

The Club News

Placerville

El Dorado County Older Adult Day Services

July 2022

Staff

Placerville

Site

(530) 621-6180

Nancy Wilson

Program Supervisor

530-621-6198

(530) 621-6180

Sandy Angus

Patti Williams

Program Aides

(530) 621-6180

El Dorado Hills Site

(916) 358-3560

Jillien Smith

Program Supervisor

(916) 358-3565

Kristen Marcum

Program Aide

(916) 358-3565

Both Sites

Annmarie Vaughn

Office Assistant

(530) 621-6180

(916) 358-3560

Ruth Bowman RN

Nursing Consultant

(530) 621-7271

Paper Airplane Contest



Happy Birthday

David King 12th

Member

Mary Wake 31st

Member

Happy July 4th

We Will Be
Celebrating On
Friday July 1ST



July Members of the Month

Dianne Eden & Frank Pignata



Dianne was born in Fort Erie, Ontario in Canada on October 11, 1934 to Albert and Amira and has one sister. She grew up living close to Niagra Falls and has fond memories of picnic lunches while enjoying the beautiful scenery. She married Reggie, and together they have three daughters, Tami,

Tracey, and Tara. Dianne earned her Bachelor of Science Degree and spent her career as a Public Health Nurse after graduating from Sacramento State with a 4.0 GPA. Dianne is very athletic and loves sports. She coached her daughters basketball and softball teams and continued to play softball with her daughters for many years. She also belonged to the Placerville Tennis Club and Cold Springs Golf Club. Over the years Dianne has traveled all over Canada, the Carribean, and Florida. She currently enjoys watching sports on TV and visiting with her daughters and grandchildren. We are so glad you are here with us at The Club! here with us at The Club!



Frank was born in Brooklyn, New York to Giuseppe and Anna. He has four siblings. After graduating from Sacramento State University he became a math teacher at the Sacramento Country Day School where he received numerous awards and noted accomplishments. Frank was a Merchant Marine and earned five medals and also in the Air Force where he earned six medals.

His military service sent him all over the world to places like Egypt, the Persian Gulf, South Africa, and Manila just to name a few. He has been married to his beautiful wife Brenda Sue since 1979 and after the blending of families has 7 children. Over the years Frank has belonged to numerous clubs like the Italian Cultural Society, school Ski club, and Math club. There are many more. A former student of Franks named him as their "favorite teacher" and there was an article in the Ladies Home Journal magazine. Family is very important to Frank and he has so many fond memories like taking his boys flying, making Pine cars, helping out at football practice and on school projects. He also wrote a book about his life! Some of his other interests include the History of WWII, flying airplanes, fishing, and family games.

July is a beautiful time for ... J FUN IN THE SUN !!!

We all love summer fun: spending time with family, friends, having picnics, barbecues, and splashing in water!! Here are some tips to stay Safe & keep yourself Protected during these long, often warmer days of this lovely time of year.



HATS!!! Be sure to keep your skin protected by wearing hats, sunglasses & using sunscreen. Just 10-30 minutes of sun exposure several times a week can provide you with adequate Vitamin D to help keep your bones strong by retaining calcium & phosphorous. However, please remember to wear light, protective clothing, use umbrellas or canopies, and re-apply sunscreen every 2-3 hours to shield you from the harmful effects of the sun rays.

SMILES!! Having fun & enjoying activities is great!! It's also replenishing to rest, take Siestas, and relax. Gentle exercise and drinking adequate amounts of fluids (6-8 glasses of clear water) will help you stay well hydrated, healthy & keep your skin glowing and soft, resistant to infection, and keeps muscles and bones strong and limber. Take photos of your precious moments with family, friends and time in nature ~ experiences to treasure always!

ENJOY!!! Whether you like to garden or putter around the house, perhaps golf or reading an interesting book or magazine, listening to music, splashing in the pool, sharing a delicious meal or watching old movies ~ enjoy!! Take the opportunity to reach out to others ~ ask how they're doing, include them in your world. We are never too old or young to make a friend, share a laugh, and enjoy another's company. Including something new in our routines every week, feeling gratitude, helps us expand our experiences & joyful moments.

Thank you, be safe & take good care of yourselves!! ~ Ruth Bowman, PHN



The Club
(530) 621-6180

PLACERVILLE ACTIVITY CALENDAR

Calendar subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				
<div style="border: 1px solid black; padding: 5px;"> <p>8:30 Games & Socializing 9:30 Morning Snack 10:15 Chair Aerobics 10:30 Daily Chronicle and Announcements 12:00 Lunch 1:00 Free Time 1:30 Let's Get Movin' 3:15 Snack Time</p> </div>				
				

4	5	6	7	8
The Club will be closed 	10:50 Members Council Meeting 1:00 Quiet Time 2:00 Fit Exercise Class 3:30 Balloon Volleyball 4:00 Gadgets & Gizmos	10:50 Craft Class 1:00 Quiet Time 2:00 Shuffle Board 3:30 Word Games 4:00 Over or Under 50	10:50 Bulls-eye Toss 1:00 Quiet Time 2:00 Chair Yoga Class 3:30 Sing Along 4:00 World Chocolate Day	10:50 Horseshoes 1:00 Quiet Time 2:00 Bowling 3:00 Table Games 4:00 Collector Cars Appreciation




