



The Club News

Placerville

El Dorado County Older Adult Day Services

September

2022

Staff

Placerville

Site

(530) 621-6180

Nancy Wilson

Program Supervisor

530-621-6198

(530) 621-6180

Sandy Angus

Patti Williams

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Michelle Derr

Program Aides

(530) 621-6180

El Dorado Hills Site

(916) 358-3560

Jillien Smith

Program Supervisor

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Both Sites

Annmarie Vaughn

Office Assistant

(530) 621-6180

(916) 358-3560

Ruth Bowman RN

Nursing Consultant

(530) 621-7271

Hawaiian Luau



Happy Birthday

7th Raul

15th Tom

20th Loretta

26th Michelle



*Throughout
September
We Will Be
Recognizing All of
the different
Careers*

*We are asking our members
to bring in job related items
that they would like to
share with The Club*

September Members of the Month

David King & Janice Bowyer



David was born in Hungington Park, CA to George and Dorothy on July 12, 1940. He has a brother and a sister. David received his Master's Degree in Mechanical Engineering from UC Berkeley and spent his career as a

Professional Engineer. He was in the Army and was stationed in Okinawa. He met Dawn who had two boys and they were married in 1978. He has a very close relationship with the boys, Mike and Bob and considers them close friends. David is very active and enjoys bike riding, camping, fishing sailing and surfing. He and his wife had their own sailboat named 'Po Chai'. They spent most of their sailing adventures in the Bay Area however one time while sailing near Baja, their boat almost capsized! David has taken many long bike rides like riding from Pollock Pines to Santa Barbara, and camping along the way. He also joined the Redding Dirt Riders's Club and rode motorcycles. A few places David has traveled include Belize, Cuba, India and Nepal. Currently he enjoys spending time with his wife and dog Salty, and talking about all his adventures!



Janice was born in San Jose, California on November 14, 1949 to Wilbur and Mildred Garlick. Her father was a minister and a Tree Surgeon. While attending Cupertino High

School, Janice was part of the Drama Club where she performed in the musical, Oklahoma. After High School, Janice got married and had three boys, David, Tim and Peter. She worked at J.C. Penney and Lifetouch photos where she met many wonderful people. Janice is very social and active in her Church. She sings on the Worship Team and helps with Vacation Bible School. She has a special way of encouraging others with her thoughtfulness and kind words and singing and writing amazing letters. Janice enjoys listening to uplifting music and even writes her own songs! Over the years she has traveled to Greece, Hawaii and Canada. Janice has one Great Grandson and is looking forward to another very soon. Thank you for being such a great asset to our program.



Feeling Grateful *~o~*

On my way into work this morning, avoiding cranky drivers, trying to ease into the day sipping a cup of coffee, I started counting how many blessings surround and uplift me, things of which I'm often just barely aware. This cup of coffee for one; catching the first rays of sun as they lift over the horizon warming my skin, that's another; waking up in a warm bed, doing meaningful things throughout the day, observing this whole, grand, beautiful life... When I really start thinking about it, it's really amazing just how many things there are to be grateful for.

Sure, there are many things to grumble about. Famine, poverty, disease, pestilence, war, death, to name a few ~ all the biggies that can drive the spirit to despair. These things are all too real and just another part of this amazing life. How to balance happiness with the inevitable grief that weaves in and out of our lives? For me, the transformative powers of music, prayer, song, the wisdom of little things that really lift me – a good conversation, laughing with a friend, a delicious meal, a warm cup of tea, watching the sun rise, dancing, a rousing story, a beautiful flower, or someone's hand holding mine. Taking the time to notice these things helps to transform our world in little and large ways. Take a moment and breathe in the fresh things that make you happy, breathe out the tiredness that saps our strength. Paying attention and giving thanks whenever and however we can serves not only ourselves, but brings happiness to others, too. Happiness & gratitude causes the feel-good hormones, endorphins and oxytocin, to increase our zest for life, reduce pain, boost the immune system, improve digestion, appetite, stamina and sleep. Reaching out to others, and paying attention, indulging in healthy habits simply make us feel better, which helps the world turn in a brighter, smoother way. As the temperatures begin to cool, take time to enjoy and take good care of each other. Thank you for being all that you are!! **Ruth Bowman, PHN



