



THE RANCH ESTATES AT SCOTTSDALE

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™



Resident Birthdays

5th Ruth Arieli
10th Nancy Wright
16th Eugenia Tu
23rd Beryl Woodbridge
27th Susan Benz
31st Don Dixon

Staff Birthdays

5th Cristina Bailey
9th Dave Slechta
11th Meishael Smith
23rd Ronda Rosenau
30th Kate Hennessey

Management Team

Janessa Becker-Executive Director
Sheila Hernandez-Sales Director
Cristina Bailey-Business Office
Dave Slechta-Dining Service
Scott Olafsen-Maintenance
Ronda Rosenau-Life Enrichment

Resident Ambassador

Phyllis Revello

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents-from healthcare and finances to overall quality of life-while never losing sight of the details that matter most: the connections we make along the way.

Helene Wolf
Elizabeth
Beebe



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MAY 2022

The Ranch Estates at Scottsdale Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday	
1 May Day		2		3		4		5 Cinco de Mayo	
PY 7:30 Morning Walk	SP 8:00 Church Runs	PY 9:00 Yoga w/Scott (FC)	CR 10:00 Greeting Cards w/Donna AR	PY 7:30 Morning Walk	CR 10:00 Better Balance w/Anna (FC)	PR 9:00 Fry's Shopping (9 or 9:45)	PY 11:00 Yoga w/Scott FC	PY 7:30 Morning Walk	CO 11:00 Nickel Blackjack (2W)
CO 9:00 Crosswords/Word Finds (C)	SO 1:00 Mystery Drive	CO 10:00 Let's Talk News! (C)	SP 11:00 Discussion w/Rabbi MR	CO 11:00 Nickel Blackjack (2W)	CR 1:00 Hats/Crafters (AR)	CO 1:00 Book Club (AR)	SO 1:00 Mexican Train (R)	CO 12:45 Cinco de Mayo Celebration	CO 1:00 Mahjong (2W)
SO 1:00 Rummy Q (3W)	CO 1:00 Golf Cards (2W)	PR 11:00 Walmart Shopping	CR 1:00 Bill Harrison presents..MR	SE 1:00 Knitting & Chat (2)	CO 1:00 Phil's Movie Pick (MR)	SE 1:00 Rummy Q (3W)	CO 1:30 Cinnamon Cranberry Bread	SE 1:00 Sentimental Reflections MR	CO 2:00 Activity Meeting (R)
SE 1:30 Popcorn & A Movie (MR)	CO 3:00 Jigsaw Puzzles (3W)	SO 1:00 Spinner (R)	CO 1:30 Fresh Popcorn (L1)	CO 1:30 Canasta (2W)	CO 3:00 Jigsaw Puzzles (3W)	CO 2:00 Dime Bingo (AR)	CO 3:00 Jigsaw Puzzles (3W)	CO 2:00 Jigsaw Puzzles (3W)	SP 3:00 Communion (MR)
8 Mother's Day		9		10		11		12	
PY 7:30 Morning Walk	SP 8:00 Church Runs	PY 9:00 Yoga w/Scott (FC)	CR 10:00 Beading w/Sharon (AR)	PY 7:30 Morning Walk	CR 10:00 Better Balance w/Anna (FC)	PR 9:00 Fry's Shopping (9 or 9:45)	PY 11:00 Yoga w/Scott FC	PY 7:30 Morning Walk	CO 9:00 Grandpals Visit Us!
CO 9:00 Crosswords/Word Finds (C)	SO 1:00 Mystery Drive	CO 10:00 Let's Talk News! (C)	SP 11:00 Safeway Shopping	CO 11:00 Nickel Blackjack	CR 1:00 Knitting & Chat (2)	SO 1:00 Celebrate Birthday's (R)	SO 1:00 Mexican Train (R)	SO 9:30 Getting to know you! (MR)	CO 11:00 Nickel Blackjack (2W)
SO 1:00 Rummy Q (3W)	CO 1:00 Golf Cards (2W)	PR 1:00 Resident Town Hall (R)	CR 1:00 Spinner (R)	SE 1:00 Phil's Movie Pick (MR)	CO 1:30 Canasta (2W)	CO 1:00 Rummy Q (3W)	SE 1:30 Cinnamon Cranberry Bread	CO 1:00 Mahjong (2W)	SE 1:00 Sentimental Reflections MR
SE 1:30 Popcorn & A Movie (MR)	CO 3:00 Jigsaw Puzzles (3W)	SO 1:30 Fresh Popcorn (L1)	CO 2:00 Joyful Sounds (L1)	CO 3:00 Jigsaw Puzzles (3W)	CO 6:30 Skipbo (1W)	CO 2:15 Dime Bingo (AR)	CO 3:00 Jigsaw Puzzles (3W)	CO 2:00 Jigsaw Puzzles (3W)	SP 3:00 Communion (MR)
