

# Sun City Gardens

28500 Bradley Road • Sun City, CA 92586  
Phone (951) 679-2391 • Fax: (951) 679-8002



September 2022



To all of our residents born in September,  
this is your month!

09/06 Jan Bell  
09/06 Barbara Brookins  
09/07 Arthur Welch  
09/08 Janice Kollitz  
09/09 Sylvia Geenen  
09/10 Roger Walsh  
09/11 Verla Johnston  
09/14 William Woodall  
09/19 Donald Morris  
09/20 Del Flanagan  
09/26 Sue Curtis  
09/28 Dolores Harmon



## Staff Directory Lic. #336403516

**Robyn Rebollar**  
Community Manager  
**Alicia Padilla**  
Business Office Director  
**Barbara Mireles**  
Support Services Director  
**Edoardo Estrada**  
Marketing Director/Resident Relations  
**Esmeralda Cervantes**  
Marketing Assistant  
**Bituin Dizon-Garcia**  
Assisted Living Director  
**Danny Icamen**  
Maintenance Supervisor  
**Jesus Espinoza Juarez**  
Maintenance Tech II  
**Pedro Miranda**  
Food Service Director  
**Michele Lynch**  
Activity Director  
**Irene Luevano**  
Assisted Living/Memory Care Activities  
**Aurora Flores**  
Director of Housekeeping  
**William Jackson**  
Transportation





## Resident Party

Join us for our Groovy '70s Dance Party with Danny on September 8, 2022, at 2:00PM in the Main Lounge.

Join us on September 22nd for our Annual Luau Celebration at 4:00PM for an Island Buffet in the Dining Room. Polynesian Dancers will entertain from 5:30-6:30PM.

The monthly Birthday Party will be held on September 28th at 2:00PM in the main lounge. Come help us celebrate our September Birthdays!



### FUN ACTIVITIES FOR EVERYONE!!

Splash Class on Thursdays  
Daily Chair Exercises  
Bingo  
Bunco  
Chair Volleyball  
Yahtzee  
Crafts  
Pokeno  
Table Games  
Movies & Popcorn

### Welcome Home to Sun City Gardens!

For over sixty years, Sun City Gardens has been a vital part of the Sun City Community. First built as an active resort, it has evolved into a recognized leader in the senior housing marketplace. Whether looking for Independent, Assisted, or Memory Care Living, Sun City Gardens offers all three options in a spacious garden setting.

Sun City Gardens is just one of over 198 communities owned and operated by Retirement Housing Foundation, the largest nonprofit retirement housing corporation in the country. We are a faith-based organization that is affiliated with United Church Of Christ. Retirement Housing Foundation has been in operation for over fifty-five years. We are proud of our heritage and longevity in the care of elders. Not many providers in the marketplace today can boast such a rich history.



On Friday, September 2nd, the Johnson Hearing Doctor will be in the Library from 8:30-9:30. Room visits are also available if you request them.

### Constitution Q&A

On Sept. 17, the country celebrates Constitution Day, recognizing the date in 1787 when it was signed by the Founding Fathers. How well do you know this important document?

1. The Constitution is composed of how many articles and amendments?

2. Which article describes the duties of the executive branch, including the president?

3. The process for amending the Constitution is outlined in which article?

4. Where in the document is the Constitution proclaimed as "the supreme Law of the Land"?

5. The first 10 amendments are known as what?

6. What are the five freedoms protected by the First Amendment?

7. What was outlawed by the 13th Amendment?

8. Which right is covered by the 15th Amendment?

9. According to Article I, what majority vote is needed from both houses of Congress to override a presidential veto?

10. True or false: The word "democracy" does not appear anywhere in the Constitution.

(Answers: 1. Seven articles and 27 amendments; 2. Article II; 3. Article V; 4. Article VI; 5. Bill of Rights; 6. Religion, speech, press, assembly and petition; 7. Slavery; 8. The right to vote; 9. Two-thirds; 10. True)



# Resident Council

The next Resident Council and Food Meeting will be held in the main lounge on September 21, 2022, at 10:30am. We encourage all residents to participate in our meetings. This is a good time to bring up ideas and suggestions to continue and improve your home here at Sun City Gardens.



These talented ladies spend their time gifting their hand-made blankets, shawls & hats to local organizations.



## Sensational Centenarians

You probably know one or two centenarians, or you may even be one yourself! A centenarian is a person who has lived 100 years or more.

Centenarians are the fastest-growing demographic group in many countries. The U.S. is home to about 90,000 centenarians, and research shows that the world's 100-plus population could rise to over 3 million by 2050.

According to the Journal of the American Geriatrics Society, genetics play a large role in whether someone will live to be 100. Centenarians are often people who do not develop

diseases or illnesses until very late in life.

Additionally, access to better medical care, housing, income and nutrition have contributed to the growing numbers of centenarians around the world.

In many surveys, centenarians have credited their longevity to staying active, eating balanced meals, and having a good attitude by not dwelling on regrets or holding grudges.



## Wit & Wisdom

"Hope is the only bee that makes honey without flowers."  
—Robert Green Ingersoll

"A day without a friend is like a pot without a single drop of honey left inside."  
—A.A. Milne

"To be forgiven is such sweetness that honey is tasteless in comparison with it. But yet there is one thing sweeter still, and that is to forgive."  
—Charles Spurgeon

"The words of kindness are more healing to a drooping heart than balm or honey."  
—Sarah Fielding

"I admire people who are suited to the contemplative life. They can sit inside themselves like honey in a jar and just be. It's wonderful to have someone like that around, you always feel you can count on them."  
—Elizabeth Janeway

"The sweetness of life lies in usefulness, like honey deep in the heart of a clover bloom."  
—Laura Ingalls Wilder

"Any land will flow with milk and honey if it is worked with honest hands."  
—Rudolfo Anaya

"If life is a cup of tea, gratitude is the honey that makes it sweet."  
—Natasha Potter



HAPPY  
Grandparents  
DAY

