

livfun

Heritage Estates

AUGUST 2020 · TOP OF THE CLASS

Eric Soderlund — New General Manager in North Carolina!

We want to wish our very own Eric, a huge congratulations on becoming the new General Manager at the Raleigh NC Leisure Care property! We knew him here at Heritage Estates as our PrimeFit instructor, then as a Sales Advisor before he headed to North Carolina to try life on the East Coast. He was instrumental in opening the new retirement community as Sales Manager. The move was clearly a great one for him even if we miss him here. We wish him all the best!



Eric and his best bud, Brick

Thank You, Hannah!

We can always count on Hannah to play piano every day after lunch. What a treat to hear her beautiful music. Thank you for sharing your talent with us and making each day brighter.



Hannah, John, Gretchen, Patsy and Chuck

Fourth of July 2020

This was a very different Fourth of July for all of us, but so many of you decorated your doors and wore your red, white and blue for days prior, despite our shelter-in-place. It was a true glimpse of America as we went door to door delivering things and seeing the patriotic colors. Thank you!



Ernie

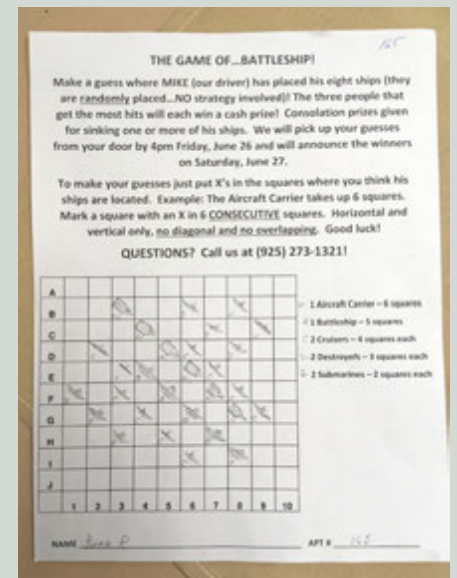


Suzy and Ted with decorations made by a great-grandchild, toilet paper tubes and crepe paper



Battleship

We are having a great time playing the game Battleship! We asked people to put X's in the boxes to represent their different ships, but one came back a bit more creatively!



Thank you, Barbara Richards!

Movin' to Music



Virginia, Theresa, Lea and Jane

A Message From Leisure Care

As you know, due to the continuing situation brought on by COVID-19, we have modified our schedule of activities in order to keep our residents and staff safe and healthy. Instead of the monthly calendar, we are using this space to provide additional activities you can do at your leisure. Again, we thank you for your support and cooperation as we settle into new routines.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Brain Bender: At the Beach

Leo, Sabrina and Vicky went to the beach. Each of them saw a sea creature—starfish, crab and jellyfish—and enjoyed a treat from the concession stand—ice cream, snow cone and hot dog. They also met new friends by joining in an activity—Frisbee, volleyball and flying a kite.

Using the clues, can you figure out how each person spent the day?

- Sabrina did not play volleyball, see a crab, or eat a snow cone.
- The person who flew a kite also saw a jellyfish.
- Leo did not fly a kite, but he did eat a hot dog.
- Vicky either saw a jellyfish or ate ice cream.

Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17				18					19				
20				21				22					
			23					24	25				
26	27	28						29	30				
31							32			33	34	35	36
37					38	39				40			
41				42						43			
			44					45	46				
47	48	49	50			51	52						
53					54		55				56	57	58
59						60					61		
62					63						64		
65					66								67

ACROSS

- | | |
|---|---|
| 1. Airport-to-hotel transports | 4. Seated bath |
| 5. Wash | 5. Attack with gunfire |
| 10. Incline | 6. Boxes |
| 14. Make ___ sit | 7. Flush type |
| 15. Misshapen folklore man | 8. Univ. of Louisiana at Lafayette, for short |
| 16. Hip sections | 9. ___ cheese dressing |
| 17. Welterweight champ, once | 10. Hair solution |
| 20. Morns, for short | 11. Like a bird |
| 21. "I'm so hungry, I could ___ horse!" | 12. Muddy spots |
| 22. Northern part of Ireland | 13. Man of the cloth |
| 23. In a risk-free manner | 18. Hole-enlarging tool |
| 25. Waterbirds | 19. Olympian Korbust |
| 26. Job applicant papers | 23. Enjoys a water sport |
| 29. Tumor's suffix | 24. Name for a cartoon bear |
| 31. Love, in Livorno | 26. Scrape |
| 32. Representative: abbr. | 27. Muslim leader |
| 33. Word with horn or drum | 28. Teed off |
| 37. First Englishman to sail around the world | 30. Rainier & McKinley: abbr. |
| 41. Elected official: abbr. | 32. ___ up: misbehave |
| 42. Kennel boarder | 33. British machine guns |
| 43. Eagle's home | 34. River in Switzerland |
| 44. "___ got the whole world in His..." | 35. Short theatrical sketch |
| 45. Items for baby | 36. Uses one of the senses |
| 47. Dwelling | 38. Gorilla |
| 51. i.e. | 39. Fit snugly together |
| 53. Warp | 40. Breakfast request |
| 55. Years in Mexico | 44. Thyme or basil |
| 56. Prefix for center or gram | 45. Musical instruments |
| 59. Pat Nixon's predecessor | 46. Peter ___ |
| 62. Late coming back? | 47. Philosopher/educator Mortimer |
| 63. Foot support | 48. Blessed: Lat. |
| 64. Dill herb | 49. See the light ___; come into existence |
| 65. Comedienne Martha | 50. Author whose monogram was ACD |
| 66. Grammar book chapter | 52. Wore |
| 67. Rule out | 54. Water vapor |

DOWN

- | | |
|------------------------------|-----------------------------|
| 1. Hombre's home | 58. One ___ one is one |
| 2. Former student, for short | 60. Traveler's way: abbr. |
| 3. Works in a market | 61. Of a branch of the mil. |

Paws-itively Famous

Match the famous canine character to their movie role.

