

Men's Club Out to Stone Brewing Co. in Escondido



Alzheimer's Support Group

You are invited to attend this supportive meeting every second Tuesday of each month at 6:30 p.m. at the Residence Building in the Palm Room.

This meeting is offered by the Alzheimer's Association.

We would enjoy seeing our new family members join us! For more information contact David Nelson at 760-744-4484 extension 124.

Silvergate San Marcos is a full service retirement community offering a broad range of services for older adults including active retirement living, assisted living and memory care. Silvergate is situated in the heart of San Marcos, within walking distance of many shops and services. We also provide transportation to shopping, banking, and doctor appointments. This monthly newsletter highlights the active life style and community events.

FYI

Families are welcome to schedule a private party or family get-together with loved ones here at Silvergate San Marcos Residence.

Just give the Activities Department a call at 760-744-4484 extension 114. We would be happy to reserve a room for you.

Ask for Lorraine Herschleb

Silvergate San Marcos Administrative Staff

| | | | |
|----------------|---------------------------|--------------------|---------------------------------------|
| Melba Dunn | Administrator | Joseph Fernandez | Director of Food Services |
| Dennis Prejusa | Director of Resident Care | Andrew Mickelson | Director Maintenance/Housekeeping |
| Patty Martinez | Business Office Manager | Lorraine Herschleb | Director of Activities/Transportation |
| David Nelson | Director of Marketing | Clarice Kluey | Dining Room Supervisor |

RCFE LIC. # 374600026



Silvergate San Marcos

RESIDENCE

June 2011

1550 Security Place • San Marcos, California 92078 • (760) 744-4484 • www.SilvergateRR.com



June is celebrating Summer month! It's one of the most pleasant months of the year and a good time to enjoy the outdoors conversing with friends and doing leisure activities and hobbies that boost moral. Join us on **Wednesday, June 15th**

as we head for **Dixon Lake in Escondido** for our annual community picnic. We have reserved just the right spot overlooking the lake and we have a great BBQ planned for this special outing. Be sure to bring your sunscreen and your hat and the Activities department will take care of the rest. Space is limited so sign up early to reserve your seat on the bus.



Can you think of a better way to celebrate the long days of summer than to spend an afternoon sipping a nice cool drink and relaxing on the courtyard while enjoying easy listening music by **Bill and Ginger Bertie**? Come out to the **courtyard on Monday, June 6 from 4:00 to 5:00** for refreshing beverages or 2 complimentary glasses of wine or beer and for some friendly conversations with your neighbors.

Celebrate **Father's Day** with us on **Sunday, June 19** with an early dinner taking place from **12:00-1:00 p.m.** in the dining room. Feast on a delicious meal prepared especially for this occasion by Chef Joseph Fernandez. Reservations are required for all guests and a \$12.00 charge. Please R.S.V.P. at 760-744-4484 or see Clarice Kluey, Dining room Supervisor.



Open House

Please join us on **Wednesday, June 8** from **2:00-4:00 p.m.** for our annual **Open House** here at Silvergate San Marcos and help us make this a special afternoon showing off our community. Enjoy entertainment by pianist **Ron Loscalzo** in the dining room and you won't want to miss joining us on the courtyard for the jumbo shrimp and other delectable hors d'oeuvres created by Chef Joseph Fernandez and his staff.



Birthday Dinner

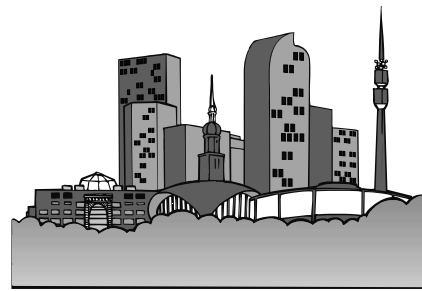
Celebrate June Birthdays with us during dinner and enjoy a scrumptious meal especially prepared by our Chef Joseph Fernandez for this occasion. Join us in the dining room at **4:00 on Monday, June 20** and enjoy the evening with your Silvergate neighbors.

