

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00 Barber</p> <p>9:30 Stretch & Flex</p> <p>10:30 Resident Council Mtg.</p> <p>12:30 Local Shopping</p> <p>2:30 Balance & Energize</p> <p>4:30-5:30 Debi Destiny – TableSide Magic</p> <p>5:15 Pinochle</p> <p>5:30 Spinner <i>All Fools' Day</i></p>	<p>9:30–2:00 Beauty Shop Open</p> <p>9:30 Light Weigh</p> <p>10:00 Armchair Travel: Africa – Savannah & Congo</p> <p>1:00 Hearing Aid Service-Library</p> <p>1:00 Stretch & Flex</p> <p>2:30 Bingo</p>	<p>9:00-1:00 AARP Taxes 3</p> <p>9:30 Balance & Energize – Library</p> <p>10:00 High Hand Nursery Lunch</p> <p>11:00 Catholic Communion</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>6:00-8:00 Writers' Guild</p>	<p>4</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited</p> <p>1:00 Stretch & Flex</p> <p>1:30 Welcoming Committee</p> <p>2:30 Balance & Energize</p> <p>3:00 Bible Study</p> <p>5:15 Hand & Foot</p>	<p>5</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>12:30 OPENING DAY FOR BEAN BAG BASEBALL!!</p> <p>12:30 Dollar/Thrift Stores</p> <p>3:15 Happy Hour</p> <p>5:15 Pinochle</p> 	<p>6</p> <p>9:00-1:00 AARP Taxes</p> <p>9:30 Balance & Energize</p> <p>12:30 Movie Matinee: <i>Sully</i></p> <p>1:00 Bridge – Oak Rm.</p>
<p>7</p> <p>5:30 Christian Fellowship Pastor: Sandy Pierce</p>	<p>8</p> <p>9:30 Stretch & Flex</p> <p>10:00 Fellowship Planning</p> <p>12:30 Local Shopping</p> <p>2:00 Paint Class w/ Conni</p> <p>2:30 Balance & Energize</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p>	<p>9</p> <p>9:30–2:00 Beauty Shop Open</p> <p>9:30 Light Weights</p> <p>10:00 Armchair Travel: Africa- Sahara & Cape</p> <p>10:00 Pat Wagner Jewelry & Gifts</p> <p>1:00 Stretch & Flex</p> <p>2:30 Bingo</p>	<p>10</p> <p>9:00-1:00 AARP Taxes</p> <p>9:30 Balance & Energize-Library</p> <p>Movie and a Meal Time TBD</p> <p>11:00 Catholic Communion</p> <p>11:00 - 11:45 Book Mobile</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>6:00 Community Concert</p>	<p>11</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited</p> <p>1:00 Knitting</p> <p>1:00 Stretch & Flex</p> <p>2:30 Balance & Energize</p> <p>5:15 Hand & Foot</p>	<p>12</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>12:00 Birthday/Anniversary</p> <p>12:30 Bean Bag Baseball</p> <p>5:15 Pinochle</p>	<p>13</p> <p>9:00-1:00 AARP Taxes</p> <p>9:30 Balance & Energize -Library</p> <p>12:30 Movie Matinee: <i>The Great Quake</i></p> <p>1:00 Bridge – Oak Rm</p>
<p>14</p> <p>5:30 Christian Fellowship Pastor: Rob Langford</p> <p><i>Palm Sunday</i></p>	<p>15</p> <p>9:30 Stretch & Flex</p> <p>12:30 Local Shopping</p> <p>2:00 Paint Class w/ Conni</p> <p>2:30 Balance & Energize</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p>	<p>16</p> <p>9:30–2:00 Beauty Shop Open</p> <p>9:30 Light Weights</p> <p>No Donuts and Discussion</p> <p>12:30 TOWN HALL MEETING</p> <p>2:30 Bingo</p>	<p>17</p> <p>9:30 Balance & Energize - Back to Pine Room</p> <p>10:00 Armchair Travel: Sea Hunter–WWII Relics</p> <p>11:00 Catholic Communion</p> <p>1:00 – 5:00 Beauty Shop Open</p> <p>4:30 RiverCats Game-Raley Field</p> <p>6:00 - 8:00 Writers' Guild</p>	<p>18</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited</p> <p>1:00 Volunteer Appreciation Luncheon-Pine Room-(by invitation)</p> <p>2:30 Balance & Energize</p> <p>3:00 Bible Study</p> <p>5:15 Hand & Foot</p> <p>6:00 Community Concert</p>	<p>19</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>1:00 Bunco</p> <p>3:15 Happy Hour</p> <p>5:15 Pinochle</p> <p><i>Good Friday</i></p>	<p>20</p> <p>9:30 Balance & Energize</p> <p>10:30 Rick Hammond Musical Entertainment</p> <p>12:30 Movie Matinee: <i>San Francisco</i></p> <p>1:00 Bridge – Oak Rm.</p> <p>2:30 Bingo is Back!</p>
<p>21</p> <p>5:30 Christian Fellowship Pastor: Craig Klatt</p>  <p><i>Easter Sunday</i></p>	<p>22</p> <p>9:30 Stretch & Flex</p> <p>12:30 Local Shopping</p> <p>12:30 Federated Women</p> <p>1:00 Visually Impaired Grp.</p> <p>2:30 Balance & Energize</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p> <p><i>Earth Day</i></p>	<p>23</p> <p>9:30–2:00 Beauty Shop Open</p> <p>9:30 Light Weights</p> <p>10:00 Armchair Travel: Sea Hunters – WWII Relics Continued</p> <p>1:00 Stretch & Flex</p> <p>2:30 Bingo</p>	<p>24</p> <p>9:30 Balance & Energize</p> <p>9:30 Haagan Daz Bee Haven at UC Davis/Lunch (\$5.00)</p> <p>11:00 Catholic Communion</p> <p>1:00 – 5:00 Beauty Shop Open</p>	<p>25</p> <p>9:30 Stretch & Flex</p> <p>10:00 Knowledge Unlimited</p> <p>1:00 Knitting</p> <p>1:00 Stretch & Flex</p> <p>2:30 Balance & Energize</p> <p>3:15 Trip sign-ups</p> <p>5:15 Hand & Foot</p>	<p>26</p> <p>9:00 Food Committee</p> <p>9:00 Local Shopping</p> <p>9:30 Light Weights</p> <p>2:00 Story Tellers</p> <p>3:15 Happy Hour</p> <p>5:15 Pinochle</p> <p><i>Arbor Day</i></p>	<p>27</p> <p>9:30 Balance & Energize</p> <p>12:30 Movie Matinee: <i>Only the Brave</i></p> <p>1:00 Bridge – Oak Rm.</p> <p>2:30 Bingo</p>
<p>28</p> <p>5:30 Christian Fellowship Pastor: Bill Brown</p>	<p>29</p> <p>9:30 Stretch & Flex</p> <p>12:30 Local Shopping</p> <p>2:30 Balance & Energize</p> <p>5:15 Pinochle</p> <p>5:30 Spinner</p>	<p>30</p> <p>9:30–2:00 Beauty Shop Open</p> <p>9:30 Light Weights</p> <p>11:00 Country Store</p> <p>12:30 Greeting Card Class</p> <p>2:30 Bingo</p>				

