



# The Club News

Placerville

El Dorado County Older Adult Day Services

# October 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

## Creative Art Projects



## Happy Birthday

**4th Joan V.  
7th Margie G.  
18th Elsa F.**



## Happy Halloween

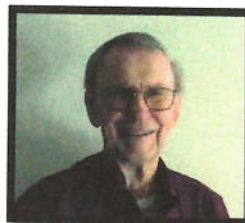
*Come in Costume on  
Oct 31  
and Enjoy Our  
Annual  
Halloween Party*

## Members of the Month

### Joan Verplancken & Stan Drayus




Joan was born in Chicago, Illinois on October 4, 1932 to Clifton and Sylvia. She grew up with 2 brothers and 2 sisters. Her family owned a restaurant so Joan spent many hours working there. Joan graduated from The Good Council, a Catholic High School. She met Herb who lived in the same neighborhood and they started dating and soon were married. Together they had 2 boys and 2 girls. Joan began her career as a Server at the Biltmore Country Club. She worked long hours and eventually worked her way up to being the Manager for the Dining room. She loved working there and enjoyed the customers and food and beverages that were included. All of her children had the opportunity to work at the Country Club after school and on the weekends so Joan was able to be their supervisor on the job as well as at home! Joan continues to stay busy and helps in the office here at The Club and also helps her daughters with their Catering business.



Stan was born in Chicago, Illinois on April 30, 1933 to Stanley and Lillian. When he was in first grade he went to work on a dairy farm for the summer and ended up staying for 8 years. He worked on the farm milking cows at dawn and dusk and kept very busy tending to the many farm duties. He went back to Chicago for High School and soon after graduating was drafted into the Army. He attended Diesel Repair School while he was enlisted, however after basic training was asked if he had any carpentry experience. Since he had taken a Woodshop class in High School, he became the Company Carpenter. While enlisted he spent 2 years in Germany. He later met Diane and they were married. Together they have 2 children, Pat and Carrie. Stan also has one Grandson. Stan spent many years as an Accountant and Tax Preparer. He owned his own business 'Drayus and Associates' in Placerville. During his time off he and his wife would be sailing. Currently Stan enjoys spending time with his family and visiting with his friends.

### Cheers to the Beautiful Time of Falling Leaves, Sharing & Caring












This lovely time of Autumn brings us great opportunity to appreciate great weather, fresh skies, all the beauty and delicious foods of the harvest. It is also a great time to spend in good company, reminiscing, and sharing after a hard day's work. Corn, beans and squash are called "the three sisters" because in gardening lore, they each create the perfect environment for each other to grow and thrive. The squash climbs up the corn for sunlight and support, the corn appreciates the beans for bringing more nitrogen in the soil, and the beans thrive on the protection of both corn and squash for cover and support. As community members of the western Sierras, we too must help and look out for each other for safety, health and social benefits. Neighbors can pitch in to clear out gutters and drains, trim over-hanging tree branches, assist in fixing or cleaning cars, fences and mechanical gadgets, like generators. Neighborhood children can help look after our pets too, if needed. Families and friends can share rides to dentists, doctors and get groceries – it saves on gas and provide a welcome opportunity to chat. Check in to see if we're all caught up on our yearly physicals, or dentist visits. There's no time like the present! As we move into the slower time of falling leaves, it's good to reconnect, tell stories, eat delicious meals surrounded by good company, sharing in memories and enjoying life to the fullest!