Dog Character

- Copper
- Fly
- Pongo
- Old Dan
- Buck
- Slinky
- Petey
- Dug

Movie

- "Up"
- "The Call of the Wild"
- "Toy Story"
- "The Little Rascals"
- "The Fox and the Hound"
- "Babe"
- "Where the Red Fern Grows"
- "101 Dalmatians"

Tongue-Tied

Try these tongue-twisting combinations without getting tripped up!

- She sees cheese.
- He threw three free throws.
- How can a clam cram in a clean cream can?
- Imagine an imaginary menagerie manager managing an imaginary menagerie.
- Thirty-three thirsty, thundering thoroughbreds thumped Mr. Thurber on Thursday.
- If you must cross a coarse cross cow across a crowded cow crossing, cross the cross coarse cow across the crowded cow crossing carefully.
- Researchers say this phrase is the world's most difficult tongue twister: Pad kid poured curd pulled cord.

Word Challenge

Create three different words using the letters A, E, I, M, N and R. You must use all the letters for each word.

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

3				6		2	8	
		4				5		
6	1							3
9		3						
	8		7		5		6	
						9		2
5				7			4	1
		9				7		
	3	6		4				9

Just for Laughs

Q: How do you fix a broken tomato?

A: With tomato paste!

Puzzle Solutions

Brain Bender: At the Beach

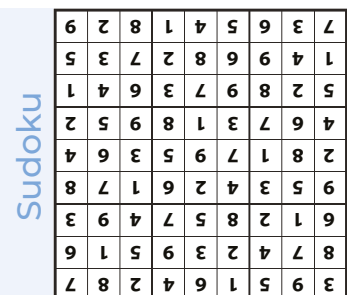
Leo saw a crab, ate a hot dog, and played volleyball. Sabrina saw a starfish, ate ice cream, and played Frisbee. Vicky saw a jellyfish, ate a snow cone, and flew a kite.

Paws-itively Famous

1. E; 2. F; 3. H; 4. G; 5. B; 6. C; 7. D; 8. A

Word Challenge

airmen, marine, remain



Seated Line Dancing

This is our most popular class, seated line dancing. There are three classes every Saturday morning with movement and music, and fun and laughter too. If you haven't tried it yet, you really should. Call Activities at (925) 273-1321 to get on the schedule.



Norma, Jean, Nancy, Nita and Josie



Dolly, Patty, Nancy, Marjie and Lynette



Becky, Nancy, Janet and Nita

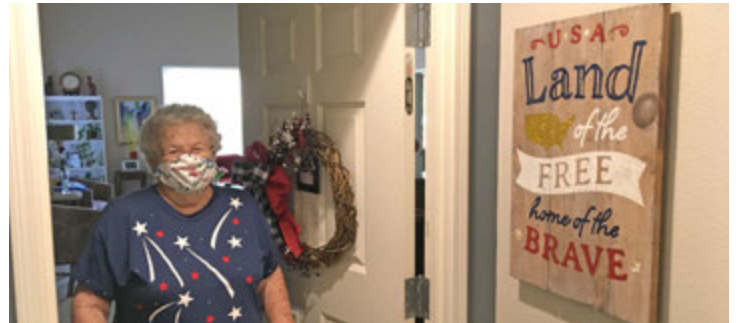
Stay Hydrated!

Please remember to drink water throughout the day, especially on the hot summer days of August.



Red, White & Blue

Valeria's apartment door and patio are always decorated red, white and blue, but when she came to the door dressed in it as well, a picture just needed to be taken. Even her mask is red, white and blue!



Valeria

Brain Games



Sue, Joanne, Sheila and Barbara

August Birthdays

Chuck Thomas, 3rd	Louise Gray, 15th	Janet Judd, 22nd	Glenna Younie, 26th	Evonne Lane, 29th
Mary Spragge, 7th	Harry Dietrick, 15th	Lindsey Stewart, 22nd	Josie Mendez, 27th	Ann Malone, 29th
Deloris Pawloski, 8th	Michael Magorno, 16th	Carl Walter, 24th	Gretchen Clatworthy, 29th	Sumako Kanaya, 30th
Joan Holm, 10th	Barb Swanborg, 22nd	Theresa Ortiz, 25th		

HERITAGE ESTATES

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

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Livermore, CA 94550
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Staff

General Manager
Steve Battisti

Guest Services Manager
Karen Crittenden

Sales Manager
Sue Harding

Sales Advisors
Lovelyn Serios
Acacia Burns

Move-In Coordinator
Kati Keri

Chef
Patrick Nunez

Restaurant Manager
Alex Brown

Health and Wellness Director
Terry Runkel

Health and Wellness Manager
Alicia Bianco

Compliance Specialist
Camille Dayton

Office Manager
Cheryl Lasit

Administrative Assistant
Jorge Monge

Program Supervisor
Nancy DenBroeder

Assistant Program Supervisor
Sue Barnard

Assistant Program Supervisor
Lea Papa

PrimeFit Instructors
Cathy Wagner
Debbie Gast

Drivers
Michael Miller
Vaughn Lasit
Lesia Wadleigh

Plant Operations Supervisor
Kevin Shinn