FROM THE DESK OF SANDY..... And here it is again, spring and the month of April are upon us! We take this time of year to recognize and thank both our **resident volunteers** and those who come in a help us in a volunteer role! **April is National Volunteer month** and we appreciate each of you that join in and help out in a volunteer capacity. Every minute you donate more than one person benefits! Remember our “we all have a purpose” campaign a few years ago? When I reminded us that no matter what your physical situation, there is something you can contribute! That having a purpose keeps us healthy both physically and mentally! We need to find that purpose, no matter how large and small; no matter how old we are (or how young at heart we are). Each of us can make a difference in the life of someone else. Don’t know what to do, or where to start? See Mary, Trish, or myself for ideas! As a suggestion we continue to solicit interest in helping in the dining room down in Skilled Nursing, if you think you’d like to explore this volunteer opportunity – please let Mary know and get on the list. We have had one information session and we will have another before we gear up! Just a few hours a week can make a huge different in our dining room down below and benefit your former (and maybe future) neighbors!

We apologize for our phone outage this past month. Please put this alternative numbers in your address/phone book or phones – please share this with others. (530) 497-2000 is our campus direct dial number, if you know the extension you are trying to reach you can dial it at the prompt (for instance health center room extensions) if you don’t dial 4012 and you will get a receptionist. After hours x4025 reaches the nurses station in the health center. Finally encourage your family and friends to watch our Facebook page, if there is a larger outage or local disaster affecting communication we have had good results posting how to reach us and updates on the disaster on social media. So please “Friend” our Facebook page to keep updated in the case of a larger emergency. Finally since we are also talking about Natural Disasters, we need each resident to keep a current number on file with us of your emergency contact(s). If we have to evacuate, being able to reach someone quickly to help you leave, may be key to a smooth and safe evacuation. Please notify us when the primary emergency contact changes or they have a number changes; we rely on you to keep us up to date so we can help if the time comes.

We are happy to welcome to our leadership team:

- Rose Jurgensen**, Dietary Services Manager – Apartment Dining Services
- Titus Hartwick** *promoted* to Assistant Dining Service Manager
- Lupe Frazel**, Environmental Services Manager – All Campus
- Velia Garay**, Assistant Env Services Manager – All Campus

These new team leaders will be working hard to learn all our faces, names, and buildings. You will note that we have combined all housekeeping, laundry, and janitorial services under Lupe and Velia; this transition will allow us to streamline and standardize systems and expectations. Thank you for your understanding as we implement this change. Please say, “Hi” when you see these new (or promoted) team members! Welcome to Gold Country. Congratulations Titus!

Have a thought or idea, email me at sandy.haskins@rhf.org or call me at 621-1100
Sandy

Gold Country Retirement and Health Centers

Celebrate

NATIONAL ADMINISTRATIVE PROFESSIONAL WEEK

April 21-27, 2019

“We don’t do Average, We do Awesome”

"REPRESENTING THE ADMINISTRATIVE TEAM"

Trisha Raines	Kim Mattos	Denise Pirnik
Susan Keale	Dawn Whitecotton	Teresa Schoener
Claudia Bethke	Chris Monroe	Monique Churray
Danette Helwig	Debbie Grote	

WE APPRECIATE YOU

WE SALUTE OUR LOCAL PHYSICIANS

NATIONAL DOCTORS DAY

MARCH 30, 2019

Thank you

Dr. Gregory Smith, MD

Medical Director & Attending Physician
 Skilled Nursing

“Physician of the Year”

as voted by the residents of Gold Country

Dr. Phillip Abela, MD

Family Medicine