

BIRTHDAYS

| | | | | | |
|----------|----|----------|----|------|----|
| Karl | 01 | Beverly | 21 | Dan | 27 |
| Jean | 03 | Ruth | 21 | Mary | 28 |
| Terry | 04 | Eleanor | 22 | Mary | 30 |
| Char | 05 | Mack | 22 | Bob | 30 |
| Radell | 12 | Joyce | 22 | | |
| Marty | 12 | Cara | 22 | | |
| Karen | 14 | Alice | 23 | | |
| Alex | 14 | Jane | 23 | | |
| Janet | 15 | Patricia | 23 | | |
| Virginia | 16 | Joan | 26 | | |
| Linda | 16 | Jack | 26 | | |
| Jeline | 17 | Arline | 26 | | |



WEDDING ANNIVERSARIES

| | | |
|-----------------|----------|----------|
| Ruth & David | 55 years | 25, 1967 |
| Theda & Barry | 49 years | 28, 1973 |
| Mary Ann & John | 37 years | 16, 1985 |
| Diana & Craig | 32 years | 05, 1990 |
| Dorothy & Bud | 32 years | 17, 1990 |
| Suzanne & Terry | 25 years | 08, 1997 |

Food Drive

Starts Saturday, November 5th and ends on
Monday, November 14th

*Please drop off non-perishable food items in the
mailroom during those dates.*

For more information, contact Carol Leone at
916-974-7363

Coming in December

RESIDENT MUSICALE

Thursday December 1st

7:00 pm Auditorium

—8 EVC Residents—

Carole Barnes, Rose Burgis, Beverley
Franz, Paul Gerard, Laura Jean
Hageman, Tony Kaye, Bill Mason,
Joan Unter

**4 Pianists will play on 2 grand
pianos — 8 hands!**

Solos, four 2-Piano Duos & two
2-Piano Quartets

Adam, Bach, Bolcom, Brahms,
Debussy, Glie're, Guion, Joplin,
Mendelssohn, Mozart, Webber

VILLAGE NEWS

NOVEMBER 2022

Eskaton Village Carmichael



All residents are invited to join in honoring all veterans of the United States Armed Services, including the 40 who reside as your neighbors. You are encouraged to wear personal items from your military service or the colors red, white, and blue. This event includes an hour of special videos and patriotic music.

Veterans Day

Friday, November 11, 2022

10:30 am Auditorium

Eskaton Village Carmichael

The Life Enrichment/Activity Office has lapel pins for any resident who served in the military. If you do not already have one, please stop by to get a pin representing your branch of service:

| | |
|------|-----------|
| Army | Air Force |
| Navy | Marines |

Residents have been proudly wearing these military pins on their EVC name badges.



Tammy Alves

Director of Resident
Services
916 - 974 - 2035

Tips From the Front Desk

- 1) If you need assistance after office hours and there is no one at the front desk, call Assisted Living at 916-974-2040 or the Front Gate/Campus Patrol at 916-974-2023. For maintenance, call 916-974-2205.
- 2) Please have your guests check in at the Front Desk before going to your apartment or cottage. For after hours, guests can check in at Assisted Living.
- 3) Guest suites are available for a fee with a reservation. Reserve suites well in advance.
- 4) Fill out a Leave of Absence form at the Front Desk if you will be gone overnight. To receive a meal credit while you are away, let someone at the Front Desk know at least 4 days before you leave.
- 5) For large deliveries such as beds and other furniture, notify the Front Desk and the Front Gate ahead of time. Let them know the date and estimated time of delivery so they can allow the delivery company to proceed to your unit.
- 6) When outside vendors deliver to the front desk (UPS, FedEx, Amazon, etc), items will be processed and a green "Package ready to pick up" notice will go into the resident's cubby. Please allow time for packages to be processed.

Thanksgiving Menu Thursday, November 24, 2022

12:00 pm-2:00 pm

Sweet Potato Bisque
Ambrosia Salad
Fall Harvest Mixed Grain Salad
Roasted Turkey
Honey Baked Spiral Ham
Stuffed Acorn Squash
Mashed Potatoes & Turkey Gravy
Baked Yams
Traditional Bread Stuffing
Green Bean Casserole
Assorted Housemade Pies



DINING ROOM SCHEDULE FOR THANKSGIVING DAY

Breakfast 7:30 am-9:00 am
Thanksgiving Main Meal
12:00 pm-2:00 pm

*Box Lunches will be available from
2pm until 3pm in the Village Café*

Parkinson's Support Group Meeting

Thursday, November 10
10:00-11:30 am TV Room

Residents with Parkinson's, their spouses, and significant others are invited to attend.

The topic will be announced at the meeting.

Please join us. Direct questions, suggestions, or comments to Mary Ann Cardy at 925-451-0995

Game Time

Cribbage Club
Every Thursday at 1:00
In the Key Club

**Play, Learn,
Enjoy**

For more information
Call Dolores Nielsen
916-969-7442

Art Video Group

Are you interested in the visual arts and art history? Join us for a monthly informal get-together where we will view and discuss a documentary or dramatization about a particular artist or artistic movement.

