

Don't Miss Western Days!



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

September 2011

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

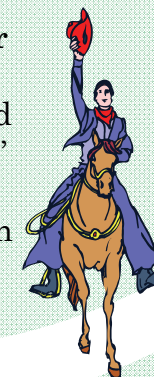


September

It seems nearly impossible that September has already arrived! Where did the summer go? The change in the season won't be slowing us down at Silvergate San Marcos! Get ready for special events, exciting trips and opportunities to stay fit both physically and mentally. This month's calendar is filled with activities that you are sure to love!

Knee Slappin' Good Time!

Join us as we celebrate **Western Days on Wednesday, September 21**. Belly up to the bar at 4:00 p.m. at the O.K. Corral on the Courtyard and enjoy foot-stompin, boot-kickin' good ole country western music by the **Working Cowboy Band**. Then head on over to the dining hall for some good ole down home country viddles. Be sure to be on your best behavior so you don't end up in the slammer cause Melba Dunn, the town sheriff will be about keeping the peace. Ya'll come and bring your partners and don't forget to R.S.V.P. by Friday, September 16 if you plan to have guests. Dial up 760-744-4484 or stop by the front desk to make your reservation. Cost for guests is \$12.00 which includes all the viddles you can eat and outstanding entertainment!



Plan Ahead

Labor Day-Considered by many people to be the unofficial end of the summer season and at Silvergate San Marcos another reason to have a party! Join us on the Courtyard from 4:00-5:00 and enjoy appetizers and ice-cold beverages as you enjoy the smooth sound of Dene Davidson and his band "Jazz From the Heart" for your listening pleasure.

Harrah's Casino-One of our most popular trips is when we board the bus for a day in a genuine Las Vegas atmosphere. Have fun playing blackjack, and slot machines. Enjoy a plentiful buffet at a reasonable price. Join us on **Thursday, September 1** and board our Silvergate bus at 9:30 a.m. and be prepared for a fun-filled day.

Welcome New Residents-If you haven't had the chance to meet our new Silvergate residents, then join us on **Friday, September 9 from 4:00- 5:00p.m. on the Courtyard**. We'll be celebrating with a special **Happy Hour** that will feature delicious hors d'oeuvres made by Chef Joseph Fernandez. Come and find out some interesting facts about your new neighbors and welcome them to the Silvergate family.

Happy Hour-Enjoy appetizers and 2 complimentary drinks on the **Courtyard from 4:00 to 5:00 p.m. and enjoy entertainment by Bill & Ginger Bertie**. Join us **Friday, September 16** and don't forget to bring your dancing shoes!

Ice Cream Social- Join us on the **Courtyard Friday, September 23 from 2:00-3:00** and enjoy a Hot Fudge Sundae with your Silvergate friends and neighbors.

Out & About



Harrah's Casino

Thursday, September 1, 9:30

Have fun playing black jack, and slot machines. Sign up in the Activity Book if you plan to go.

San Diego Scenic Tour & Lunch

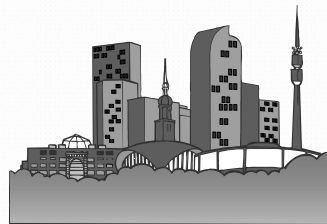
Saturday, September 10

8:30 a.m.

Jeanette Alliso-Way will narrate this informative and comprehensive tour of San Diego's Gas Lamp district, Point Loma and Coronado, then enjoy lunch on Shelter Island.

For more information and to sign up for this outing, call the Activities

department at 760-744-4484 extension 114. There is no fee for this outing and the lunch cost is on your own. R.S.V.P. no later than Wednesday, September 7th.



Lunch Bunch

Monday, September 19

11:00 a.m.

Join our **Lunch Bunch** for an afternoon out enjoying the Italian traditions of food, friendship and hospitality. We will be heading out to **Buca di Beppo** in Carlsbad, an authentic Italian restaurant offering dishes served family style. Sign up for this outing, by calling the Activities department at 760-744-4484 extension 114.

Scenic Drive

Friday, September 2 & 23

10:00 a.m.

You must climb aboard and join Jackie for a Scenic Ride throughout beautiful San Diego and North County. Reserve your seat on the bus in the Activity Book if you plan to go!

