

## Shining Star



**Patricia Sabino**

**Head Housekeeper**  
4 years

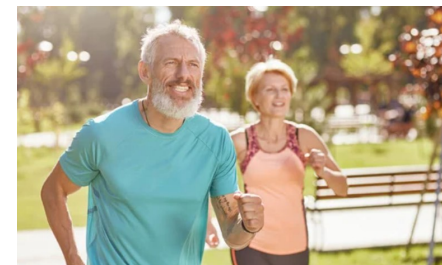
“Patricia is doing an excellent job” is what residents are saying about our Shining Star. She comes to work with a smile, and works hard to keep our community clean. Congratulations Patricia, a job well done!

## AUGUST BIRTHDAYS

8/5-Joan E.  
8/7-Mary W.  
8/11-Connie R.  
8/14-Judy L.  
8/18-Lena H.  
8/24-Miki S.

## AUGUST ANNIVERSARIES

8/19-Beth & David C.



What's Going On In

# August

2022



This is Sunshine's 10th annual August Wellness Month. For this year's Wellness Month we want to offer our residents the *Sunshine Wellness Experience*. Throughout the month there will be opportunities to learn information from local wellness professionals about wellness practices for you to live a healthier life. We have upcoming exercise challenges, informative wellness seminars, instructional workshops, exciting new activities and prizes for everyone!

Every resident will receive a special Wellness Calendar and a Wellness Stamp Card. When you attend any of the Wellness events highlighted on the Wellness Calendar, you will be rewarded with a stamp on your Wellness Stamp Card. At the end of the month be sure to turn in your completed Stamp Card to your Life Enrichment Director and you will be recognized and awarded at our Wellness Awards Ceremony. Participate in Three Activities and you can be entered into the drawing to win \$50!

### Team Members

Executive Director.....Robert Blaskey  
Business Office Manager.....Colleen Smith  
Community Development Director.....  
.....Tevis McNally  
Executive Chef .....John Hennigan  
Life Enrichment Director....Melinda Ballenger  
Maintenance Director.....Ryan Young  
Concierge Team.....  
Joey Carlucci, Kristy Page, Wilbert Benitez, Kate Gallagher, Gina Johnson, Andrea Santana  
Dining Room Coordinator.....Lea Ramos  
Head Housekeeper.....Patricia Sabino  
Van Drivers.....Gary Rodriguez & Chris Jones

### Important Phone Numbers

Office.....415-897-0054  
Transportation.....415-720-9424  
Imelda's Beauty Shop.....415-320-0318

## Meal Times

Breakfast.....7:30 a.m. - 9:00 a.m.  
Lunch.....11:30 a.m. -1:00 p.m.  
Dinner.....4:30 p.m. - 6:00 p.m.

## Movie Showings

Everyday 2:30 & 6:30 in Theater

Mondays.....Comedy  
Tuesdays.....Western  
Wednesdays.....Musical  
Thursdays.....Book Club  
Fridays.....Guided Meditation  
Saturdays.....Documentary  
Sundays.....Drama

## Reoccurring Activities

Bingo | Tuesdays & Fridays | 6:00-CR

Pet Therapy | Tuesdays | 1:00-BP

Blood Pressure Checks | Last Tuesdays | 11:00-CR

## Transportation Schedule

Mondays .....10:00-4:00pm  
Tuesdays  
Strider's Walking Group.....9:45am  
Wednesdays/Thursdays .....10:00am-3:00pm  
Fridays  
Resident Outings.....Times Vary  
Saturdays/Sundays.....9:00am- 4:00pm

- Sign up 24 hours in advance for transportation



## Special Events

8/2 Wellness Month & Walking on Sunshine Kick Off | 3:00  
8/4 Town Hall | 2:00  
8/11 Medicare Seminar with Sam Olson | 1:30  
8/17 Tie Dye your Team Shirts | 10:30  
8/22-8/26 Summer Games | All Day | Sign Up  
8/26 Wellness Month Awards Ceremony | 2:00

### Get Informed

Your Transportation  
Options w/Marin  
Transit| 1:30

### Get Restored

Guided Meditation |  
2:30

### Get Fit

Tai Chi for  
Osteoporosis | 10:30

### Give Back

“Yappy Happy Hour”  
Benefits Wonder Dog  
Rescue | 3:00



# AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**DEER PARK**  
RETIREMENT COMMUNITY  
646 Canyon Road  
Novato, CA 94947  
(415) 897-0054