Sunday, November 6th
at 7 pm in the TV Room

We will watch a fascinating lecture about the techniques and methods used by Vincent van Gogh in some of his most famous paintings.



Please bring your own suggestions for future topics. For further details contact John Cardy

925-451-6101

Art Video Meetings will be on the
1st Sunday of each month at 7 pm
in the TV Room



The FORUM Talks

FOCUS ON PHOTOGRAPHY – Four Perspectives!
Four of our Photographers will talk about their work.

When: Thursday, November 3rd, 2022

Time: 07:00 pm to 08:00 pm

Where: The Auditorium



Dave Willmott
Photo Editing



Carol Choate
India



Craig Johnson
Environmental Portraits



Lila Daniels
Emotional Abstract

Music, Music, Music

Friday, November 11th

7:00 PM Auditorium

Please join us in the Auditorium as we
once again welcome **Tri Musica**



Sandra McPherson, clarinet, **Susan Lamb Cook**, cello, and **John Cozza**, piano, will perform works by Durwynne Hseih, Henriette Bosmans, Jessie Montgomery, and Johannes Brahms.



Necklace and Textile Sale

**Benefiting the Monthly
Musical Event Committee**

Monday, November 7th

**11:00 am -7:00 pm
in the Key Club**

Diana Foch, Sharon Carson, Lila Sparks-Daniels, Mariann Sheldon, Corky King, Jean Angel, and Marion Flandrena, all talented members of EVC's Pins and Needles group, have generously donated knitted items to the upcoming **Necklace and Textile Sale** on **Monday, November 7th**.

Several of these beautiful items will be paired with kumihimo fabric necklaces, hand-made and graciously donated by Wendy Burgis.

A silent auction for the necklaces will be held between 11 AM and 7 PM in the Key Club. Stop by and bid often! All textile items – scarfs, sweaters and more - will be available for sale throughout the day. Come early to secure the item(s) you want. They all make fabulous, tasteful gifts for yourself or a lucky dear one.

*All proceeds benefit
the Monthly Musical Event Committee.*



Give Back Corner

ARTISAN MIND

Studies have shown that expression through art can help people with depression, anxiety, and stress. **Art has also been linked to improved memory, reasoning, and resilience in aging adults.** Did you know that the Eskaton Foundation, through the generosity of our donors, **sponsor the Art Reveals on the Screen, Art Reveals on Canvas, and Art Tile work with Artisan Mind?**

Artisan Mind's classes are offered throughout Eskaton communities twice monthly. These engagement classes are focused on art observation, painting, and life-enriching opportunities that nurture strength, hope, and joy through creative experiences. See your monthly events calendar for the next class or ask your Life Enrichment team to share more about these classes with you.

Consider a donation to "Where the Need is Greatest" to help support Life Enriching classes like these. Questions? Reach out to the **Director of Fund Development, Nicole Zamora, CFRE** today to learn more about your giving options. Call Nicole at 916-802-3749 or email, nicole.zamora@eskaton.org.

End of Life Educational Series

Eskaton Foundation has partnered with the Coalition for Compassionate Care of California to bring the remaining 2 sessions of a 4 session program promoted by the EVC End of Life Committee.

Wednesday, November 2nd The Final Chapter: Hospice and the Dying Process

Wednesday, November 16th Leaving a Legacy: Life the Way You Want to be Remembered

**All sessions start at 7:00 p.m.
In the Auditorium**

**To RSVP or for more information,
please contact Nicole Zamora, CFRE at
(916) 334-0810 or
foundation@eskaton.org**



Making Fitness Fun Judy Barnett, Fitness/Wellness Coordinator

Practicing Mindful Breathing

Breathing exercise is one way to practice mindfulness. To practice mindful breathing, start by finding a comfortable place to sit and close your eyes. Then, focus your attention on your breath. Notice how your body feels as you breathe in and out. Don't try to slow down your breathing or follow a pattern. Instead, pay attention to how you breathe naturally.

Your first few breathing meditations should be very short so that you can slowly adjust to the practice. Five minutes is plenty of time to start with, but you can gradually increase the length of the meditation as it becomes more comfortable.

Some people find it helpful to use a visual resource during breathing exercises. You can draw a circle on a sheet of paper and trace your finger around it while you breathe. Inhale between 12 o'clock and 6 o'clock, and exhale as you trace the other half of the circle.

**All Fitness Classes Cancelled
Nov 24th and 25th**



Winter Fitness Activities

Swimming: This popular form of fitness is good for the body, mind, and spirit. In addition to keeping you physically fit, swimming can also help soothe anxiety and relieve pain in joints damaged by arthritis.

Tai Chi: An ancient form of exercise, Tai Chi helps build stamina and strength. Its gentle movements are good for those who might have mobility issues that make high-intensity forms of physical fitness difficult. Tai Chi also teaches participants breathing techniques which can alleviate stress.

Yoga : Yoga helps build core strength and overall fitness.

***Check Fitness Calendar for Class Dates
and Times***

**Avalon Hearing Clinic
Wednesday, November 2nd**
ALU 3:30 pm-4:00 pm Rec Room
ILU 4:00 pm-5:00 pm Music Room
**Fitness Committee Meeting
Tuesday, November 8th**