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

Discount Shopping

Monday, September 12 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, September 26 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, September 26 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.

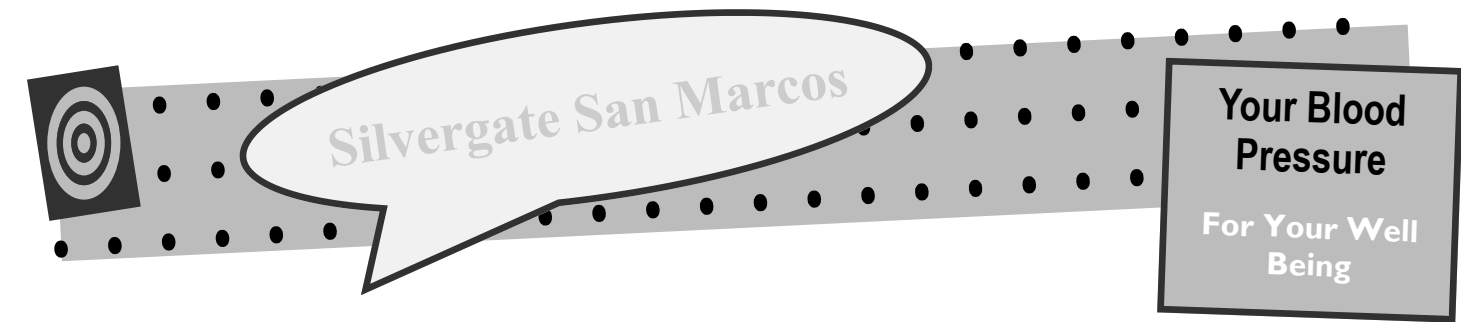
Church Transportation Schedule

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

High blood pressure—excess force against the walls of the blood vessels—is dangerous because it stresses the heart and the arteries, the tubes that carry blood from the heart to other organs.

Of the estimated one in four American adults who have high blood pressure, about one-third do not know it, because it rarely causes symptoms. Yet hypertension is easy to spot with annual screenings and is usually controllable.

You have a propensity for high blood pressure if one of your parents or adult siblings has the condition.

Older people are especially prone to what's called "isolated systolic hypertension," in which the systolic (top) reading reaches a dangerously high level while the diastolic (bottom) reading remains normal.

Genes and age are unchangeable, but many risk factors are well within your control. Smoking, excess alcohol intake (more than two drinks a day for men, one for women), obesity, medications that contain ephedra, and a sedentary lifestyle can all contribute to hypertension. Engaging in moderate exercise, such as walking 30 to 45 minutes a day, can significantly lower blood pressure.

Health & Wellness Programs

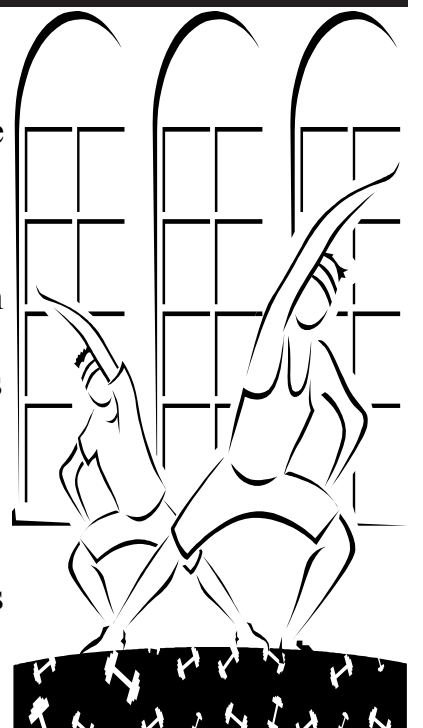
Podiatrist Dr. Farmer:
Second Wednesday of every month at 10:30 a.m. in Activity Room (2nd Floor). Sign up in the Activity Book.

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

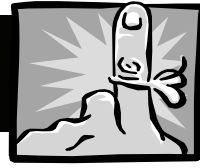
Exercise with Debbie
Tuesdays and Thursdays at 10:00 a.m. in the Palm Room.

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



Resident Council Meeting Thursday, September 22 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.

Town Hall Thursday, September 29 2:00 p.m.

