

The Club News

Placerville

El Dorado County Older Adult Day Services



2022

Staff

Placerville

Site

(530) 621-6180

Nancy Wilson

Program Supervisor

530-621-6198

(530) 621-6180

Sandy Angus

Patti Williams

Kristen Marcum

Michelle Derr

Program Aides

(530) 621-6180

El Dorado Hills Site

(916) 358-3560

Jillien Smith

Program Supervisor

(916) 358-3565

Both Sites

Annmarie Vaughn

Office Assistant

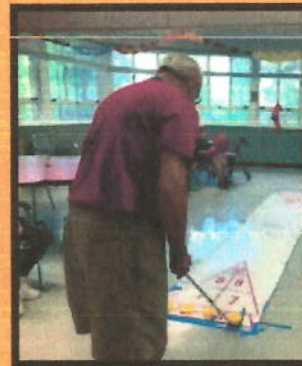
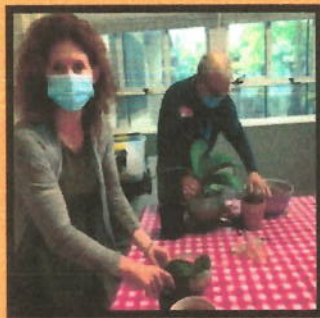
(530) 621-6180

(916) 358-3560

Ruth Bowman RN

Nursing Consultant

(530) 621-7271



Happy Birthday

2nd Susie H

5th Teresa

7th Kristen M

9th Renee B

11th Kay C

14th Janice B

20th Jillien S

28th Frank

30th Donna K

*The Club will be
closed*

*Nov 11 in honor of
Veteran's*



*Nov 24th & 25
For Thanksgiving*



Members of the Month

Norma Rice & Floyd Rice



Norma was born on March 26, 1934 in Saskatchewan, Canada to Charlie and Rachael. Her father was a cowboy and cattle rancher. She has one brother and a sister. She attended Walla Walla College in Washington and earned her Nursing Degree. She met Floyd playing badminton and he won her heart. He brought her flowers every week while they were dating. They were married in 1956. Together they have four children, two boys and two girls. They raised their family in the San Bruno and then Bakersfield area. Norma taught Nursing at Mills Memorial College then later at Bakersfield College. She has many fond memories of the family trip to Hawaii when the kids were small and also when she and Floyd retired and they took a motor home to the east coast and back to California. Norma has 8 Grandchildren and a Great Grandchild on the way. She and Floyd like watching Wheel of Fortune, playing checkers and visiting with family and friends.



Floyd was born in Portland, Oregon on September 17, 1933 to Floyd Sr and Bertha. He has a brother and a sister. After graduating High School, he attended Walla Walla College where he studied Medical Technology. He met Norma while playing badminton. She would beat him every time they played each other. Floyd is pretty sure he was just distracted by Norma since he had a crush on her. They began dating, and he would bring her a bouquet of flowers each week. They were married in 1956 and took a week long honeymoon road trip from Portland to San Bruno. He was able to borrow a video recorder from his Dad and recorded the trip. He and Norma have four children, two boys and two girls. Floyd spent his career working at Squibb Laboratories where he studied Yellow Fever. He retired in 1972 and moved to Pollock Pines. He has 8 Grandchildren and Great Grandchild on the way. He enjoys watching Wheel of Fortune and visiting with his wife Norma. Welcome to The Club Floyd!

Flu Season is Here

The flu season is here and there are simple things that can be done to help prevent you from getting and spreading the flu.

1. The flu vaccine is available at most doctor's offices and pharmacies.
2. Avoid close contact with people who are sick.
3. Stay home when you are sick.
4. Cover your mouth and nose with a tissue when coughing and sneezing. Dispose of your tissues in the trash and don't leave them lying around for others to touch.
5. Wash your hands often to protect you from germs. Soap and water is best but hand sanitizer will work when soap and water are not available.
6. Avoid touching your eyes, nose and mouth.
7. Practice other good health habits. Clean and disinfect frequently touched surfaces at home or work, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. Keeping our bodies healthy is good preventive medicine.