Take care & enjoy, everyone!! ~ Ruth Bowman, PHN The Club, Placerville - EDC-HHS




PLACERVILLE ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:50 Quilting Club 10:50 Ladder Ball 2:00 Decoupage Fall Colors Art 3:15 Word Games</p>	<p>4</p> <p>10:50 Members Council Meeting 2:00 Remembering Queen Elizabeth 3:15 Consequences Games</p>	<p>5</p> <p>10:50 Fit Class 10:50 Mini Golf 2:00 Bingo 3:15 Amazing Seniors Accomplishments</p>	<p>6</p> <p>10:50 Men's Peer Group 10:50 Fishing For Fun 2:00 Hearst Castle Discussion 2:00 Horseshoes 3:15 Cross Word</p>	<p>7</p> <p>10:50 Yoga Class 10:50 Bowling 2:00 Bullseye Toss 3:15 Karaoke</p> <p></p> <p></p>
<p>10</p> <p>10:50 Poetry Club 10:50 Papas Toss 2:00 Crows At Sunset Art 3:15 History of Columbus Day</p> <p></p>	<p>11</p> <p>10:50 Book Club 10:50 Balloon Volleyball 2:00 Bingo 3:15 Beachball Bumble</p>	<p>12</p> <p>10:50 Yoga Class 10:50 Can Jam 2:00 D.P. Entertains 3:15 Bob Hope Day</p> <p></p>	<p>13</p> <p>10:50 Women's Peer Group 10:50 Wood Working 2:00 Shuffle Board 3:15 Buzz Word</p>	<p>14</p> <p>10:50 Fit Class 10:50 Fishing Fun 2:00 Horseshoes 2:00 Panama Canal Discussion 3:15 Who Am I</p>
<p>17</p> <p>10:50 Quilting Club 10:50 Bowling 3 2:00 Bingo 3:15 National Geographic Game</p>	<p>18</p> <p>10:50 Book Club 10:50 Bullseye Toss 2:00 Papas Toss 3:15 Trivia</p>	<p>19</p> <p>10:50 Fit Class 10:50 Balloon Volleyball 1:30 Lisa Collins Entertains 2:00 Ladder Ball 3:15 Sing A-long</p> <p></p>	<p>20</p> <p>10:50 Men's Peer Group 10:50 Card Making 2:00 Fishing For Fun 3:15 Table Top Games</p>	<p>21</p> <p>10:50 Yoga Class 10:50 Bullseye Toss 2:00 Bowling 3:15 Karaoke</p>
<p>24</p> <p>10:50 Poetry Club 10:50 Horseshoes 2:00 Q Tip Painting Art 2:00 Philippines Arm Chair Visit 3:15 Crossword</p>	<p>25</p> <p>10:50 Book Club 10:50 Papas Toss 2:00 Little Bit of Fiddle Band Entertains 3:15 Edger Allen Poe Poems</p> <p></p>	<p>26</p> <p>10:50 Yoga Class 10:50 Shuffle Board 2:00 Bingo 3:15 History of Haunted Mansions</p>	<p>27</p> <p>10:50 Women's Peer Group 10:50 Wood Working 2:00 Apple Hill Reminisce 2:00 Papas Toss 3:15 Costumes Around The World</p>	<p>28</p> <p>10:50 Fit Class 10:50 Can Jam 2:00 Robby Joe JR Entertains 3:15 Consequences Game</p> <p></p>
<p>31</p> <p>10:50 Quilting Club 10:50 Cat on the fence 2:00 Halloween Party 3:15 Halloween History</p> <p></p>	<p><b>POPPY BEER</b></p> <p></p> <p>8:30 Games &amp; 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>			

# October Menu 2022

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meat Lasagna Italian Blend Vegetables Whole Wheat Bread Mandarin Oranges Milk	4 Baked Cod Garlic Mashed Potatoes Roasted Brussels Sprouts Potato Roll Fresh Apple Milk	5 Salisbury Steak Red Potatoes Cauliflower Fresh Pear Chocolate Milk	6 Ham and Swiss Sandwich on Marbled Rye Coleslaw Pineapple Tidbits Milk	7 Turkey Marsala with Linguini Spinach Salad with Red Bell Pepper, Feta and Toasted Walnuts Orange Milk
10 Orange Chicken Wild Rice Oriental Vegetables Apricots Fortune Cookie Milk	11 Baked Italian Sausage Penne Broccoli Florets Garlic Breadstick Oatmeal Cookie Milk	12 Beef Shepherd's Pie with Zucchini and Sweet Potatoes Whole Wheat Dinner Roll Fresh Pear Milk	13 Chicken Alfredo Green Beans Whole Wheat Dinner Roll Pineapple Chunks Chocolate Milk	14 Roasted Turkey with Gravy Mashed Potatoes Roasted Brussels Sprouts Kiwi Vanilla Wafers Milk
17 Chicken Enchilada Casserole Refried Beans Steamed Carrots Apricots Milk	18 Polish Sausage on a Hot Dog Bun Steamed Cabbage Tater Tots Applesauce Milk	19 Pulled Pork Roasted Winter Squash Whole Grain Hawaiian Roll Pineapple Tidbits Chocolate Milk	20 Tortellini with Creamy Pesto Steamed Carrots Whole Grain Garlic Breadstick Banana Milk	21 Crab Cake with Tartar Sauce Wild Rice Pilaf Broccoli Florets Apricots Milk
24 BBQ Chicken Baked Beans Roasted Brussels Sprouts Whole Wheat Bread Fresh Pear Milk	25 Chicken Cordon Bleu Tater Tots Steamed Green Beans Whole Grain Dinner Roll Orange Milk	26 Smoked Brisket on a Hoagie Roll Baked Beans Fresh Apple Milk	27 Grilled Salmon Orzo Pasta Roasted Cauliflower Fig Newton Cookie Milk	28 Meatloaf with Mashed Potatoes and Gravy Steamed Broccoli Florets Whole Wheat Dinner Roll Orange Chocolate Milk
31 Glazed Baked Ham Potato Gratin Baja Vegetables Spooky Gelatin Ghostly Milk				 The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium

The monthly menu is prepared by a registered dietitian 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.

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

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