

# livfun

Heritage Estates

MAY 2012 • ENJOY THE JOURNEY

## Feathery Fun

Thanks to longer days and inviting spring sunshine, May is an ideal time to try new outdoor hobbies. Bird watching is an especially fun place to start. It's a simple way to learn about nature and even socialize.



What's more, this hobby can be tailored for your individual mobility and energy level. You can observe your feathered friends from the comfort of your community's porch, a balcony or your own window. Or you can amp it up a notch and explore nearby parks or nature trails. Particularly in spring, just a walk around the perimeter of your building can lead to some fun sightings.

How do you get started? Of course, you can enjoy bird watching with no equipment at all. However, you may find that a good pair of binoculars makes it even more fun. Another helpful tool is a bird-watching checklist. These checklists exist for every state and province and can be found online or in the many bird-watching field guides available. They're a handy indication of which birds you're likely to spot in your area. For a little friendly competition, get together with fellow bird enthusiasts to see who can fill out their checklist first!

A field guide will enhance your bird-watching experience, too. Descriptions and pictures help you identify which birds you've spotted. "Peterson Field Guide for Eastern Birds" and "Peterson Field Guide for Western Birds" are great resources for new birders.

Next, you've got to find the birds! Some folks like to attract them with feeders and various flowers. If your community has a bird feeder set up, well – that's the place to begin! However, there are plenty of places to spot these creatures even without feeders. Sometimes it's just a matter of patiently waiting. So grab some binoculars, round up some friends and get started!



## And They're Off!

May 5 marks the 138th annual Kentucky Derby. This one-and-a-quarter-mile race for 3-year-old thoroughbreds is held the first Saturday in May at historic Churchill Downs in Louisville, Ky. Horse racing has been a part of Kentucky's heritage since as far back as the 1700s. It wasn't until 1872, though, that Colonel Meriwether Lewis Clark Jr. went to Europe and visited several jockey clubs and horse tracks. He came back to America and organized the Louisville Jockey Club to raise funds for a track just outside town. That was the start of Churchill Downs, named after John and Henry Churchill, Clark's relatives who donated the land.

The Derby became known as "The Run for the Roses" because the winner receives a garland of roses. This tradition supposedly started when New York socialite E. Berry Wall gave women roses at a post-Derby party in 1883.