PLACERVILLE ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 Games & Socializing 9:30 Morning Snack 10:15 Chair Aerobics 10:30 Daily Announcements 12:00 Lunch 1:00 Free Time 1:30 Let's Get Movin' 3:15 Snack Time</p>	<p>1 10:50 Men Peer Group 10:50 Buttons Art Class 2:00 Bingo 3:30 San Juan Capistrano Discussion</p>	<p>2 10:50 Poetry Club 10:50 Fit Class 2:00 Fishing Fun 3:30 Who am I</p>	<p>3 10:50 Members Council Meeting 2:00 Horse Racing Reminisce 3:30 Word games</p>	<p>4 10:50 Ladder Ball 10:50 Yoga 2:00 Bowling 3:30 Karaoke</p> <p>1:30 - "My Take"  Calendar</p>
<p>7 10:50 Quilting Club 10:50 Papas Toss 2:00 Fall Leaf Art Class 3:30 Canadian Pacific Discussion</p>	<p>8 10:50 Women Peer Group 10:50 Horseshoes 2:00 Marilyn Monroe Life 3:30 Table Top Games</p>	<p>9 10:50 Poetry Club 10:50 Yoga 2:00 D.P. Entertains 3:30 Word Games</p>	<p>10 10:50 Shuffle Board 2:00 1950's Sing A-long 3:30 Veterans Trivia</p>	<p>11 Closed in Honor </p>
<p>14 10:50 Quilting Club 10:50 Volleyball 2:00 Fall Tree Painting Art Class 3:30 Carol Burnett Outtakes</p>	<p>15 10:50 Bullseye Toss 2:00 Jeff Baldwin Entertains 3:30 Junk Drawer Detective</p>	<p>16 10:50 Poetry Club 10:50 Fit Class 1:30 Lisa Collins Entertains 2:00 Bingo 3:30 Remembering Roy Rogers</p>	<p>17 10:50 Can Jam 2:00 Let's Go To Switzerland 3:30 Who am I</p>	<p>18 Veterans Day 10:50 Bullseye Toss 10:50 Yoga 2:00 Fishing Fun 3:30 Crossword</p>
<p>21 10:50 Quilting Club 10:50 Papas Toss 2:00 Thankful leaves Art Class 3:30 Table Top Games</p>	<p>22 10:50 Bowling 2:00 Little Bit of Fiddle Band Entertains 3:30 Word Games</p>	<p>23 10:50 Poetry Club 10:50 Yoga 2:00 1950's Sing A-long 3:30 Lets Give Thanks</p>	<p>24 </p>	<p>25 </p>
<p>28 10:50 Quilting Club 10:50 Can Jam 2:00 Scrapbooking Art Class 3:30 What am I</p>	<p>29 10:50 Fishing Fun 2:00 Volleyball 3:30 Buzz Word</p>	<p>30 10:50 Christmas Card Art Class 2:00 Cheer Leader Reminisce 3:30 Word Games</p>		

November Menu 2022

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Carnitas Stir Fry Vegetables Refried Beans D'Anjou Pear Vanilla Wafer Cookies Milk	2 Spaghetti with Meat Sauce Italian Blend Vegetables Whole Grain Garlic Breadstick Peaches Milk	3 Clam Chowder Oyster Crackers Mixed Vegetables Oatmeal Date Bar Chocolate Milk	4 Turkey Burger with Melted Cheese on a Whole Wheat Bun Lettuce/Tomato/Onion Tater Tots Juicy Orange Milk
7 Baked Salmon Mashed Potatoes Roasted Brussel Sprouts Whole Grain Hawaiian Dinner Roll Crisp Apple Milk	8 Chicken and Dumplings Broccoli Florets Fresh Grapes Milk	9 Tortellini with Mushroom Sauce Italian Blend Vegetables Whole Wheat Dinner Roll Sweet Apricots Milk	10 Steak Burrito Bowl Black Beans, Wild Rice, Fajita Vegetable Mix and Cheese Tortilla Chips with Guacamole Oatmeal Raisin Cookie Milk	11 
14 Chili Rellenos Fiesta Blend Vegetables Black Beans Fresh Orange Snickerdoodle Cookie Milk	15 Savory Meatloaf with Gravy Roasted Potatoes Cinnamon Honey Carrots Whole Wheat Roll Sweet Apricots Milk	16 Creamy Garlic Shrimp Linguini Noodles Roasted Asparagus Mandarin Oranges Fig Newton Cookies Milk	17 Hot Roast Beef Sandwich Roasted Carrots Applesauce Whole Wheat Hoagie Roll Milk	18 Teriyaki Chicken Wild Rice Stir Fry Vegetables Petite Banana Fortune Cookie Milk
21 Manicotti with Marinara Sauce Roasted Broccoli Garlic Breadstick Fresh Pear Milk	22 Philly Cheese Steak Sandwich on a Whole Wheat Bun Kettle Chips Fresh Orange Milk	23 Turkey with Gravy Cornbread Stuffing Roasted Brussel Sprouts Whole Cranberry Sauce Pumpkin Dessert Milk	24 	25
28 Eggplant Parmesan with Meat Sauce Roasted Zucchini Banana Muffin Milk	29 Pulled Pork Broccoli Florets Whole Wheat Hawaiian Roll Pineapple Milk	30 Fish and Chips California Blend Vegetables Orange Sections Milk	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 	

This monthly menu is for all dine-in, take-out and home delivery.

ADVANCE RESERVATIONS ARE REQUIRED FOR DINE-IN AND TAKE-OUT MEALS.

Calls must be received no later than the day before. Call (530) 621-6160 OR for South Lake Tahoe (530) 573-3130.

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

El Dorado County Senior Nutrition
937 Spring St.
Placerville, CA 95667
(530) 621-6160
For South Lake Tahoe
(530) 573-3130