11	12	13	14	15
10:50 Craft Class 1:00 Quiet Time 2:00 Slap Shot Game 3:00 Star Spangled Banner 4:00 Toys of Yesterday	10:50 Peer Group 1:00 Quiet Time 2:00 Chair Yoga Class 3:30 Who am I? Game 4:00 Milton Berle's Birthday	10:50 Garden Club 1:00 Quiet Time 2:00 Little Bit of Fiddle Band Entertainment 3:30 Trivia Game 4:00 Nations Moon Day	10:50 Papas Toss 1:00 Quiet Time 2:00 Bingo Game 3:30 Word Games 4:00 Double Dip	10:50 Bulls-eye Toss 1:00 Quiet Time 2:00 Horseshoes 3:00 Crossword 4:00 Trivia

18	19	20	21	22
10:50 Garden Club 1:00 Quiet Time 2:00 Bingo 3:30 Sing Along 4:00 Phyllis Diller's Birthday	10:50 Peer Group 1:00 Quiet Time 2:00 Fit Exercise Class 3:30 Word Games 4:00 Major league Baseball All Stars	10:50 Craft Class 1:00 Quiet Time 2:00 Ladder Ball 3:30 Book Club 4:00 Man On The Moon	10:50 Shuffle Board 1:00 Quiet Time 2:00 Chair Yoga Class 3:30 What am I? Game 4:00 Junk Food	10:50 Papas Toss 1:00 Quiet Time 2:00 Slap Shot 3:00 Trivia 4:00 Table Games

25	26	27	28	29
10:50 Craft Class 1:00 Quiet Time 2:00 Bowling 3:30 Word Games 4:00 Carousel and Fair Trivia	10:50 Peer Group 1:00 Quiet Time 2:00 Chair Yoga Class 3:30 Sing Along 4:00 History of the USPS	10:50 Garden Club 1:00 Quiet Time 2:00 Bingo 3:30 Crossword Game 4:00 Hula Hoop Day	10:50 Bulls-eye Toss 1:00 Quiet Time 2:00 Fit Exercise Class 3:30 Reminiscence 4:00 What am I	10:50 Ladder Ball 1:00 Quiet Time 2:00 Horseshoes 3:30 NASA Day Trivia 4:00 Who Am I? Game

July Menu 2022

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 				<p>1 Hot Dog on a Bun Broccoli Florets Blueberry/Crisp Small Box of Raisins Milk</p>
<p>4 Closed for Fourth of July Holiday</p>	<p>5 Salsbury Steak with Mushroom Sauce Whole Grain Penne Pasta Brussels Sprouts Fresh Peach Milk</p>	<p>6 Polynesian Chicken Breast Wild Rice Peas and Carrots Nectarine Milk</p>	<p>7 Roasted Turkey with Gravy Sweet Potato Mash California Blend Vegetables Orange Milk</p>	<p>8 Slurping Scampi Roasted Oriental Blend Whole Grain Breadstick Applesauce Milk</p> 
<p>11 Shepherd's Pie Steamed Spinach Whole Wheat Roll Apricots Milk</p>	<p>12 Chicken Cacciatore with Red and Green Bell Peppers, Carrots and Onion White Rice Banana Chocolate Milk</p>	<p>13 Ground Turkey Sloppy Joes Whole Grain Bun Roasted Brussels Sprouts Crisp Apple Milk</p>	<p>14 Crab Cake with Tartar Sauce Garlic Mashed Potatoes California Blend Vegetables Fresh Plum Milk</p>	<p>15 Juicy Tri-Tip Wild Rice Pilaf Roasted Summer Vegetables Mandarin Oranges Milk</p>
<p>18 Beef Noodle Stroganoff with Whole Grain Noodles Roasted Broccoli Pears Milk</p>	<p>19 Orange Chicken Fajita Veggies Couscous Nectarine or Peach Chocolate Milk</p>	<p>20 Philly Cheesesteak Sandwich on a Whole Grain Roll Green Beans Orange Milk</p>	<p>21 Fresh Baked Salmon Wild Rice Seasoned Spinach Fruit Cocktail Cup Milk</p>	<p>22 Turkey and Dumplings Steamed Carrots Applesauce Chocolate Milk</p>
<p>25 Creamy Chicken Enchilada Casserole Wild Rice Green Beans Orange Sections Milk</p>	<p>26 Pulled Pork California Blend Vegetables Whole Grain Hawaiian Roll Warm Apple Compote Milk</p> 	<p>27 Meatloaf with Mashed Potatoes and Gravy Roasted Brussels Sprouts Applesauce Milk</p>	<p>28 Baked Ziti Italian Blend Vegetables Whole Grain Roll Mandarin Oranges Milk</p>	<p>29 Baked Cod Couscous Broccoli Florets Mixed Fruit Cup Chocolate Milk</p>

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

For reheating instructions, please see the other side of this menu.

Service is subject to interruption due to weather or power outages. Menu is subject to change.