All are welcome to attend this informative meeting as Administrator, Melba Dunn, provides you with the latest developments at Silvergate and Chef Joseph Fernandez & Clarice Kluey provide you with the latest developments in Food services.

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).

Evening Game Hour

Join Jay & Gladys in the Game room evenings at 7:00 for Rummycube, Scatagories, Train Dominoes, Kings on the Corner or bring your favorite board game. A great way to spend the evening with your Silvergate neighbors.

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

October-5 Temecula Valley

Tour the rolling hills covered with vineyards, expansive views reaching to 11,000 foot high mountains then have lunch at Richies in Old Town Temecula.

October-31 Halloween Party

Enjoy wine & beverages with savory appetizers as we enjoy one of the best parties of the year at our Wacky—Tacky Fashion Show.

November -7 IMAX Dome Theatre

Journey Into Amazing Caves. Explore unusual caves, including ice caves in Greenland and under water caves in the jungles of Mexico.

Monthly Highlights



Our History Matters

Thursday, September 1 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 September.

Short Stories & More

Thursday, September 15 3:30 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, September 22 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.

Birthday Dinner

Monday, September 26 4:00 p.m.

Celebrate September 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 and enjoy the evening with your Silvergate neighbors. Robert Hardaway will be our entertainment for this evening.

Expressions in Watercolor

Monday, September 26

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.

Armchair Astronomy Thursday, September 8 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. This month he presents Colliding Galaxies: Brace for Collision! We see many distorted galaxies that give evidence of past collisions. They've been given names like the Mice and Antennae to describe them. We'll see what we can expect when the Milky Way collides with Andromeda Galaxy in the distant future.

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, September 6 & 20** in the T.V. room.

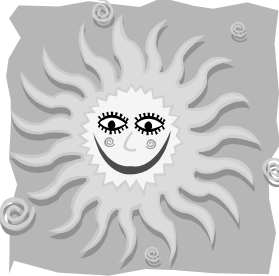






National Assisted Living Week,

Established in 1995 by the National Center for Assisted Living. Assisted living was founded on the principle of delivering care and services based on the individual resident's needs and desires. These services also enhance the resident's emotional, intellectual, physical, social, and spiritual well-being so they can live as independently as possible with the highest quality of life. Silvergate San Marcos is a special community and each person here...residents, staff, nurses, doctors, housekeepers, cooks, caregivers, hospice... all pitch in to create the best atmosphere. We want to thank you all for your exceptional involvement which helps to make this community a great place to live and work.