15		16		17		18		19	
PY 7:30 Morning Walk	SP 8:00 Church Runs	PY 9:00 Yoga w/Scott (FC)	CR 10:00 Greeting Cards w/Donna AR	PY 7:30 Morning Walk	CR 10:00 Better Balance w/Anna (FC)	PR 9:00 Fry's Shopping (9 or 9:45)	PY 11:00 Yoga w/Scott FC	PY 7:30 Morning Walk	CO 10:30 Talking Stick Casino Out
CO 9:00 Crosswords/Word Finds (C)	SO 1:00 Mystery Drive	CO 10:00 Let's Talk News! (C)	SP 11:00 Les Koel Entertains (L1)	CO 11:00 Nickel Blackjack (2W)	CR 1:00 Knitting & Chat (2)	CO 1:00 Book Club (AR)	SO 1:00 Mexican Train (R)	CO 1:00 Sentimental Reflections MR	CO 1:00 Mahjong (2W)
SO 1:00 Rummy Q (3W)	CO 1:00 Golf Cards (2W)	SE 1:00 Spinner (R)	CO 1:30 Fresh Popcorn (L1)	SE 1:00 Phil's Movie Pick (MR)	CO 1:30 Canasta (2W)	CO 1:00 Rummy Q (3W)	SE 1:30 Cinnamon Cranberry Bread	CO 2:00 Jigsaw Puzzles (3W)	SE 2:00 Sentimental Reflections MR
SE 1:30 Popcorn & A Movie (MR)	CO 3:00 Jigsaw Puzzles (3W)	CO 2:15 Timeless Trivia (MR)	CO 3:00 Jigsaw Puzzles (3W)	CO 3:00 Jigsaw Puzzles (3W)	CO 6:30 Skipbo (1W)	CO 2:00 Dime Bingo (AR)	CO 3:00 Jigsaw Puzzles (3W)	CO 3:00 Communion (MR)	SP 3:00 Communion (MR)
22		23		24		25		26	
PY 7:30 Morning Walk	SP 8:00 Church Runs	PY 9:00 Yoga w/Scott (FC)	CR 10:00 Art For All Ages (AR)	PY 7:30 Morning Walk	CR 10:00 Better Balance w/Anna (FC)	PR 9:00 Fry's Shopping (9 or 9:45)	PY 11:00 Yoga w/Scott FC	PY 7:30 Morning Walk	CO 9:30 Beading w/Sharon (AR)
CO 9:00 Crosswords/Word Finds (C)	SO 1:00 Mystery Drive	CO 10:00 Let's Talk News! (C)	SP 11:00 Tea & Talk w/Chani MR	CO 11:00 Nickel Blackjack (2W)	CR 1:00 Knitting & Chat (2)	SO 1:00 Mexican Train (R)	SO 1:00 Mexican Train (R)	CO 9:30 Getting to know you! MR	CO 11:00 Nickel Blackjack (2W)
SO 1:00 Rummy Q (3W)	CO 1:00 Golf Cards (2W)	SE 1:00 Nancy & Larry Entertain (L1)	CO 1:00 Spinner (R)	SE 1:00 Phil's Movie Pick (MR)	CO 1:15 Dining Mtg w/Dave (R)	CO 1:00 Rummy Q (3W)	SE 1:30 Cinnamon Cranberry Bread	CO 1:00 Mahjong (2W)	SE 1:00 Sentimental Reflections MR
SE 1:30 Popcorn & A Movie (MR)	CO 3:00 Jigsaw Puzzles (3W)	CO 1:30 Fresh Popcorn (L1)	CO 3:00 Jigsaw Puzzles (3W)	CO 1:30 Canasta (2W)	CO 3:00 Jigsaw Puzzles (3W)	CO 2:00 Dime Bingo (AR)	CO 3:00 Jigsaw Puzzles (3W)	CO 2:00 Jigsaw Puzzles (3W)	SP 3:00 Communion (MR)
29		30 Memorial Day		31					
PY 7:30 Morning Walk	SP 8:00 Church Runs	PY 9:00 Yoga w/Scott (FC)	CR 10:00 Let's Talk News! (C)	PY 7:30 Morning Walk	CR 10:00 Better Balance w/Anna (FC)	1st Floor West (1W)			
CO 9:00 Crosswords/Word Finds (C)	SO 1:00 Mystery Drive	CO 10:30 Timeless Trivia (MR)	SP 1:00 Memorial Day presentation MR	CO 10:45 Snooze Eatery Lunch Out	CR 1:00 Knitting & Chat (2)	Restaurant (R)			
SO 1:00 Rummy Q (3W)	CO 1:00 Golf Cards (2W)	SE 1:00 Spinner (R)	CO 1:30 Fresh Popcorn (L1)	CO 1:00 Phil's Movie Pick (MR)	CO 1:30 Canasta (2W)	Cafe (C)			
SE 1:30 Popcorn & A Movie (MR)	CO 3:00 Jigsaw Puzzles (3W)	CO 3:00 Jigsaw Puzzles (3W)		CO 3:00 Jigsaw Puzzles (3W)	CO 6:30 Skipbo (1W)	Lobby (L1)			
						2nd Floor West (2W)			
						Activity Room (AR)			
						Library (L)			
						Media Room (MR)			
						3rd Floor West (3W)			

Events are Subject to Change.