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WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Church Services, OP Crossword Puzzles, ML 1:00 Afternoon Bridge, HWML 2:00 Holy Communion and St. Michael's Rosary Group, HWAR	10:30 Western Dancing With Bobbi, LR 2:00 Bingo, LTR 6:30 Sew and Sew Group, A	10:00 <b>BYOB (Build Your Own Bones), A</b> 10:30 <b>Bible Study, HWAR</b> 2:00 Bean Bag Baseball, LR 7:00 Poker Night, G	9:00 <b>KISS (Keeping it Strong and Stable), A</b> 10:00 <b>Chairobics, HWAR</b> 1:00 Open Bridge, HWML	10:00 <b>Gentle Yoga, HWAR</b> 10:00 Knit Wits, ML 10:00 Morning Bible Study, A 10:30 Western Dancing With Bobbi, HWML 2:00 Bingo, LTR 7:00 Poker Night, G	9:15 <b>Pilates Power, A</b> 10:00 <b>Forever Young, HWAR</b> 10:30 Heritage Estates Choral Group, LR 1:00 Bridge, G 2:00 Afternoon Bible Study, HWAR	Crossword Puzzles, ML 1:30 Bunco, A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> Activity Room, A Brain Gym, BG Brickyard Cafe, BC Game Room, G Health and Wellness Activity Room, HWAR Health and Wellness Library, HWL Health and Wellness Living Room, HWLR Health and Wellness Main Lobby, HWML Health and Wellness Spa Room, HWSR Health and Wellness Theatre Room, HWTR	La Toscana Restaurant, LTR Living Room, LR Lobby, L Main Library, ML Off Property, OP Patio, P PrimeFit Gym, PFG Private Dining Room, PDR Theatre Room, TR Wine Cellar Restaurant, WCR	8:00 <b>Casino Outing: Jackson Rancheria, OP</b> 3:15 <b>Joe Michell School Girl Scouts: Song, Skit &amp; Crafts, LR</b>	10:00 <b>Resident Council Meeting, PDR</b> 2:00 <b>Mega Bingo, WCR</b> 3:15 <b>Posit-Science Demo, BG</b> 4:45 <b>Dinner at Max's Diner, OP</b> 7:00 <b>Movie Night: "Play the Game," TR</b>	1:00 <b>Martha's Circle (Bible Study), A</b> 2:30 <b>Painting Class, HWAR</b> 3:00 <b>Vineyard Reception, ML</b> 3:30 <b>Musical Guest: Paulette Renee, LR</b>	1:00 <b>Back in the Day Photo Gallery, LR</b> 4:00 <b>Cocktails, ML</b> 8:00 <b>Mexican Bingo With Jazmin, LTR</b>	<b>CINCO DE MAYO</b> Happy Eighth Birthday, Heritage Estates! 11:30 <b>Birthday BBQ, P</b> 1:15 Medication Disposal, LTR 1:30 Blood Pressure Clinic, HWSR 1:30 <b>Afternoon Movie: "Bonnie &amp; Clyde," TR</b> 5:00 <b>Cinco de Mayo Celebration, P</b> 7:30 <b>Saturday Night Bingo, LTR</b>
1:00 <b>Livermore Wine Country Festival, OP</b> 1:00 <b>Popcorn Social, HWML</b> 1:30 <b>Afternoon Movie: "Bonnie &amp; Clyde," HWTR</b> 2:00 <b>Bingo!, WCR</b> 3:30 <b>Musical Guests: Myron &amp; Friends (Jazz &amp; Standards), HWML</b>	9:00 <b>Prime Time, A</b> 10:00 <b>FUNctional Fitness, HWAR</b> 1:00 <b>Game Time: Pennies In, HWLR</b> 3:30 <b>AL Back in the Day Photo Gallery, HWLR</b>	10:00 <b>Joaquin Miller Park Hike &amp; Lunch, OP</b> 1:30 <b>Hearing Aid Tune-Ups With Dr. Billheimer, PDR</b> 6:30 <b>Assisted Living Drive-In Movie: "American Graffiti," HWLR</b>	2:00 <b>Mystery Bingo, WCR</b> 3:15 <b>Assisted Living Resident Meeting, WCR</b> 7:00 <b>National Geographic Explorer: 25 Years, TR</b>	2:00 <b>Cribbage, ML</b> 2:30 <b>Painting Class, HWAR</b> 7:00 <b>Musical Guest: Lizzy McNaney, LR</b>	10:00 <b>Assisted Living Excursion Scenic Drive (Morgan Territory), OP</b> 1:00 <b>Getting Crafty With Cathy!, ML</b> 4:00 <b>Cocktails, ML</b> 7:00 <b>Documentary: "Livermore Time Capsule," TR</b>	1:30 <b>Afternoon Movie: "Thieves Like Us," TR</b> 2:30 <b>Musical Guest: Manny, HWML</b> 2:30 <b>Vineyard Reception, HWL</b> 7:30 <b>Saturday Night Bingo!, LTR</b>