Silvergate San Marcos Calendar of Events

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<h3>September Birthdays</h3>		<i>1</i> 9:30 Casino Trip 10:00 Exercise 1:00 Our History Matters 6:00 Church Services 7:00 Game Hour	<i>2</i> 9:00 Catholic Communion 10:00 Bible Study 10:00-11:30 Scenic Drive 11:00 Library Committee 11:00-12:00 Greeting Card Sale 1:00 Bridge 3:00 Bingo 7:00 Game Hour	<i>3</i> 8:15 Doughnuts & Coffee 10:00 Family Films 10:00 Local Shopping 1:00 Tai Chi 2:00 Saturday Movie Matinee 6:00 RummyCube 7:00 Game Hour
<i>4</i>  9:00-12:00 Church Transportation 10:00 Inspirational Films 2:00 Sunday Matinee Performance 6:30 News & Views 7:00 Game Hour	<i>5</i> 9:00 Bridge Lessons with Jay 10:30 Monday Mornings with Liz 1:00 Bridge 1:00 Tai Chi 1:30 Movie Classics 4:00-5:00 Labor Day Celebration 7:00 Game Hour	<i>6</i> 9:00 Dr. Appointments-Tri City 9:00 Manicures & Pedicures 10:00 Exercise 1:30 Bill's Movies 3:00 Knit-Together 6:30 Ancient Civilizations Video 7:00 Game Hour	<i>7</i> 9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 1:00 Bridge 1:30 Armchair Travel 3:00 Bingo 7:00 Game Hour	<i>8</i> 9:00 Dr Appointments Encinitas 10:00 Exercise 4:00 Armchair Astronomy 6:00 Church Services 7:00 Game Hour	<i>9</i> 9:00 Catholic Communion 10:00 Bible Study 11:00 Game Hour 1:00 Bridge 3:30-5:00 Welcome New Residents 7:00 Game Hour	<i>10</i> 8:15 Doughnuts & Coffee 8:30 Outing-San Diego Historic Bus Tour 10:00 Family Films 10:00 Local Shopping 2:00 Saturday Movie Matinee 6:00 RummyCube 7:00 Game Hour
<i>11</i>  9:00-12:00 Church Transportation 10:00 Inspirational Films 2:00 Sunday Matinee Performance 6:30 News & Views 7:00 Game Hour	<i>12</i> 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 7:00 Game Hour	<i>13</i> 9:00 Dr. Appointments-Tri City 10:00 Exercise 2:00 Travelogue-Middle East-Oman & Jordan 3:00 Knit-Together 6:30 Alzheimer's Support Group 6:30 Ancient Civilizations Video 7:00 Game Hour	<i>14</i> 9:00 Bridge Lessons with Jay 10:00 Outing-Sea Port Village 10:30 Podiatrist 9:00 Dr. Appointments Escondido 1:00 Bridge 1:00 Tai Chi 1:30 Educational Video 7:00 Game Hour	<i>15</i> 9:00 Dr Appointments Encinitas 10:00 Exercise 3:30 Short Stories & More 6:00 Church Services 7:00 Game Hour	<i>16</i> 9:00 Catholic Communion 9:30 Beach Walk 10:00 Bible Study 10:30 Crosswords 1:00 Bridge 4:00 Happy Hour with Bill & Ginger 7:00 Game Hour	<i>17</i> 8:15 Doughnuts & Coffee 10:00 Family Films 10:00 Local Shopping 1:00 Tai Chi 2:00 Saturday Movie Matinee 6:00 RummyCube 7:00 Game Hour
<i>18</i>  9:00-12:00 Church Transportation 10:00 Inspirational Films 2:00 Sunday Matinee Performance 6:30 News & Views 7:00 Game Hour	<i>19</i> 9:00 Bridge Lessons with Jay 10:30 Monday Mornings with Liz 11:00 Outing-Lunch Bunch 1:00 Bridge 1:00 Tai Chi 1:30 Movie Classics 3:00 Bingo 7:00 Game Hour	<i>20</i> 9:00 Dr. Appointments-Tri City 9:00 Manicures & Pedicures 10:00 Exercise 1:30 Bill's Movies 3:00 Knit-Together 6:30 Ancient Civilizations Video 7:00 Game Hour	<i>21</i> 9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 1:00 Bridge 1:00 Tai Chi 1:30 Movie Residents Choice 4:00-6:00 Western Days 7:00 Game Hour	<i>22</i> 9:00 Dr Appointments Encinitas 10:00 Exercise 1:00 Resident Council 3:00 As the World Turns 6:00 Church Services 7:00 Game Hour	<i>23</i> 9:00 Catholic Communion 10:00 Family Journey Support Group 10:00-11:30 Scenic Drive 11:00 Game Hour 1:00 Bridge 2:00 Ice Cream Social 7:00 Game Hour	<i>24</i> 8:15 Doughnuts & Coffee 10:00 Family Films 10:00 Local Shopping 1:00 Tai Chi 2:00 Saturday Movie Matinee 6:00 RummyCube 7:00 Game Hour
<i>25</i>  9:00-12:00 Church Transportation 10:00 Inspirational Films 2:00 Sunday Matinee Performance 6:30 News & Views 7:00 Game Hour	<i>26</i> 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 Birthday Dinner 7:00 Game Hour	<i>27</i> 9:00 Dr. Appointments-Tri City 10:00 Exercise 1:30 Variety Show 3:00 Knit-Together 6:30 Ancient Civilizations Video 7:00 Game Hour	<i>28</i> 9:00 Bridge Lessons with Jay 9:00 Dr. Appointments Escondido 10:30 Poetry Reading 1:00 Bridge 1:00 Tai Chi 1:30 Armchair Travel 3:00 Activities Auction 7:00 Game Hour	<i>29</i> 9:00 Dr Appointments Encinitas 10:00 Exercise 2:00 Town Hall 6:00 Church Services 7:00 Game Hour	<i>30</i> 9:00 Catholic Communion 10:00 Vista Library 1:00 Bridge 1:00 Mahjong-Private Party 3:00 Big Bucks Bingo 7:00 Game Hour	

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