

# Gardens ' News

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October 2019



## Happy October Birthday, Residents!

To all of our residents who were born in October, this is your month! We will be celebrating these birthdays on Wednesday, October 30th. A special birthday table will be set up for you, and one outside guest is free.

John Morgan.....	10/02
Leon Gould.....	10/04
Peter Anastasia.....	10/05
Ronnie Roberts.....	10/09
Iris Mickelson.....	10/13
Gary Allen.....	10/14
Sandra Sparks.....	10/14
Mathias Bohn.....	10/16
Dolores Holstien.....	10/18
Frances Sauriol.....	10/18
Martha Reid.....	10/21
Bonnie Clements.....	10/22
Diana Romo.....	10/23
Denise McRae.....	10/24
Donald Sherman.....	10/25
Linda Zenchak.....	10/26
Gretchen Severin.....	10/30
Mary Jane Vanhook.....	10/31

## Staff Directory Lic. #336403516

**Ted Holt**  
Executive Director  
**Alicia Padilla**  
Business Office Director  
**Barbara Mireles**  
Support Services Director  
**Robin Tristao**  
Food Service Director  
**Edoardo Estrada**  
Marketing Director / Resident Relations  
**Esmeralda Cervantes**  
Marketing Assistant  
**Michele Lynch**  
Residential Activity Director  
**Daryl Stout**  
Maintenance Director  
**Robin Gruwell**  
AL/MC Activity Director  
**Venessa Russo**  
Assisted Living Director





### Wish List

As a nonprofit community, we rely on donations for selected projects. The following are examples of the many projects we have on our "wish list:"

1. Atrium Renovation
2. Interior and Exterior Seating that contains shade
3. Resident computer station with Internet, Video Feed, and printers
4. Furniture for the clubhouse lobbies
5. DVD movies for the theater

If you feel compelled to make a generous donation, please contact our Administrative Director. Thank you in advance for your support.

### Welcome to Sun City Gardens!

John Crowley  
 John Smith  
 Verla Johnston  
 Larry Mayfield  
 Woody Woodward  
 Barbara Flanagan  
 Fay Hess  
 Ronald DeLosie  
 Jerry Miles  
 Cloyce Carter  
 Lois Fritz  
 Arlene Gagnon  
 Catalina Bleuer  
 Menda Devez  
 Sue Curtis



## Out & About



## From the Desk of...

**Ted J. Holt, Administrator**  
 Sun City Gardens Voted the Best!

We have been notified by The Press Enterprise that Sun City Gardens has been voted in the top 2 Best Senior Communities for the South area zip code. We will be attending an awards ceremony at The Riverside Convention Center to receive the award Sep 12th.

This was a team effort by all departments to receive this recognition.

Our solar project is complete. We now will reduce our energy costs for many years to come.

An improved surveillance camera system will be installed the week of September 10th.

Our Employee of The Month is Jessica Herrera who works as a server in our dietary department. Robin Tristao, her Dietary Supervisor, complimented Jessica's can do attitude.

We look forward to making constant improvements at Sun City Gardens.

Ted J. Holt  
 Administrator

Find us on 



## Pet of the Month



### Midnight Is the October Pet of the Month!

### Congratulations, Midnight!

"Midnight" is Sun City Gardens' Pet of the Month! Midnight is an adorable black kitty who belongs to Rose Novison. Although she looks like a kitten, Rose said she is about 12 years old. Rose said she has always had the sweetest disposition and gets along with everyone. She enjoys relaxing in the sun while looking out the window at the hummingbirds. She is adored by everyone who knows her. Congratulations, Midnight! You deserve it!

### Wit & Wisdom

"The moon puts on an elegant show, different every time in shape, color and nuance."

—Arthur Smith

"I still say, shoot for the moon; you might get there."

—Buzz Aldrin

"I love to think that animals and humans and plants and fishes and trees and stars and the moon are all connected."

—Gloria Vanderbilt

"The moon is a friend for the lonesome to talk to."

—Carl Sandburg

"Those are the same stars, and that is the same moon, that looks down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us."

—Sojourner Truth

"Summer ends, and autumn comes, and he who would have it otherwise would have high tide always and a full moon every night."

—Hal Borland

"To some people, the impossible is impossible. One fine day, they wake up in the morning knowing that they will never hold the moon in their hands, and with the certainty, perfect peace descends on them."