Satisfaction Survey

It's that time of year for our annual Resident and Family satisfaction survey. The employees here at Silvergate San Marcos care about obtaining the highest possible level of resident and family satisfaction in every aspect of our community. We are committed to providing our residents with exceptional care and services, and we will continue to strive for excellence. We thank you in advance for taking the time to complete the survey.



Out & About



Valley View Casino Thursday, June 2, 9:30

Have fun playing black jack, and slot machines. Sign up in the

Activity Book if you plan to go.

Scenic Drive

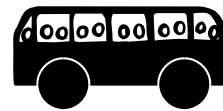
Friday, June 10 & 24, 10:00 a.m.

You must climb aboard and join Jackie for a Scenic Ride throughout beautiful San Diego and North County.

Dixon Lake

Wednesday, June 15
10:30 a.m.

Be sure to bring your sunscreen and your hat and the Activities department will take care of the rest. Space is limited so sign up early to reserve your seat on the bus.



Welk Resort Theatre Debbie Boone, Reflections of Rosemary Wednesday, June 22

11:00 a.m.

Grammy Award Winner Debbie Boone live in concert performing songs from her album "Reflections of Rosemary" is an intimate musical portrait of her mother-in-law, the legendary singer Rosemary Clooney. Debby Boone shares her collection of 16 songs distinguished by her strong, striking vocal talents and a very personal, emotionally rich story line. Cost is \$80.00 which includes the show and Brunch Buffet.

Make A Note

We offer Assisted Shopping for those who need assistance with their shopping. Contact the Transportation department at 760-744-4484 extension 114 to schedule an appointment for your shopping needs.

For Your Shopping Needs

Discount Shopping

Monday, June 13 at 1:30 p.m. Enjoy shopping at Trader Joe's, Wal-Mart, Target, Walgreens or Michaels.

Saturday Local Shopping

Be sure to sign-up for any local shopping you may need and leave the driving to us.

Our bus leaves at 10:00 a.m. and returns just in time for lunch!

Local Banking

Monday, June 6, 20 & 27 at 1:30 p.m. to Citi-Bank, Wells Fargo, Bank of America or a local bank within a 10 mile radius for your banking needs. Sign up in the Activity Book located in the Lobby.

Local Area Shopping

Monday, June 6, 20 & 27 at 1:30 p.m. to Vons, Albertson's, CVS, Rite-Aid, Dollar Store, Best Nails, Post Office, Library and other local businesses for your shopping needs.

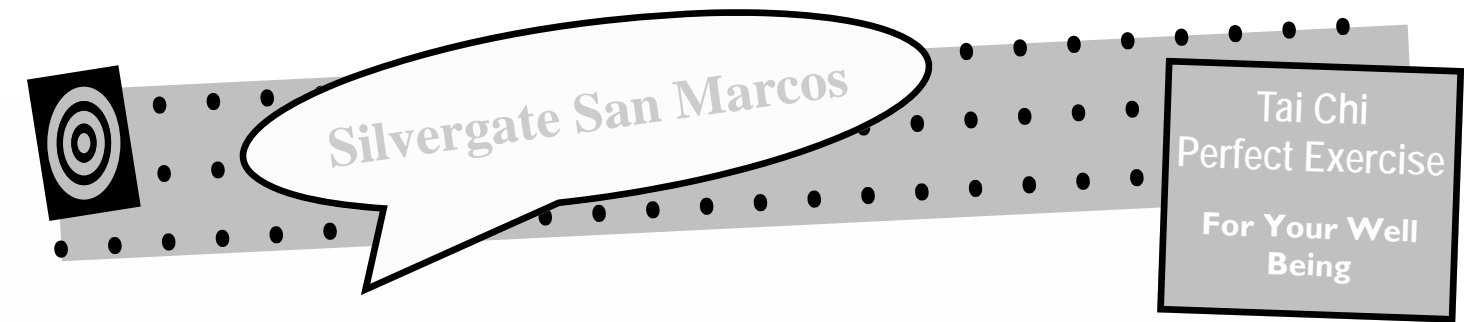
Church Transportation Schedule

We provide transportation to the following local Churches:

- St. Marks Catholic Church
- Palomar Heights Assembly of God
- Meadowlark Community Church
- United Church of Lake San Marcos
- San Marcos Lutheran Church



Note: If you desire to attend a church not listed and within our 10 mile radius, please contact our Activities Department at 744-4484 extension 114.