<b>MOTHER'S DAY</b> 10:00 <b>Mother's Day Brunch (10-1), LTR</b> 1:30 <b>Afternoon Movie: "Thieves Like Us," HWTR</b> 2:00 <b>Musical Guest: Bill Kenville (Piano), LR</b> 2:00 <b>Mother's Day Bingo With Lovelyn, WCR</b>	9:00 <b>Prime Time, A</b> 10:00 <b>FUNctional Fitness, HWAR</b> 10:00 <b>Diabetes Support Group, A</b> 10:30 <b>Silk Floral Design Class, WCR</b> 1:00 <b>Game Time: Popcorn Toss, HWLR</b> 3:30 <b>Back Talk With Dr. Fratellone, LR</b> 6:45 <b>Elaine Reisert Presentation, TR</b>	9:30 <b>Woodside Country Store &amp; Lunch at Bucks, OP</b> 2:00 <b>Fall Prevention Presentation, LR</b> 6:45 <b>Open Heart Kitchen, Introduction &amp; Presentation, LR</b>	2:00 <b>Bingo!, WCR</b> 3:15 <b>Resident Meeting, LTR</b> 7:00 <b>Asbury Faith Choir Top 10 Hits, LR</b> 7:00 <b>Movie Night: "My Week With Marilyn," TR</b>	2:30 <b>Painting Class (Location Change for Today), A</b> 3:00 <b>Heritage Estates Farmers Market, P</b> 7:00 <b>Dean Ratzman's "Swingin With Dean" Show, LR</b>	10:30 <b>Pleasanton Elementary School Skit &amp; Songs, LR</b> 11:00 <b>Retail Therapy: Stoneridge Mall, OP</b> 1:30 <b>"Remember When" Ice Cream Social, HWML</b> 3:30 <b>Cocktails (Time Change for Today), ML</b> 4:30 <b>Musical Guest: Robert Gruca (Classical Guitar), LR</b>	<b>ARMED FORCES DAY</b> 1:30 <b>Afternoon Movie: "Splendor in the Grass," TR</b> 7:00 <b>Saturday Night Bingo, LTR</b>
1:00 <b>Shopping: Costco, OP</b> 1:30 <b>Linda Berke's Musical Recital, LR</b> 1:30 <b>Afternoon Movie: Splendor in the Grass, HWTR</b> 2:00 <b>Bingo!, WCR</b> 2:30 <b>Bernie Berke's Music Studio, LR</b>	9:00 <b>Prime Time, A</b> 10:00 <b>FUNctional Fitness, HWAR</b> 1:00 <b>Game Time: Scrabble, HWLR</b> 3:15 <b>Billiards With Bryan, G</b> 7:00 <b>Fashion Police "Has-Beens" With Emily, LR</b>	9:30 <b>Road Trip to Pacifica With Lunch at Nick's, OP</b> 10:00 <b>Peripheral Neuropathy Support Group, A</b> 3:00 <b>You Are the Star Photo Show, HWLR</b> 7:00 <b>Drive-In Movie: "Driving Miss Daisy," LR</b>	2:00 <b>High Stakes Bingo, LTR</b> 3:15 <b>Activity Meeting, LTR</b> 7:00 <b>Movie Night: "Footloose," TR</b> 7:00 <b>Relay for Life-Luminaria Night in the Courtyard, P</b>	2:30 <b>Painting Class, HWAR</b> 3:15 <b>PrimeFit "Ah, the Memories" Ball Toss, LR</b> 7:00 <b>You Are the Star Photo Show, LR</b>	9:00 <b>Breakfast Bunch at Jim's (Pleasanton), OP</b> 3:00 <b>Page Turners Book Club, TR</b> 4:00 <b>Cocktails, ML</b> 7:00 <b>Tri-Valley Youth Music Ensemble, LR</b>	1:30 <b>Afternoon Movie: "Modern Marvels: The Golden Gate Bridge," TR</b> 2:30 <b>Vineyard Reception, HWML</b> 5:00 <b>Monthly Family Dinner &amp; Speakeasy, LTR</b> 7:00 <b>Community Hu Chant, A</b>
<b>Happy Birthday, Golden Gate Bridge!</b> 1:00 <b>Popcorn Social, BC</b> 1:30 <b>Afternoon Movie: "Modern Marvels: The Golden Gate Bridge," HWTR</b> 2:00 <b>Bingo!, WCR</b>	<b>MEMORIAL DAY</b> 11:30 <b>Memorial Day Lunchtime BBQ, P</b> 5:00 <b>Memorial Day BBQ Dinner, P</b>	8:30 <b>Early Bird Bingo With Laurie, LTR</b> 10:00 <b>"Done That" News Clipping Display, LR</b> 10:00 <b>Out for the Day: Broadway Plaza, Walnut Creek, OP</b>	1:30 <b>"Memory Lane" Ice Cream Social, ML</b> 2:00 <b>Bingo!, WCR</b> 3:30 <b>Tripoli, ML</b> 7:00 <b>Movie Night: "Being There," TR</b>	2:30 <b>Painting Class, HWAR</b> 3:00 <b>May Birthday Celebration, ML</b> 3:15 <b>Musical Guest: Antonia Venezia, LR</b>	<b>Birthdays</b> Donna Beck, 1st • Phyllis Fachner, 1st • Elien Cross, 2nd • Connie Ewy, 3rd Joan Tringali, 4th • John Jessup, 5th • Barbara Smith, 6th Ellen McNellis, 6th • Louis VanLandingham, 8th • Florence Myers, 9th Elsie Cueto, 9th • Marjory Di Trapani, 9th • Bee Crane, 10th Audrey McComas, 10th • Lois Murray, 10th • Rachel Trocchiano, 10th Fannie Annis, 11th • Winifred Ludwig, 11th • Mary Fitts, 12th Cora Maille, 14th Ann Lincoln, 16th • Marie Candaux, 17th Earl Lawrence, 17th • David Hogue, 18th • Flora Rizzo, 21st Gloria Swanson, 22nd • Roberta Cantua, 27th • Alberta Gawura, 28th	<b>Transportation</b> Monday: 9-11 a.m. and 1-3 p.m., Doctor Appointments Tuesday: Excursion Day, OP Wednesday: 9-11 a.m., Grocery Shopping; 1-3 p.m., Department Stores; 2-3 p.m., Library Thursday: 9-11 a.m. and 1-3 p.m., Doctor Appointments Friday: 9-11 a.m., Doctor Appointments; Afternoon Excursion, OP