PLACERVILLE ACTIVITY CALENDAR

Calendar subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 Games & Socializing 9:30 Morning Snack 10:10 Chair Aerobics 10:30 Daily Chronicle and Announcements 12:00 Lunch 1:00 Free Time 1:30 Let's Get Moving 3:00 Snack Time</p>	<p>6 10:50 Members Council Meeting 1:00 Quiet Time 2:00 Bingo 3:15 Labor Day Trivia</p>	<p>7 10:50 Fit Class 1:00 Quiet Time 2:00 Fishing Game 3:15 Uncle Sam's Birthday</p>	<p>1 10:50 Women Peer Group 10:50 Shuffle Board 1:00 Quiet Time 2:00 Book Club 2:00 Bowling 3:15 Table Top Games</p>	<p>2 10:50 Fit Class 10:50 Bullseye Toss 1:00 Quiet Time 2:00 Can Jam 2:00 All About Handgliding 3:15 What am I</p>
<p>5 WE WILL BE CLOSED LABOR DAY</p>	<p>13 10:50 Men's Peer Group 10:50 Prepare Fall Garden 1:00 Quiet Time 2:00 Wood Working 2:00 Bullseye Toss 3:15 Who is Rosemary Kennedy</p>	<p>14 10:50 Tie-dye Craft Class 1:00 Quiet Time 2:00 DP Entertains 3:15 Word Games</p>	<p>8 10:50 Can Jam 1:00 Quiet Time 2:00 Shuffle Board 2:00 Wonders of The World 3:15 Crossword</p>	<p>9 10:50 Mini Golf 1:00 Quiet Time 2:00 Horseshoes 2:00 Book Club 3:15 Sing-along</p>
<p>12 10:50 Poetry Club 10:50 Ladder ball 1:00 Quiet Time 2:00 Volleyball 3:15 Consequences Game</p>	<p>20 10:50 Men's Peer Group 10:50 Tile Caster Painting 1:00 Quiet Time 2:00 All About Sailboats 2:00 Target Toss 3:15 Sing-along</p>	<p>21 10:50 Ladder Ball 10:50 Garden Club 1:00 Quiet Time 1:30 Lisa Collins on Video 2:00 Bullseye Toss 3:15 Who am I</p>	<p>15 10:50 Women Peer Group 10:50 Target Toss 1:00 Quiet Time 2:00 Horseshoes 2:00 Bingo 3:15 What am I</p>	<p>16 10:50 Fit Class 10:50 Papas Toss 1:00 Quiet Time 2:00 Book Club 2:00 Can Jam 3:15 Cross Word</p>
<p>19 10:50 Quilters Club 10:50 Bowling 1:00 Quiet Time 2:00 Horseshoes 2:00 S.F. Conservatory Of Flowers 3:15 Table Top Games</p>	<p>27 10:50 Men's Peer Group 10:50 Garden Club 1:00 Quiet Time 2:00 Little Bit of Fiddle Band Entertainment 3:15 Trivia</p>	<p>28 10:50 Card Making 10:50 Yoga 1:00 Quiet Time 2:00 Balloon Volleyball 3:15 Sing-along</p>	<p>22 10:50 Women's Peer Group 10:50 Amazing Sand Creation 1:00 Quiet Time 2:00 Mini Golf 2:00 Book Club 3:15 Dice Game</p>	<p>23 10:50 Yoga 10:50 Target Toss 1:00 Quiet Time 2:00 Bowling 2:00 Strangest Trees Review 3:15 Consequences Game</p>
<p>26 10:50 Poetry Club 10:50 Fishing Game 1:00 Quiet Time 2:00 Bullseye Toss 3:15 Word Games</p>	<p>29 10:50 Women Peer 10:50 Shuffle Board 1:00 Quiet Time 2:00 Ladder ball 2:00 Book Club 3:15 Cross Word</p>	<p>30 10:50 Fit Class 10:50 Mini Golf 1:00 Quiet Time 2:00 Ceramics Review 2:00 Bingo 3:15 Table top Games</p>	<p>30 10:50 Fit Class 10:50 Mini Golf 1:00 Quiet Time 2:00 Ceramics Review 2:00 Bingo 3:15 Table top Games</p>	<p>30 10:50 Fit Class 10:50 Mini Golf 1:00 Quiet Time 2:00 Ceramics Review 2:00 Bingo 3:15 Table top Games</p>

September Menu 2022

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 			<p>1 Steak Pajita with Onions and Bell Peppers Flour Tortilla Black Beans Pette Banana Milk</p>	<p>2 Old-Fashioned Lasagna Italian Vegetables Whole Grain Dinner Roll Whole Orange Milk</p>
<p>5 Closed for Labor Day</p>	<p>6 Garlic Rosemary Roasted Pork Roasted Red Potatoes Broccoli Florets Fresh Apple Chocolate Milk</p>	<p>7 Tri-Tip Sandwich on a Whole Wheat Bun Roasted Brussels Sprouts Asian Pear Milk</p>	<p>8 Flaky Fish Garlic Mashed Potatoes California Blend Vegetables Whole Orange Oatmeal Date Bar Milk</p>	<p>9 Chicken Teriyaki Bowl Stir Fry Vegetable Mix Wild Rice Peaches Fortune Cookie Milk</p>
<p>12 Spaghetti and Meatballs Italian Blend Vegetables Whole Wheat Breadstrick Whole Orange Milk</p>	<p>13 Crab Cake Tartar Sauce Roasted Broccoli Box of Raisins Chocolate Milk</p>	<p>14 Spinach Wrap with Turkey, Field Greens and Blue Cheese Potato Chips Mandarin Oranges Milk</p>	<p>15 Chicken Enchilada Casserole Spanish Rice Southwestern Vegetables Pear Milk</p>	<p>16 BBQ Pulled Pork Mashed Potatoes Hawaiian Roll Applesauce Milk</p>
<p>19 Western Beef, Bacon and Bean Casserole Steamed Carrots Mandarin Oranges Milk</p>	<p>20 Lennon Capor Chicken Roasted Sweet Potatoes Cauliflower Florets Whole Grain Dinner Roll Pear Milk</p>	<p>21 Baked Salmon with Tartar Sauce Wild Rice Pilaf Italian Vegetables Whole Orange Chocolate Milk</p>	<p>22 Sliced Glazed Ham Oven Baked Yams Broccoli Florets Fresh Apple Milk </p>	<p>23 Roasted Turkey Cornbread Stuffing Green Beans Box of Cranberries Milk</p>
<p>26 Turkey Sloppy Joes on a Whole Grain Bun Tater Tots Peas and Carrots Whole Orange Milk</p>	<p>27 Baked Cod with Pineapple Salsa Summer Squash Couscous Fresh Peach Chocolate Milk</p>	<p>28 Margarita Chicken Angel Hair Pasta Broccoli Florets Pette Banana Vanilla Pudding Milk</p>	<p>29 Meatball Sandwich with Mozzarella on a Whole Grain Bun Italian Blend Vegetables Fresh Apple Milk</p>	<p>30 Tortellini with Mushroom Sauce Roasted Green Beans Applesauce Oatmeal Raisin Coolie Milk</p>