

# WHAT'S HAPPENING

## OCTOBER EVENTS & ACTIVITIES

10/3	Saturday	Social Club Breakfast & Meeting	8:30-10:00am
10/3	Saturday	Princess House Party, gift items/discounts	1:00-3:00 pm
10/9	Friday	<b><u>Park Resident Birthday Luncheon Returns</u></b>	12-1:30 pm
10/15	Thursday	Pacific Medical Circulation Therapist <b><u>lunch</u></b>	12:30-2:00 pm
10/17	Saturday	Social Club OCTOBER FEST Dinner	5:30-6:30 pm
10/20	Tuesday	Neighborhood Watch Meeting	6-8:00 pm
10/21	Wednesday	<b><u>The 55+ GP Senior Foodies Group Premier</u></b>	<b><u>4:30-5:15 pm</u></b>
10/27	Tuesday	<b><u>GP Resident Vets American Legion Mtg.</u></b>	<b><u>7:00-9:00 pm</u></b>

### EVERY MONDAY

9/7, 14, 21, 28      Golden Palms Clothes Closet      10:00-1:00 pm

9/8 TUESDAY      Sacramento Library Book Mobile      10:45-Noon

### EVERY WEDNESDAY

9/2, 9, 16, 23, 30      BEGINNING YOGA      11:30-12:30 pm

## MOVIE NIGHT - COMEDY/ACTION

Every Wednesday - 5:30-8:00 pm

10/7 *"Blast From The Past"* (Comedy-1999) ★★★★★ Brandon Fraser,  
Alicia Silverstone. A romantic comedy about a naive man who comes out into  
the world after being in a nuclear fallout shelter for 35 years.

10/14 *"San Andreas"* (Action-PG-2015) Dwayne Johnson (The Rock) ★★★★★  
In the aftermath of a massive earthquake in California, a rescue-chopper pilot makes a  
dangerous journey with his ex-wife across the state in order to rescue his daughter.

**\*SPECIAL PREMIER OF 55+ GP SENIOR FOODIES GROUP @ 4:30 PM**

**\* ENJOY FOOD SAMPLES FEATURED IN THE MOVIE "JULIE AND JULIA"**

Your Hostess: Resident KELL BRIGAN & "GP Foodies" Coordinator

\*10/21 *"Julie and Julia"* (Comedy-2009) ★★★★★ Meryl Streep, Amy Adams.  
Julia Child's story of her start in the cooking profession is intertwined with blogger Julie  
Powell's 2002 challenge to cook all the recipes in Child's first book.

**MOVIE NIGHT TAKES A VACATION FROM 10/28 - 11/18**

Thank you Movie Night Fans-Going Home to the Windy City- *"My Kind of Town, Chicago"* *Greg*

**EMERGENCY INFORMATION**

**GOLDEN PALMS MOBILE HOME ESTATES  
8181 FOLSOM BLVD., SACRAMENTO, CA 95826**

**Diane Barnes, Manager**

**OFFICE HOURS: 9:00 am – 4:00 pm Monday – Friday**

**OFFICE PHONE: 916-383-5424**

This number is manned by Park Manager after hours and weekends, 24/7 response

**Park Emergency Only Phone: 916-997-4785**

**FIRE, POLICE, OR RESCUE: DIAL 9 1 1**

**ALTERNATE NUMBERS**

**FIRE 916-228-3035, POLICE 916-264-5471**

**PG&E (GAS) 1-800-743-5000 SMUD (ELECTRIC) 1-888-456-7683**

**City of Sacramento (pickup schedule, garbage, recycle cans) DIAL 3 1 1**

**NEAREST HOSPITALS**

**Mercy General, 4001 J Street, Sacramento, CA 95817  
916-453-4545**

**Sutter General, 2801 L Street, Sacramento, CA 95814  
916-454-2222, Emergency: 916-733-3003**

**U.C. Davis Medical Center, 2315 Stockton Blvd., Sacramento, CA 95817  
24 hour Operator: 916-734-2011**

**Local Red Cross – 916-368-3131 / 1-800-383-7387  
City Operator: 916-264-5011, County Operator: 916-875-5000**

**Locations of Emergency Shelters will be announced during that time.**

**In the event of an emergency, please tune your radio to: 1530 KFBK**

## **MESSAGE FROM THE MANAGER**

**ALOHA GOLDEN PALMERS!**



**WOW, IS ALL I CAN SAY!! THAT WAS A GREAT PARTY! THANK YOU TO **A L L** VOLUNTEERS, CLEAN UP, SET UP, DISH WASHERS, SERVERS, DECORATORS, ESPECIALLY DICK MAIZON, THE HAWAIIAN BAND AND LOVELY DANCERS.**