Health Talks

Tai Chi combines intense mental focus with deliberate, graceful movements that improve strength, agility and particularly important for the elderly- balance.

Studies have shown that Tai Chi practiced regularly helps reduce falls. It can take a few months for the effects of Tai Chi exercises to kick in, but when they do they can act as a gateway to a new lifestyle. "Once people start feeling better, they often become more active in their daily life", says Dr. Karim Khan, a family-practice physician at the University of British Columbia.

Any form of exercise, of course, can only do so much. "For older individuals, Tai Chi will not be the end-all," says William Haskwll, an expert in chronic Disease prevention at Stanford University. "But Tai Chi plus walking would be a very good mixture."

The best thing about Tai Chi is that people enjoy it, so they are more likely to stick with it long enough to get some benefit. It helps when something that's good for you is also fun.

Health & Wellness Programs

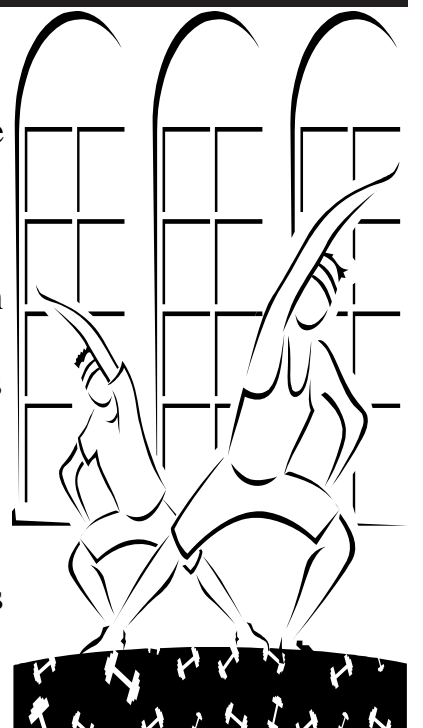
Podiatrist Dr. Farmer:
Second Wednesday of every month at 10:30 a.m. in Activity Room (2nd Floor). Sign up in the Activity Book.

Transportation: Contact Jackie at 744-4484 ext. 114 for your **medical appointments**. We provide transportation **Tuesday through Thursday**.

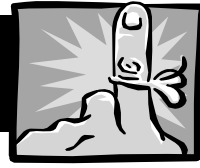
Exercise with Debbie
Tuesdays and Thursdays at 10:00 a.m. in the Palm Room.

Tai Chi with Patrick
Mondays and Wednesdays at & Saturdays at 1:00 p.m. in the Palm Room.

24 Hour Fitness Club
If you are interested in belonging to the fitness club just across the street, then please contact Melba Dunn, Administrator at 760-744-4484 extension 102 for more information. The membership is free of charge for our residents.



Monthly Reminders



In-House Seamstress

Monday, June 6

1:00-1:45 p.m.

All are welcome to meet Jane Steersman in the Bombay Lounge. She has been our in-house seamstress for 6 years! Her prices are very reasonable and the work she does is excellent. Bring your item for alteration and Jane will take care of the details.

Resident Council Meeting

Thursday, June 23

1:00 p.m.

The Resident Council meetings are scheduled monthly at 1:00 p.m. Your Council Members are: Jay Wyne, Neva Botting., Gladys Gildow, Katherine Houston, Ruth Ey, Jean Hanson and Barbara Walker.

Monday Mornings with Liz

10:30 a.m.

We're on the right path for **Monday morning** Activities. Liz invites you to join her in the **Palm Room** for fun and challenging programs that will start the week out right.