—Elizabeth Bibesco

## Act of Kindness

### A Special Thank You

Sun City Gardens would like to thank Elizabeth Pieratt for kindly donating her time and money to bring dolls for our residents in Memory Care. These dolls have brought so much happiness and comfort to our residents, and have helped residents remember and reminisce about their own experiences with their children. Thank you, Elizabeth and family!



Thank You





## Sun City Gardens' Annual Summer Hoedown!

Each summer we have a Country Western Hoedown, and this year our wonderful entertainer Dani Arribere really got the party started! Many people were on their feet dancing and tapping their toes to the country music. The dining staff cooked delicious food and provided refreshments for everyone to enjoy.





## A Pumpkin's Potential

Native to North America, pumpkins are incredibly versatile and nutritious. Here are some ways you can make sure no part of this autumn staple goes to waste.

**Pumpkin puree.** Pumpkin pulp, or flesh, is high in fiber, vitamins and minerals. To make puree from the pulp, cut the pumpkin in half, scoop out the seeds and strings, and place cut side down on a baking sheet. Bake at 350° F until fork tender, about an hour. Scoop out the flesh and puree in a food processor or blender. The paste can be used in a variety of tasty recipes, from soup to cake.

**Savory or sweet seeds.** Pumpkin seeds are not only yummy, but also full of valuable nutrients. To roast the seeds, separate them from the strings, rinse, and place the seeds in a single layer on an oiled baking sheet. Add salt for classic roasted pumpkin seeds, or brown sugar and cinnamon for a sweeter treat. Bake at 250° F for 15 to 20 minutes.

**Serving shells.** The pumpkin rind isn't edible, but it can still be put to good use. Use the shell as a bowl to serve soup or dip. Or stuff the shell with a wild rice casserole, then bake.

**String stock.** Finally, the stringy pieces that surround the seeds of a pumpkin can be used to make stock. Boil the fibers in water for about 30 minutes, cool and strain. Pumpkin stock adds flavor to soups and stews.

## A Grand Ole Tradition

Known as "the show that made country music famous," the Grand Ole Opry is the longest-running continuously aired radio program in America. Each show features a lineup of contemporary and legendary musicians performing in the styles of country, bluegrass, gospel and comedy.

Originally called WSM Barn Dance, the program aired live from the WSM radio station in Nashville, where fans would crowd the station's hallways to listen to the performances. As the Opry's popularity grew, it moved to several different Nashville stages to accommodate audiences who wished to see the show in person. It finally settled at the Ryman Auditorium, where it stayed for more than 30 years before moving to the Grand Ole Opry House.

A six-foot oak circle from the Ryman stage is installed on the stage at the Opry House, so new generations of singers can stand on the same spot where legends such as Hank Williams, Johnny Cash and Patsy Cline performed.



## Libra: Sept. 23–Oct. 22

The symbol of Libra is the balancing scale, and people born under this sign, from Sept. 23 to Oct. 22, seek symmetry, avoid conflict and don't tolerate injustice.

Libras love beautiful things, especially art and music, and enjoy the outdoors. Social creatures who don't like to be alone, Libras can make friends with people from all walks of life. They love excitement and adventure.

Their easygoing attitude can sometimes make Libras unreliable and indecisive. They also tend to be a bit vain, but their charm and diplomacy enable them to handle almost any situation with grace and poise.



## Who's Whooo of Owls

Symbols of wisdom and insight, owls are found throughout pop culture as characters who exhibit these qualities. Consider a few feathered favorites:

*Friend Owl.* He grumbles about noisy critters keeping him awake and warns about the dangers of getting "twitterpated," otherwise known as falling in love. But Friend Owl is a wise mentor to the forest animals in the 1942 Disney cartoon "Bambi."

*Mr. Owl.* This candy mascot was first seen in a 1970 TV commercial attempting to answer the age-old question, "How many licks does it take to get to the Tootsie Roll center of a Tootsie Pop?"

*Woodsy Owl.* Created in 1970 by the U.S. Forest Service, Woodsy taught youngsters to "Give a Hoot, Don't Pollute." He continues to make appearances to share his latest eco-friendly slogan: "Lend a Hand, Care for the Land."

*Hedwig.* Given to boy wizard Harry Potter for his 11th birthday, this snowy owl served her owner by delivering his messages. Hedwig's intelligence and loyalty also proved to be valuable assets.