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|---|---|--|---|---|---|
|  | <b>1</b><br>10:30 Ladder Ball, BP<br>1:15 Sunshine News, PUB<br>2:00 Zumba Gold, FS<br>3:00 Bean Bag Toss, DR<br>4:00 Trivia, PUB   | <b>2</b><br>9:00 Walking on Sunshine Kick Start Challenge, Van<br>1:00 Pet Therapy Dog Walking Group<br>1:30 Balance Class, FS<br>3:00 Wellness Month Kick-Off  | <b>3</b><br>10:30 Happiness is Homemade Lip Balm-Art Therapy, CR<br>1:30 Community Garden, CR<br>2:30 Zumba Gold Chair, FS<br>3:00 Wheel of Fortune, PUB                           | <b>4</b><br>10:30 Tai Chi for Osteoporosis,FS<br>11:00 Welcome Committee, LIB<br>2:00 Town Hall, DR<br>3:30 Summer Games Planning Committee, PUB  | <b>5</b><br>10:00 Bay Area Cruise & lunch at In and Out, Van<br>2:30 Yoga w/Johanna, FS<br>2:30 Guided Meditation, TH<br>6:00 Bingo, CR   | <b>6</b><br>10:00 Walking on Sunshine with Kate, Lobby<br>10:00 Men's Coffee Group Outing w/ Chris, Van<br>10:00 Travel Film, TH<br>1:30 Billiards Pick Up Matches<br>2:00 Documentary Film Club, TH      |
| <b>7</b><br>10:00am Walking on Sunshine with Kate, Lobby<br>1:00 Ping Pong Matches, FS<br>2:00 "Arias in the Afternoon" SF Opera Guild Outing, Van<br>3:00 Bingo, CR<br>Weekly Brainteasers, Library | <b>8</b><br>10:30 Ladder Ball, BP<br>11:15 Book Mobile, Lobby<br>1:15 Sunshine News, PUB<br>2:00 Zumba Gold, FS<br>3:00 Bean Bag Toss, DR<br>4:00 Trivia, PUB                 | <b>9</b><br>9:00 Strider's Walking Group<br>1:15 Dog Agility Games-Pet Therapy, BP<br>2:00 Balance Class, FS<br>3:00 Birthday Bash with Mark Power, PUB<br>6:00 Bingo, CR   | <b>10</b><br>10:30 Soapers Lane Soap Making-Art Therapy, CR<br>1:30 Cooking Demonstration-Fruit Smoothies, CR<br>2:30 Zumba Gold Chair, FS<br>3:00 Wheel of Fortune, PUB           | <b>11</b><br>10:30 Tai Chi for Osteoporosis,FS<br>10:00 Welcome Committee, LIB<br>1:30 Educational Medicare Seminar w/ Sam Olson, PUB<br>2:30 Line Dancing, FS<br>3:00 Book Club, TH<br>3:30 Summer Games Planning Committee, PUB | <b>12</b><br>10:30 Balls & Bands, FS<br>11:00 Corte Madera Shopping and Lunch Outing, Van<br>1:30 Culinary Meeting, TH<br>2:30 Yoga w/Johanna, FS<br>2:30 Guided Meditation, TH<br>6:00 Bingo, CR                             | <b>13</b><br>10:00 Walking on Sunshine with Kate, Lobby<br>1:30 Billiards Pick Up Matches<br>2:00 Shuffleboard Matches, 4th   |
| <b>14</b><br>10:00am Walking on Sunshine with Kate, Lobby<br>1:00 Ping Pong Matches, FS<br>2:00 Mindful Coloring, CR<br>3:00 Bingo, CR<br>Weekly Brainteaser available in the Library                | <b>15</b><br>10:30 Ladder Ball, BP<br>1:15 Sunshine News-Planning Meeting, PUB<br>2:00 Zumba Gold, FS<br>3:00 Bean Bag Toss, DR<br>4:00 Trivia, PUB                           | <b>16</b><br>8:30 Strider's Walking Group to Bon Tempe Lake, Van<br>1:00 Dog Meet & Greet-Pet Therapy, BP<br>2:30 New Resident Meet & Greet, PUB<br>6:00 Bingo, CR  | <b>17</b><br>10:30 Tie Dye T-Shirt your Team's Color-Art Therapy, CR<br>11:00-1:00 Goodwill Collection PUB<br>2:00 Resident Bake Off, CR<br>3:00 Wheel of Fortune, PUB             | <b>18</b><br>10:00 Tai Chi for Osteoporosis,FS<br>12:00 "A Slice of Fun" Pizza Party-sign up, DR<br>1:30 New Resident Meet & Greet, PUB<br>2:30 Line Dancing, FS<br>3:30 Summer Games Planning Committee, PUB                     | <b>19</b><br>10:30 Balls & Bands, FS<br>2:30 Yoga w/Johanna, FS<br>2:30 Guided Meditation, TH<br>6:00 Bingo, CR   | <b>20</b><br>10:00 Walking on Sunshine with Kate, Lobby<br>10:00 Travel Film, TH<br>1:30 Lagunitas Tasting Tour, Van<br>2:00 Shuffleboard Matches, 4th<br>2:00 Documentary Film Club, Van                 |
| <b>21</b><br>10:00am Walking on Sunshine with Kate, Lobby<br>1:00 Ping Pong Matches, FS<br>2:00 Mindful Coloring, CR<br>3:00 Bingo, CR<br>Weekly Brainteaser available in the Library                | <b>22</b><br>10:30 Ladder Ball, BP<br>11:15 Book Mobile<br>1:15 Sunshine News-Summer Games Kick Start, PUB<br>2:30 Chocolate Kiss Challenge, PUB<br>3:30 Darts, Sports Lounge | <b>23</b><br>9:00 Strider's Walking Group<br>10:30 Billiards, Sports Lounge<br>1:00 Pet Therapy Dog Meet & Greet, BP<br>2:30 Flight Master Paper Airplane Toss-Art Therapy, 4th Floor<br>3:30 Derby Soap Race, BP               | <b>24</b><br>10:30 Battleship Bowling, DR<br>1:30 Noodle Toss, BP<br>3:00 "Yappy Hour" w/Michael Fundraiser for Wonder Dog Rescue, PUB   | <b>25</b><br>10:30 Marshmallow Toss, PUB<br>1:30 "Your Transportation Options" with Marin Transit, PUB<br>2:30 Chopstick Challenge, PUB<br>3:00 Book Club, TH<br>3:30 Squirt Gun Knock Off Challenge, BP                          | <b>26</b><br>10:30 Pitch & Putt, BP<br>2:00 Wellness Celebration & Awards Ceremony with the Janet Lee Trio Band, PUB<br>6:00 Bingo, CR  | <b>27</b><br>10:00 Walking on Sunshine with Kate, Lobby<br>1:30 Billiards Pick Up Matches<br>2:00 Shuffleboard Matches, 4th   |
| <b>28</b><br>10:00am Walking on Sunshine with Kate, Lobby<br>1:00 Ping Pong Matches, FS<br>2:00 Mindful Coloring, CR<br>3:00 Bingo, CR<br>Weekly Brainteaser available in the Library                | <b>29</b><br>10:30 Smart Train Outing, Van<br>1:15 Sunshine News, PUB<br>2:00 Zumba Gold, FS<br>3:00 Bean Bag Toss, DR<br>4:00 Trivia, PUB                                    | <b>30</b><br>9:00 Strider's Walking Group<br>11:00 Blood Pressure Clinic, CR<br>1:00 Pet Therapy Dog Swim Party, BP<br>1:30 Balance Class, FS<br>2:00 "Remembering My Cinema Adventures Movie Outing" "Where the Crawdads Sing" | <b>31</b><br>10:30 Homemade Cookies for off to First Responders, CR<br>1:30 Community Garden, CR<br>2:30 Zumba Gold Chair, FS<br>3:00 Wheel of Fortune, PUB<br>3:30 Wine Club, PUB | <b>Life Enrichment Director:</b><br>Melinda.Ballenger@Sunshineret.com<br><br><b>Like us on Facebook:</b><br>Facebook.com/Deer-Park.net  | <b>Room Key</b><br>FS-Fitness Studio (2nd Floor)<br>BP-Back Patio (off 3rd Floor)<br>DR-Dining Room (3rd Floor)<br>TH-Movie Theater (2nd Floor)<br>CR-Craft Room (3rd Floor)<br>PB-Pub (3rd Floor)<br>LIB-Library (2nd Floor) | <br>AUGUST 2022<br>wellness challenge<br>SUNSHINE'S 10TH ANNUAL<br>get fit   get informed   get restored   give back |

Activities Subject to Change