Bingo

Join us for Bingo on **Mondays, Wednesdays** and some **Fridays at 3:00 p.m. in the Game Room** (2nd Floor).

Pinochle

If you are interested in joining the Pinochle group call the Activities department at 760-744-4484 extension 114. This is a great way to enjoy a Thursday afternoon.

Social Hour

Enjoy coffee and doughnuts every Saturday at 8:15 a.m. in the Bombay Lounge.

Meet together and discuss current topics while enjoying a cup of coffee and freshly made doughnuts from Foster's Doughnuts.

Knit-Together

Join us in the **Bombay Lounge** every **Tuesday at 3:00 p.m.** to crochet or knit. This is a good time to get to know your neighbors and have some good fellowship!

Bible Study

Fridays 10:00 a.m.

Join us in the Activity Room (2nd floor) for Bible studies led by Billie Muhi. The study book used is from Stonecroft Ministries and are provided by the Activities Department. This study group is non-denominational.

Church Services

Thursdays 6:00 p.m.

Join us in the Palm Room for Hymns of praise and a message from the Bible with Pastor Jim McClintok officiating.

This is a non-denominational service.

Library

Daily Newspapers and books are provided for your reading pleasure. Please leave all newspaper sections in the Library in the baskets provided.



SAVE THE DATE

June 15- Dixon Lake Annual Picnic

Join us on Wednesday, June 15 as we kick off the Summer season with our annual picnic at Dixon Lake. Enjoy grilled hot dogs or hamburgers and all the trimmings as you overlook the lake and enjoy the outdoors. Space is limited so sign up early for this event.

June 22- Welk Theatre

Grammy Award Winner Debby Boone live in concert performing songs from her album "Reflections of Rosemary". Debbie shares her collection of 16 songs distinguished by her strong, striking vocal talents and a very personal, emotionally rich story line. Please sign up in the Activities Sign Up Book if you would like to join us. Cost for tickets are \$80.00 which includes the show and a Brunch Buffet.

August 17- Harbor Cruise

Cruise on the famous San Diego Bay with us and enjoy a fully narrated harbor cruise then join us for lunch at Anthony's Fish Grotto voted Best San Diego Seafood Restaurant. Please sign up in the Activities Book if you plan to go.

Monthly Highlights



Our History Matters

Thursday, June 2

1:00 p.m.

Join Jeanette Alesio Way for an intriguing presentation that is always enjoyed by everyone. Come prepared to learn about the many things to celebrate in June.

Crafts with Jane

Monday, June 6

2:00 p.m.

Join us in the Activity Room if you would like to have a great time doing a craft project. Stop by the Activity Room and see what crafts we are making and sign up with Liz in the Activities Department if you would like to join the class.

Game Hour

Friday, June 10 & 24

11:00 a.m. Game Room (2nd Floor)

Join us for Rummycube, Spite & Malice, Kings On the Corner, Train Dominoes or bring your favorite board game.

Short Stories & More

Thursday, June 16

3:00 p.m.

Join Liz and listen to heart warming stories that encircle the heart and then captivate it. Short Stories & More consist of condensed stories or magazine articles which are read to the group and then discussed.

As the World Turns

Thursday, June 30

3:00

Join us in the Palm room for some great conversation about a specific country and it's culture or talk about your travels and the latest hot



topics in the world or local news.

Bill's Movies

Join us for the best remembered movies, musicals, comedies and beyond, presented in unique variety shows and the price is right because it's FREE! Join us on **Tuesday, June 14 and 28** in the T.V. room.



Plan Ahead

Happy Hour— Enjoy appetizers and 2 complimentary drinks at Happy Hour with Bill & Ginger Bertie as they entertain and lighten up the evening on **Monday, June 6 from 4:00-5:00 on the Courtyard**. Then on **Monday, June 27, Musicstation** will perform for us with **keyboard and vocals in the Dining room from 4:00-5:00**. Be sure to join us and enjoy a variety of music and converse with your Silvergate neighbors.