## And They're Off! (Continued)

Clark saw this and got the idea to make the rose the official flower of the Derby. However, it was not until 1896 that the first garland was given to the winner.

The first official Kentucky Derby was held May 17, 1875. A colt named Aristides won under jockey Oliver Lewis. In 1973, the horse Secretariat was the first Derby winner to break the two-minute barrier, with a time of 1:59. Secretariat went on to win the Triple Crown, meaning he won the Kentucky Derby, the Preakness Stakes and the Belmont Stakes. Only 11 horses have won the Triple Crown; the first was Sir Barton in 1919 and the latest was Affirmed in 1978.

Fun traditions like donning large spring hats and sipping mint juleps are a big part of the Derby's appeal. This year, gather with friends in your spring finest to cheer on your favorite picks. Armed with a little history of "The Greatest Two Minutes in Sports," you're now ready to celebrate this year's Derby in style. Let the races begin!

## Sleep Tight!

Did you know that May is Better Sleep Month? These tips may prevent you from tossing and turning throughout the night.

The most important thing you can do to sleep better is to keep a consistent schedule. Try to fall asleep around the same time every night. Keeping a schedule will regulate your sleep-wake cycle and help you stay asleep for a full eight hours. Another tip: Make sure you don't go to bed too hungry or too full. Eating certain foods just before bed has been shown to cause vivid dreams, which may leave you feeling tired in the morning. And, of course, ingesting caffeine before bed, or even too late in the afternoon, can keep you up longer. If you have trouble falling or staying asleep, stick to non-caffeinated beverages at the day's end. Decaf coffee and herbal tea are just a few options.

Another helpful habit is to have a bedtime ritual to prepare your body for sleep. Try taking a hot shower or soaking in a relaxing bath. Read a book or listen to soothing music. Studies have shown that electronic devices, particularly those with backlit screens, may keep you from falling asleep. For that reason, try to do something besides watching the TV or using the computer when bedtime draws near.

Setting up your room for sleep is also important. Most people sleep best in slightly cool, dark, quiet places. Turn on a fan or invest in a sleep mask to create the perfect sleep setting.

Limiting naps and exercising regularly will improve your slumber as well. Try to nap no longer than 30 minutes a day in the middle of the afternoon. Exercise helps make you tired, but you should work out at least two hours before bedtime, since people tend to feel more energized immediately after a workout.

## Refreshing Summer Beverages

During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's OK to mix in a few fun drinks, too. In the summer, iced tea is a delicious option. While tea has been served hot for centuries, iced tea supposedly got its start when plantation owner Richard Blechynden was selling hot tea at the St. Louis World Fair. He poured some tea over ice and served it cold to patrons to help them cool off.

According to WebMD, tea has been linked to possible health benefits. It's generally considered much healthier than soda, and tea drinks tend to have less sugar than fruit juices. It's also easy to make, and there are caffeine-free varieties as well.

Some studies indicate the high antioxidant levels of green tea can fend off cancer, alleviate high cholesterol, and even lower your risk for Alzheimer's. (However, you should not drink green tea if you take certain medications, such as the blood thinner Coumadin. Talk to your doctor for more information.) The most common iced tea, like the kind you normally get at restaurants, is what's known as black tea. Studies suggest black tea might alleviate the risk of stroke. Both green tea and black tea contain caffeine. Herbal, caffeine-free teas can be served over ice, too – the possibilities are endless!

Here's a recipe for an invigorating twist on iced tea. Enjoy!

### Peach-Mint Green Tea

2 cups water	1/2 cup fresh mint leaves
5 green tea bags	3 tablespoons sugar
12-ounce can peach nectar	

Bring water to boil and add tea bags. Steep for five minutes. Remove bags and stir in nectar, mint and sugar. Cover and chill for up to 24 hours. Serve over ice.

## HERITAGE ESTATES

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

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