Independent Living




Travel

DESTINATION:
ROSSIO SQUARE

Lisbon, Portugal

This square dates back to the Middle Ages. During the 19th century, the Rossio Square was paved with the usual Portuguese mosaic and was decorated with bronze fountains that were imported from France. A few of the cafes and shops of this square are dated from the 18th century.



POP CULTURE

By 1955, over three-quarters of a million US households—about half of all homes—had television.

9160 East Desert Cove Avenue
Scottsdale, Arizona 85260
480-498-8707
www.theranchestates.com



Friday

Saturday

6	<p>9:00 Yoga w/Scott (FC) 9:30 Mother's Day Tea (AR) 10:00 Let's Talk News! (C) 10:30 Water Fitness Class 11:00 Dime Bunco (2W) 11:30 Bank Day 1:00 Phil's Movie Pick (MR) 3:00 Happy Hour w/Jack (L1) 6:30 Canasta 6:30 & 7:00</p>	7	<p>9:30 Tai Chi w/Debra (FC) 10:00 Paint on Pottery (AR) 10:00 Pharmacy Runs 11:00 Rose's Hallmark & P.O. 12:00 Bible Study w/Sharon (AR) 1:00 Rummy Q (R) 1:00 Scottsdale Fiesta Shop 1:30 Popcorn & A Movie (MR) 3:00 Jigsaw Puzzles (3W)</p>
13	<p>9:00 Yoga w/Scott (FC) 10:00 Let's Talk News! (C) 10:30 Water Fitness Class 10:45 Ling & Louie's Lunch Out 11:00 Dime Bunco (2W) 11:30 Bank Day 1:00 Paul/Anna Entertain (L1) 3:00 Happy Hour (L1) 6:30 Canasta 6:30 & 7:00</p>	14	<p>9:30 Tai Chi w/Debra (FC) 10:00 Bible Study w/Sharon (AR) 10:00 Pharmacy Runs 11:00 Rose's Hallmark & P.O. 1:00 Rummy Q (R) 1:00 Trader Joe's/Sprout's 1:30 Popcorn & A Movie (MR) 3:00 Jigsaw Puzzles (3W)</p>
20	<p>9:00 Yoga w/Scott (FC) 10:00 Let's Talk News! (C) 10:30 Water Fitness Class 11:00 Dime Bunco (2W) 11:30 Bank Day 1:00 Phil's Movie Pick (MR) 3:00 Happy Hour (L1) 5:00 Shabbat Dinner Outing 6:30 Canasta 6:30 & 7:00</p>	21	<p>Armed Forces Day</p> <p>9:30 Tai Chi w/Debra (FC) 10:00 Bible Study w/Sharon (AR) 10:00 Pharmacy Runs 11:00 Rose's Hallmark & P.O. 1:00 Pavilions Shopping 1:00 Rummy Q (R) 1:00 SoSco Duo Entertains (L1) 1:30 Popcorn & A Movie (MR) 3:00 Jigsaw Puzzles (3W)</p>
27	<p>9:00 Yoga w/Scott (FC) 10:00 Let's Talk News! (C) 10:30 Water Fitness Class 11:00 Dime Bunco (2W) 11:30 Bank Day 1:00 Phil's Movie Pick (MR) 3:00 Happy Hour (L1) 3:00 Jigsaw Puzzles (3W) 6:30 Canasta 6:30 & 7:00</p>	28	<p>9:30 Tai Chi w/Debra (FC) 10:00 Bible Study w/Sharon (AR) 10:00 Pharmacy Runs 11:00 Rose's Hallmark & P.O. 1:00 Rummy Q (R) 1:30 Popcorn & A Movie (MR) 3:00 Jigsaw Puzzles (3W)</p>
<p>Resident Birthdays 5th Ruth Arieli 10th Nancy Wright 16th Eugenia Tu 23rd Beryl Woodbridge 31st Don Dixon</p>		<p>Staff Birthdays 5th Cristina Bailey 9th Dave Slechta 11th Meishael Smith 23rd Ronda Rosenau 30th Kate Hennessey</p>	

Did You Know?

HEALTH Tips

Magnesium

Magnesium has been shown to aid in heart health, reduce migraines, support healthy bones, fight depression, and reduce the risk of type 2 diabetes.



MUSIC History

From 1962 - 1978 Frankie Valli and The Four Seasons
Sold over 100 Million Records.

Assisted Living

WORD of the DAY

snickersnee

(noun) /'sni-kər-snē/

a large knife

“

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

”

- Christopher Reeve



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