Armchair Astronomy

Thursday, June 9

4:00 p.m.

Ken Vanlew brings us a PowerPoint presentation that shows some gorgeous pictures of the delights that take place in the skies and you'll learn much about our Solar System. Come early to get a good seat as seating is limited.



Expressions in Watercolor

Monday, June 13 & 27

Learn how to achieve luminosity in your paintings through demonstrations and experimentation with Watercolor. Join class instructor Karen Walkup in the Activities room. Art supplies will be provided. Please sign up in the Activities Book early as space is limited.

Class Offered: Handmade Jewelry

Wednesday, June 29

10:00-12:00

Sign up for this special opportunity to learn how to make your own jewelry. Class is limited and is on a first come first served basis. You can sign up in the Activities Book located in the Lobby.

Jay Wyne Welcomes Silvergate Neighbors

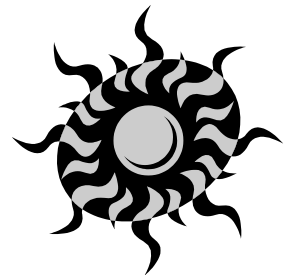
What are you waiting for— here is your personal invitation to have some fun and get to know your neighbors too! Jay Wyne is inviting you to join him in the game room any evening after dinner to play cards, Rummycube, or bring your personal favorites. If you would like to join him just give him a call or call the Activities department for more information at 760-744-4484 extension 114.

