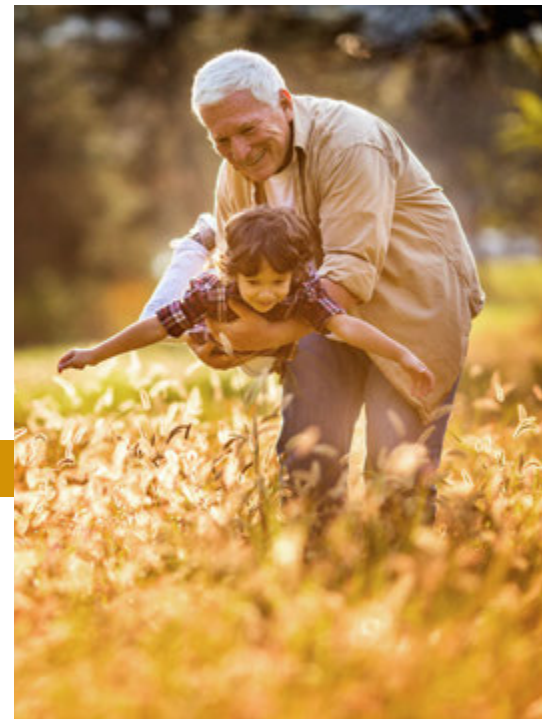
Chicken Show Party

We had surprise visitors at our Chicken Show Party, urging us all to eat more beef.



Outdoor Cocktails with Steve

It's always great to have Steve bartending, especially when it's outside. Thanks, Steve!



Jane Lenhart Turns 103!

Join us in wishing Jane Lenhart a very special 103rd birthday!



Two Original Residents

Flora and Ramiro Rizzo have lived here at Heritage Estates since it opened in 2004!