**A BIG HIGH TO ETHELYN, PETE, BUDDY, LINDA, LISA AND GREG FOR HELPING TO MAKE ANOTHER SUCCESSFUL EVENT PROVIDED BY GOLDEN PALMS PARK MANAGEMENT & STAFF.**

**REMINDER: OCTOBER 31<sup>ST</sup> HALLOWEEN – AND TRICK-OR-TREATING IS ALLOWED FOR RESIDENTS IN THE PARK. DON'T FORGET TO ASK; “WHO IS IT?” BEFORE YOU OPEN THE DOOR.**

**DAYLIGHT SAVINGS TIME ENDS AT 2:00 AM NOVEMBER 1<sup>ST</sup>. SET YOUR CLOCKS BACK ONE HOUR BEFORE BEDTIME.**

**THE DUMPSTER WILL RETURN THIS MONTH. ACCESS WILL BE RESTRICTED TO A WEEKLY SCHEDULE, MONITORED BY PARK EMPLOYEES. DETAILS WILL BE PROVIDED WITH YOUR OCTOBER RENT STATEMENT.**

**WATER METER INSTALLATION, UTILITY HOOKUP ACCESS, EXTERIOR LOT INSPECTIONS AND FRONT WALL CONSTRUCTION ARE ON-GOING. DO YOUR PART AND MAINTAIN YOUR SPACES. THANK YOU FOR YOUR SUPPORT AND MAKING GOLDEN PALMS THE BEST – *DIANE, MANAGER***

## SOCIAL CLUB MEALS, ACTIVITIES FOR OCTOBER

A friendly reminder: It is time for resident to pay our social club dues for the months of September 2015-February 2016.

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Residents can join the Club or renew membership for \$2.00/month per person, then, all meals are free. Grab a blank Golden Form (in the clubhouse) fill it out, add your dues and submit to \_\_\_\_\_ to get signed up. Thank you for your support.

### MEALS:

*The Social Club breakfast is served at 8:30 am on the first Saturday of each month with the General Club Meeting following directly afterward (everyone is welcome to attend)*

*The Social Club is hosting the annual "OKTOBERFEST" Potluck on October 17<sup>th</sup>.*

We will provide: Bratwurst, Sauerkraut and Potato Salad

Members are asked to contribute: Green Salad, Vegetables or Bread

Come and enjoy the food and friends. If you have traveled to Germany (or are from Germany) and have attended an "Oktoberfest" in that country, please share your story after dinner. It is like "show & tell". See you there.

**ARE YOU A NEW RESIDENT and not a Social Club Member YET?** The Social Club would like you to join us for a complimentary breakfast. The "welcome new resident" chairperson is Susan Tierney #101 who will provide you with a voucher that can be used at any monthly breakfast.

### THIS 'N' THAT

If you are a new member and not comfortable about being in charge of a monthly meal, check out the new grey binder in the kitchen titled "Social Club Chairperson Meals, Guidance Materials and Food Safety Information". If you need help coordinating a meal, look over the Mentor and Helpers List of residents in the park who are willing to help you. Just give them a call.





HELLO NEIGHBORS  
THE SOCIAL CLUB IS HOSTING THE  
"OKTOBERFEST" POTLUCK

Date: Saturday, October 17

Time: 5:30 P. M.

The Social Club will provide: Bratwurst,  
Sauerkraut and Potato Salad

Members are asked to contribute: Salad,  
Vegetables or Bread

Cost: Members Free, Guests (Up to 2 per  
household) \$5.00

Sign Up Sheet: will be available from Sunday,  
October 4 through 5 P.M. Thursday, October 15

# GOLDEN PALMS VETERAN RESIDENTS



## UNITED STATES AMERICAN LEGION

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veteran's service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

*Golden Palms Mobile Home Estates is home to many Veterans who proudly served our country and protected our freedom during wartime conflicts.*

*Golden Palms Veteran Residents and Park Management would like to organize and establish an American Legion Local Post on site. We need NEW members from the park AND / OR current American Legion members to request relocation to Golden Palms Mobile Home Estates as a new local post site.*

**TUESDAY - OCTOBER 27, 2015 7:00 pm - 9:00 pm**

*All residents are invited to attend a meet and greet reception for: American Legion Local Commander and Supporting Officers in the park clubhouse.*

*Show your support for our Veterans, Surviving Family Members, Neighbors, Park Community, and Our Country!*

*Next Month is Veterans Day - Wednesday - November 11, 2015*



## **Calling All Golden Palms Foodies!**

*Can you get excited about a new lemon zester?*

*Do you know at least eight recipes using farro? (OK, I don't either)*

*Do you enjoy cooking food using plenty of fresh ingredients?*

*Fall in love with flavor. Be creative; spice it up!*

## **The 55+ Golden Palms Senior Foodies:**

This is a group for *omnivores* who enjoy learning about, cooking, experimenting and eating a variety of foods. (If you are vegan or vegetarian, or follow any sort of restricted diet, this group may not work for you, but you are welcome to attend.)