Silvergate San Marcos Calendar of Events

June 2011






Sunday Monday Tuesday Wednesday Thursday Friday Saturday



June Birthdays

Sally Kahn 6/10 Connie Troy 6/27

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|---|---|--|--|---|--|--|
| <p>5</p>  <p>9:00-12:00 Church Transportation 10:00 Inspirational Films 2:00 Sunday Matinee Performance 6:30 News & Views</p> | <p>6</p> <p>9:00 Bridge Lessons with Jay 10:30 Monday Mornings with Liz 1:00 Bridge 1:00 Tai Chi 1:00-1:45 Alterations by Jane 1:30 Local Banking & Shopping 1:30 Movie Classics 2:00 Crafts with Jane 4:00 Summer Social</p> | <p>7</p> <p>9:00 Dr. Appointments-Tri City 9:00 Manicures & Pedicures 10:00 Exercise 1:30 Variety Show 3:00 Knit-Together 6:30 Ancient Civilizations Video</p> | <p>1</p> <p>9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 1:00 Bridge 1:00 Tai Chi 1:30 Armchair Travel 3:00 Bingo</p> | <p>2</p> <p>9:30 Casino Trip 10:00 Exercise 1:00 Our History Matters 2:30 Pinochle 6:00 Church Services</p> | <p>3</p> <p>9:00 Catholic Communion 10:00 Bible Study 11:00 Library Committee 11:00-12:00 Greeting Card Sale 1:00 Bridge 3:00 Bingo</p> | <p>4</p> <p>8:15 Doughnuts & Coffee 10:00 Local Shopping 10:00 Family Films 1:00 Tai Chi 2:00 Saturday Movie Matinee 6:00 RummyCube</p> |
| <p>12</p>  <p>9:00-12:00 Church Transportation 10:00 Inspirational Films 2:00 Sunday Matinee Performance 6:30 News & Views</p> | <p>13</p> <p>9:00 Bridge Lessons with Jay 10:30 Monday Mornings with Liz 1:00 Bridge 1:00 Tai Chi 1:30 Discount Shopping 1:30 Movie Classics 1:30 Watercolor Class 3:00 Bingo</p> | <p>14</p> <p>9:00 Dr. Appointments-Tri City 10:00 Exercise 1:30 Bill's Movies 3:00 Knit-Together 6:30 Alzheimer's Support Group 6:30 Ancient Civilizations Video</p> | <p>8</p> <p>9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 10:30 Podiatrist 1:00 Bridge 1:00 Tai Chi 2:00-4:00 Open House 1:30 Educational Video</p> | <p>9</p> <p>9:00 Dr Appointments Encinitas 10:00 Exercise 2:30 Pinochle 4:00 Armchair Astronomy 6:00 Church Services</p> | <p>10</p> <p>9:00 Catholic Communion 10:00 Bible Study 10:00-11:30 Scenic Drive 11:00 Game Hour 1:00 Bridge 3:00 Bingo</p> | <p>11</p> <p>8:15 Doughnuts & Coffee 10:00 Local Shopping 10:00 Family Films 1:00 Tai Chi 6:00 RummyCube</p> |
| <p>19</p>  <p>9:00-12:00 Church Transportation 10:00 Inspirational Films 12:00- 1:00 Father's Day Dinner 2:00 Sunday Matinee Performance 6:30 News & Views</p> | <p>20</p> <p>9:00 Bridge Lessons with Jay 10:30 Monday Mornings with Liz 1:00 Bridge 1:00 Tai Chi 1:30 Local Banking & Shopping 1:30 Movie Classics 4:00 Birthday Dinner</p> | <p>21</p> <p>9:00 Dr. Appointments-Tri City 9:00 Manicures & Pedicures 10:00 Exercise 2:00 Coffee Klatch 3:00 Knit-Together 6:30 Ancient Civilizations Video</p> | <p>15</p> <p>9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 10:30 Outing to Dixon Lake 1:00 Bridge 1:00 Tai Chi 1:30 Armchair Travel</p> | <p>16</p> <p>9:00 Dr Appointments Encinitas 10:00 Exercise 2:30 Pinochle 3:00 Short Stories & More 6:00 Church Services</p> | <p>17</p> <p>9:00 Catholic Communion 10:00 Bible Study 10:30 Crosswords 1:00 Bridge 3:00 Bingo</p> | <p>18</p> <p>8:15 Doughnuts & Coffee 10:00 Local Shopping 10:00 Family Films 1:00 Tai Chi 2:00 Saturday Movie Matinee 6:00 RummyCube</p> |
| <p>26</p>  <p>9:00-12:00 Church Transportation 10:00 Inspirational Films 2:00 Sunday Matinee Performance 6:30 News & Views</p> | <p>27</p> <p>9:00 Bridge Lessons with Jay 10:30 Monday Mornings with Liz 1:00 Bridge 1:00 Tai Chi 1:30 Local Banking & Shopping 1:30 Movie Classics 1:30 Watercolor Class 4:00 Happy Hour with Musicstation</p> | <p>28</p> <p>9:00 Dr. Appointments-Tri City 10:00 Exercise 1:30 Bill's Movies 3:00 Knit-Together 6:30 Ancient Civilizations Video</p> | <p>22</p> <p>9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 11:00 Outing Welk Resort 1:00 Bridge 1:00 Tai Chi 1:30 Educational Video</p> | <p>23</p> <p>9:00 Dr Appointments Encinitas 10:00 Exercise 1:00 Resident Council 2:30 Pinochle 6:00 Church Services</p> | <p>24</p> <p>9:00 Catholic Communion 10:00 Family Journey Support Group 10:00-11:30 Scenic Drive 11:00 Game Hour 1:00 Bridge 1:00 Mahjong-Private Party 3:30 Big Bucks Bingo</p> | <p>25</p> <p>8:15 Doughnuts & Coffee 10:00 Local Shopping 10:00 Family Films 1:00 Tai Chi 2:00 Saturday Movie Matinee 6:00 RummyCube</p> |
| <p>29</p> <p>9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 10:00-12:00 Class: Hand Made Jewelry 1:00 Bridge 1:00 Tai Chi 1:30 Armchair Travel 3:00 Bingo</p> | <p>30</p> <p>9:00 Dr Appointments Encinitas 10:00 Exercise 2:30 Pinochle 3:00 As the World Turns 6:00 Church Services</p> | | | | | |

Changes to the Calendar programs may occur and will be announced as soon as possible.