Ramiro and Flora

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> 6:30 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 6:00 Sew & Sew Group, ILAR	9:00 All About Balance, PFER 10:00 Flexibility & Stretch, HWAR 10:30 Bible Study, ILAR 11:00 Intro to Balance, PFER 1:00 Gentle Chair Yoga, PFER 6:30 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 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 11:00 Intro to Balance, PFER 1:30 <i>Afternoon Movie, ILTR</i> 6:30 Evening Poker, G	10:15 Gentle Chair Yoga, HWAR 1:00 Bridge, G 2:00 Bible Study, HWAR	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Church Services, OP 1:30 Scenic Drive/Health & Wellness, OP 3:15 Anne's Painting Class, ILAR 6:30 Game Night, ILAR	LABOR DAY Let's Celebrate the Labor That Built Up This Great Land, Hand in Hand! 2:00 Book Group with Joanne, LIB 2:00 Resident-Run Bingo, LTR	8:00 Black Oak Casino/ Tuolumne, OP 9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 2:10 15 Minutes of Movement, ILLR 2:30 Card Coloring Corner, ILAR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 2:00 Bingo, LTR 3:15 New Resident Meeting, ILAR 7:30 <i>Movie Night, LTR</i>	WEAR GREEN DAY 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	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>	9:00 Mini Meditation, ILTR 10:30 Seated Line Dancing, ILLR 1:30 Bunco, ILAR 1:30 <i>Afternoon Movie, ILTR</i> 3:15 Musical Guests: Sage Songs, HWML 7:30 <i>Movie Night, LTR</i>
Church Services, OP 1:00 Ice Cream Social, B 1:30 Scenic Drive/Independent, OP 6:30 Game Night, ILAR	10:30 Dictionary Brain Game, B 2:00 Bingo, LTR 2:00 Book Group with Joanne, LIB 3:15 Elaine Reisert/ Art History, ILTR	9:00 Mini Meditation, ILTR 9:30 Walk/Ride the Golden Gate Bridge/ San Francisco, OP 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	PATRIOT DAY NATIONAL DAY OF SERVICE 9:00 Mini Meditation, ILTR 11:30 Empty Bowls Fundraiser, FSR 2:00 Charity Bingo, LTR 3:15 9/11 Remembrance & Hope, B 7:30 <i>Movie Night, LTR</i>	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 321-338) 5:00 Dinner Outing, OP 7:00 Musical Guests: Family Tradition, ILLR	INTERNATIONAL CHOCOLATE DAY 9:00 Mini Meditation, ILTR 10:00 Stoneridge Mall Trip, OP 10:30 Heritage Estates' Choral Group, ILLR 2:00 Meditation for Your Health, ILTR 3:15 Cocktails with Steve, B 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 10:30 Seated Line Dancing, ILLR 1:30 <i>Afternoon Movie, ILTR</i> 2:00 Jewelry Sale/ Exchange, ILLR 7:30 <i>Movie Night, LTR</i>
Church Services, OP 1:00 Ice Cream Social, B 1:30 Scenic Drive/Health & Wellness, OP 3:15 Anne's Painting Class, ILAR 3:15 Musical Guest: Natalia, HWLR 6:30 Game Night, ILAR	WEAR RED DAY 10:30 Can You List It Brain Game, B 2:00 Book Group with Joanne, LIB 2:00 Bingo, LTR 3:30 Folklorico Children's Dance: Mexico's Independence Day, ILLR	9:00 Mini Meditation, ILTR 9:30 Ferry Ride to San Francisco, OP 10:30 Line Dancing, ILLR 2:10 15 Minutes of Movement, ILLR 2:30 Ladies' Afternoon Tea, ILAR 3:15 Heritage Chimes, HWAR 7:30 <i>Movie Night, LTR</i>	WEAR YELLOW DAY 9:00 Mini Meditation, ILTR 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 Podiatrist (By Appt.), HWSR 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 7:00 Musical Guests: Livermore Valley Opera, ILLR	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	9:00 Mini Meditation, ILTR 11:30 Hawaiian Luau Buffet, LTR 3:15 Musical Guests: Seranadin' Strummers & The Aloha ConnecXion, ILLR 7:30 <i>Movie Night, LTR</i>
Church Services, OP 1:00 Ice Cream Drumsticks, B 1:30 Scenic Drive/Independent, OP 6:30 Game Night, ILAR	AUTUMN BEGINS 10:30 Dictionary Brain Game, B 2:00 Bingo, LTR 2:00 Book Group with Joanne, LIB 3:15 Speaker: Rick Deutsch/ National Parks of Utah, ILAR	9:00 Mini Meditation, ILTR 10:00 Sycamore Grove by Bus, OP 10:00 Peripheral Neuropathy, ILTR 10:30 Line Dancing, ILLR 1:30 Hearing Aid Tuneup, LIB 1:30 \$5 Movie, OP 3:15 Heritage Chimes, HWAR 3:15 Hymn Sing, ILLR 7:30 <i>Movie Night, LTR</i>	DENIM & BLACK DAY 9:00 Mini Meditation, ILTR 1:00 Habitat for Humanity: Playhouse Build, P 2:00 Bingo, LTR 7:30 <i>Movie Night, LTR</i>	9:00 Mini Meditation, ILTR 10:30 Line Dancing, ILLR 1:45 Brain Boosters, ILAR 2:00 Bingo, LTR 3:15 September Birthday Babies Bash, ILAR 7:00 Musical Guest: Denis Colletet, ILLR	WEAR BLACK & WHITE DAY 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>	9:00 Mini Meditation, ILTR 10:30 Seated Line Dancing, ILLR 1:30 Bunco, ILAR 1:45 Musical Madness: Oklahoma!, ILTR 7:30 <i>Movie Night, LTR</i>
ROSH HASHANAH BEGINS AT SUNSET Church Services, OP 3:15 Musical Guest: Jack Convery, HWML 6:30 Game Night, ILAR	10:30 Fix-It Fred, ILAR 10:30 Finish Lines Game, B 2:00 Bingo, LTR 2:00 Book Group with Joanne, LIB 3:15 Speaker: Alan Frank/150 Years of Livermore & The Railroad; Not a Coincidence, 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	Transportation Monday, 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 Thursday, 8:30-11 a.m. & 1-2 p.m.: Doctor Appointments Friday, 8:30-11 a.m. & 1-2 p.m.: Doctor Appointments	Birthdays Rod Knight, 2nd Bob Bramblitt, 5th Fran Hillier, 5th Joan Etheridge, 6th Antonio Gressel, 8th Helen Dourou, 10th Jean Miller, 10th Willimae Holley, 13th Remo Scagliotti, 15th Greg Day, 16th Evelyn Gray, 17th Rosemary Deckert, 18th Barbara Gilson, 21st Helen Barendt, 22nd Martha Watkins, 26th Lois Escobar, 27th Hannah Volp, 27th Barbara Richards, 27th Patsy DePiero, 28th George Samstad, 30th Jane Lenhart, 30th	

Afternoon Nightclub: The Swingin' Blue Stars

Our first afternoon "nightclub" was so much fun with these talented ladies! Look for the next one in November.



Kids Against Hunger

Residents and staff bagged enough food in an hour to feed 2,808 children!



Meet Your Team: Front Desk!

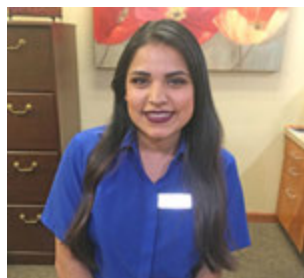
This month, we learn more about this hardworking team!



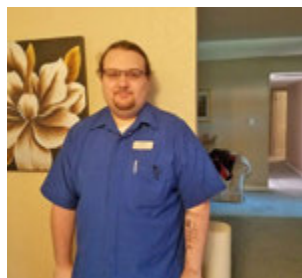
Corinne, Rebecca, Ryann, Karen, Betty, Mayra and Lizeth



Lucy



Nayeli



Justin

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Administrative Assistant
Jorge Monge

Sales Advisors
Jeff Katz
Sue Harding

Program Supervisor
Nancy DenBroeder

Sales and Move-In Coordinator
Acacia Burns

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

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