## Laugh Lines: 'Pumpkin' To Talk About

Have a "gourd" time with these pumpkin jokes!

Q: What do you call a pretty pumpkin?

A: Gourd-geous.

Q: What's a pumpkin's favorite sport?

A: Squash.

Q: What do pumpkins eat at the movies?

A: Pulp-corn.

Q: What did the pumpkin say to the pumpkin carver?

A: "Cut it out!"

Q: Why was the jack-o'-lantern afraid to cross the road?

A: Because it had no guts!

## A Pun-derful Season

Hay, there! Orange you glad it's autumn? Fall weather is unbe-leaf-able. It's really a-maizing. (If you don't like sappy puns, you better leaf right now!) At this time of year, pumpkins start piling up all around. They look so patch-ure perfect and are pie-ticularly tasty and filling. You'll also notice a latte drinks and foods flavored with pumpkin spice. Don't even chai to escape it. It really strikes a gourd with people. Whatever you love about the season, carve out some fun and give 'em pumpkin to talk about.



## Spin a Spiderweb

Celebrate the spooky season with this fun and easy craft.

### Materials:

- Foam paintbrush
- Three craft sticks
- White acrylic paint
- Craft glue
- Scissors
- White yarn
- Small plastic spider

### Directions:

Paint the craft sticks white and set aside. Once dry, glue two sticks together in the middle to make an X. Then, glue the third

craft stick to the X to make a six-pointed star shape.

Cut about 8 feet of yarn. Tie one end of the yarn around the middle of the star form. Wrap the yarn around the middle of the form a few times, then begin winding the yarn across each spoke in evenly spaced rows to form a spiderweb.

When you complete the last row, tie a knot in the yarn and glue the knot to the back of the web. Trim the excess yarn or leave a long piece to use as a hanger, if desired.

Glue the plastic spider to its web. Hang the spiderweb using the yarn hanger, or glue a magnet to the back to display it on a magnetic surface.





### The Fall Classic

From the first pitch to the last out, the World Series is the highlight of every MLB season. Look over this lineup of trivia about the Fall Classic.

- At the first World Series, in 1903, the Boston Americans defeated the Pittsburgh Pirates five games to three.
- With a wind chill of 18 degrees and snow flurries flying, Cleveland hosted the coldest Series game on record in 1997.
- The temperature soared to 103 degrees at Los Angeles' Dodger Stadium in 2017, the hottest game on record.
- Awarded since 1967, the Commissioner's Trophy is 24 inches tall and weighs 30 pounds. It features 30 metal flags representing every MLB team.
- The New York Yankees have won the most World Series titles, 27 in all.
- At 18 innings and 7 hours, 20 minutes, Game 3 in 2018 was the longest in Series history. The Los Angeles Dodgers beat the Boston Red Sox in that duel, but the Sox went on to win the championship.



### A Special Thanks to All of the Parents and Students Who Participated in the Production "Music on the Move"! The Residents Could Tell These Students Put Forth a Lot of Effort in Learning Their Moves!



### Nuts About Squirrels

Squirrels are a common sight in big cities, small towns and suburbs. Since October is Squirrel Awareness Month, it's the perfect time to squirrel away some facts about these critters.

Besides North America's familiar tree squirrels, there are roughly 285 squirrel species around the world.

The majority of a tree squirrel's diet consists of acorns, hickory nuts, walnuts, seeds and fruit. Squirrels eat their own body weight, about 1.5 pounds, in a week.

In summer and fall, squirrels hoard nuts and seeds for the winter, digging small holes in the ground to bury their food.

Thanks to a good memory and strong sense of smell, squirrels recover up to 80% of what they store. What they leave behind often germinates, helping to maintain forest tree populations.

A squirrel's big, bushy tail is used as a parachute to ensure a soft landing when the animal jumps or falls.

Squirrels are very vocal and communicate with each other by barking, chirping, chattering and purring.







## "This Month In History" OCTOBER

**1900:** The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

**1907:** One of the world's landmark hotels, the Plaza opens in New York City.

**1915:** Woodrow Wilson becomes the first U.S. president to attend a World Series game.

**1929:** The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

**1935:** Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

**1947:** Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

**1950:** Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

**1962:** The Beach Boys release their debut album, "Surfin' Safari."

**1972:** Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

**1986:** The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

**1998:** Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

**2007:** Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

**2016:** Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.