Please note, this is intended to be a FUN, guilt-free, obsession-free group.

The following will NOT be discussed: carbs, calories, cholesterol, GMOs, dieting, "health", judging people's bodies (yours or anyone else's) or anything having to do with Acai juice.

What will be allowed: making yummy noises, learning new skills, using an ingredient in a recipe no one else has ever heard of before, and generally having a great time.

Some possible group activities: a member demonstrating a recipe to the rest of the group, themed gourmet-level potlucks, fields trips to local wineries or farms, or discussing new & classic cook books and food-related memoirs.

**You are invited to attend an informal savor and snack tasting  
on Wednesday, October 21<sup>st</sup>, at 4:30 pm before Movie Night feature:  
"Julie and Julia" in the Clubhouse.**

Bring your own wine. (No corkage charge!) High-falutin' hors-d'oeuvre and ice water will be provided. At this first meeting, we'll talk more about what people would like to get out of the group, decide how to share any costs involved, and plan some activities.

**Bon appétit!**





ALL GOLDEN PALMS RESIDENTS ARE INVITED TO A SPECIAL  
WORKSHOP AND LUNCHEON FOR LEG/KNEE/FOOT PAIN  
THERAPY OPTIONS.

**Over 30 million people in the U.S. suffer from venous insufficiency disease.**

PLEASE SIGN UP EARLY AND RESERVE YOUR PLACE.

SEE DIANE BARNES IN THE PARK OFFICE FOR DETAILS AND  
RESERVATION SIGN UP LIST.

Varicose Veins

Swelling

Ulcers

## Take our quiz

Do you have neuropathy, heaviness,  
aching, pain, burning, itching,  
swollen or discolored feet or  
varicose veins?

Yes

☐

Has your doctor done any  
specialized testing other than  
medication?

Yes

☐

Has your doctor taken the time to  
look at your feet and legs?

Yes

☐

Are you frustrated because you feel  
like you're only living half your life?

Yes

☐

If you've answered **yes** to any of these  
questions, relief is here.

**Our treatments are covered  
by Medicare, Medi-cal and  
most private insurance.**

**PACIFIC COAST  
MEDICAL INVITES  
YOU TO A  
PRESENTATION ON  
LEG/KNEE PAIN**

Thursday 10/15/15@ 12:30  
Golden Palms Mobile Home  
8181 Folsom Blvd Sacramento  
Pizza

GET FREE MEDICAL ADVICE AND INDIVIDUAL EVALUATIONS  
FOR PAIN RELIEF.

## GOLDEN PALMS RESIDENTS

THANK YOU FOR ATTENDING OUR RECENT MANAGER - RESIDENT MEETINGS.

OUR HOPE IS THAT YOU LEARNED SOME VALUABLE INFORMATION ABOUT HOME SAFETY AND UTILITY SHUT-OFF PROCEDURES. PLEASE CONTINUE TO REVIEW THE FIRE SAFETY AND PREVENTION BROCHURE.

WE WERE VERY PLEASED WITH THE LARGE AMOUNT OF PARTICIPANTS FOR THE HANDS ON FIRE EXTINGUISHER DEMONSTRATION.

FOR THOSE OF YOU UNABLE TO ATTEND THE MEETING, PLEASE COME BY THE OFFICE AND PICK UP THE HANDOUTS. THANK YOU.

**Diane Barnes, Manager   Pete Staple, Park Maintenance Supervisor**

## "OFF YOUR DUFF"

Sunday, October 4<sup>th</sup>

### Mondavi: Rising Stars of Opera

First stop will be Davis with time to explore quaint shops. Then to the Mondavi Center to enjoy the highly acclaimed San Francisco Opera's Adler Fellows and the UC Davis Symphony performance at 4:00 p.m. This is a great venue for those new to opera. Dinner will follow. *Day trip time: 1:30 pm to 7:45 pm. Cost \$30.00 transportation, additional cost for dinner.*

*Sign-up Deadline: Monday, September 28<sup>th</sup>*

Wednesday, October 7<sup>th</sup>

### The Presidio Bus Guided Tour:

First, have lunch at the Presidio Officers' Club! Next on to the Presidio Shuttle for a one hour tour and see the park's historic areas, wild open spaces, and hidden nooks, with an emphasis on projects that are shaping the Presidio today! When we return, free time will allow us to see art work and the Presidio's fascinating heritage in the Officers' Club.

*Day trip time: 8:15 am to 5:00 pm. Cost \$32.00 transportation, additional cost for lunch.*

*Sign-up Deadline: Monday, October 5<sup>th</sup>*

Thursday, October 15<sup>th</sup>

### San Francisco Botanical Gardens:

This is the 75<sup>th</sup> Anniversary of the Botanical Gardens. Within its 55 acres are a cloud forest, fragrance garden, redwood grove, a primitive plan garden, plants native to California, a Japanese moon viewing garden and many more.

*Day trip time: 8:15 am to 5:00 pm. Cost \$30.00 transportation, plus \$7.00 garden entrance fee for adults, \$5.00 for seniors. Bring money for lunch as well.*

*Sign-up Deadline: Friday, October 9<sup>th</sup>*

Wednesday, October 21<sup>st</sup>

### Napa's Castello di Amorosa Tour & Taste:

We take a one hour guided multi-level tour (elevator available). Then enjoy a sampling of 5 premium wines before departing for late lunch. The surprise for tourists is the quality of the wine. The wines are exquisite. You can buy by the bottle or order by the case. Arrivederci! A presto!

*Day trip time: 8:15 am to 5:15 pm. Cost \$70.00 transportation (includes wine tasting) and bring money for lunch.*




*Sign-up Deadline: Friday, October 9<sup>th</sup>*

All above trips are sponsored by: SWANSTON COMMUNITY CENTER 916-333-6464  
2350 NORTHRUP AVENUE, SACRAMENTO, CA 95825

C'mon along, sit back, relax, and go for a ride. Get out of town, take a road trip, enjoy life and have fun! You're not "seniors"; you are "seasoned citizens"!



# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:00-11:30 am Bible Study 11:30-2:30 Card Sharks 6:00-9:00 Pinochle	<b>2</b> 11:00-2:30 Pinochle 7:00-9:00 BINGO	<b>3</b> 8:30-10:00am Social Club Breakfast & Meeting <b>1-3:00 pm</b> Princess House Party/Sale
<b>4</b>	<b>5</b> 10-1:00 pm Clothes Closet 1:00-3:30 Bunco	<b>6</b> 10-11:00 am- Christ Fellow 11:30-2:30 pm Card Sharks 12:30-3:30 Private Party	<b>7</b> 7:30-9:00 am Coffee/Donuts 11:30-12:30 Begin Yoga 5:30-8:30 Movie Night	<b>8</b> 9:00-11:30 am Bible Study 11:30-2:30 Card Sharks 6:00-9:00 Pinochle	<b>9</b> Noon-1:30 Resident Birthday Luncheon	<b>10</b> Private Party 12-6:00 pm
<b>11</b> <b>Columbus Day</b> 	<b>12</b> 10-1:00 pm Clothes Closet 11:00-2:30 Pinochle	<b>13</b> 10-11:00 Christ/Fellow <b>10:45-Noon</b> B/Mobile 11:30-2:30 pm Card Sharks 12:30-3:30 Private Party	<b>14</b> 7:30-9:00 am Coffee/Donuts 11:30-12:30 Begin Yoga 5:30-8:30 Movie Night	<b>15</b> 9-11:30 am Bible Study 11:30-2:30 Card Shark <u>Pacific Medical</u> <u>12:30-2:00 pm</u> 6:00-9:00 Pinochle	<b>16</b> 11:00-2:30 Pinochle 7:00-9:00 BINGO	<b>17</b> 5:30-6:30 pm S/Club Ocktober Fest Resident Din- ner and Pot- luck
<b>18</b> 3-8:00 pm Private Party	<b>19</b> 10-1:00 pm Clothes Closet 1:00-3:30 Bunco	<b>20</b> 10-11:00 am- Christ/Fellow 11:30-2:30 pm Card Sharks 12:30-3:30 Private Party <b>6:00-8:00 pm</b> <u>Neighborhood</u> <u>Watch Mtg</u>	<b>21</b> 7:30-9:00 am Coffee/Donuts 11:30-12:30 Begin Yoga 5:30-8:30 Movie Night	<b>22</b> 9:00-11:30 am Bible Study 11:30-2:30 Card Sharks 6:00-9:00 Pinochle	<b>23</b> 11:00-2:30 Pinochle	<b>24</b> <i>PRIVATE PARTY</i> <i>2-6 pm</i> <b>Happy</b> <b>Halloween</b> <b>BOO!</b> 
<b>25</b>	<b>26</b> 10-1:00 pm Clothes Closet 11:00-2:30 Pinochle	<b>27</b> 10-11:00 Christ/Fellow 11:30-2:30 pm Card Sharks 12:30-3:30 Private Party <b>7:00-9:00 pm</b> <u>Amer. Legion</u>	<b>28</b> 7:30-9:00 am Coffee/Donuts 11:30-12:30 Begin Yoga 5:30-8:30 Movie Night	<b>29</b> 9:00-11:30 am Bible Study 11:30-2:30 Card Sharks 6:00-9:00 Pinochle	<b>30</b> 11:00-2:30 Pinochle	<b>31</b> 6-8:00 pm Private Party 