

MAY 2018

Pioneer House

415 P Street Sacramento, CA 95814 * (916) 442- 4906



Robert Godfrey
Executive Director

Jill Garcia
Director of Nursing

Lorena Hernandez
Business Office Manager

Frances Santillan
Marketing Director

Sandhya Mala
Social Services Director

Candace Worthen
Director of Activities

Shawana Brown
Food Service Director

Lonnie Anderson
Environmental Services

Roop Lal
Maintenance Supervisor

Announcements



Happy Mom's Day!

Saturday
May 12th
Glamour Shots



This mother's day, we wanted to FOCUS on all the many things we LOVE about Mom.

YOU ARE INVITED TO A



BBQ

Memorial Day
Monday May 28th
12:00pm



Wednesday 9th

11:00 am



Mr. Pickle's, we believe that quality and quantity go hand in hand, and if you have ever eaten a Mr. Pickle's **sandwich**, you could testify. Since customer satisfaction is our goal, we present to you the best **sandwiches** known to mankind

Wednesday 16th

10:00am



Join us at the **High-Hand Cafe** with its bright and casual atmosphere. Our menu reflects our passion for farm fresh local ingredients and **hand** made quality.

Monday 21st

6:15pm



The Sacramento River Cats are a Minor League Baseball team based in West Sacramento, California. The team plays in the Pacific Coast League and is the Triple-A affiliate of Major League Baseball's San Francisco Giants.

Shopping & Outings

- 5/2 8:30 Safeway & Rite Aid
10:00 Target
- 5/9 8:30 Trader Joe's
11:00 Out to Lunch
Mr.Pickles
- 5/16 8:30 Raleys
10:00 Out to Lunch
High Hand Nursery & Café in Loomis
- 5/21 River Cats- 6:15pm
- 5/23 8:30 Save Mart
10:00 Folsom History
Museum & Lunch
- 5/30 8:30 Bel Air
10:00 98 Cent Store
1:30 Wal Mart

Wednesday 23rd

10:00am



The Folsom History Museum focuses on exhibits about Folsom's native people, the discovery of gold in California and the formation of mining camps, ethnic groups who contributed to this area, the formation of the town, railroad, prison, powerhouse, and later efforts at gold mining.

Admission

\$8

6th Floor News

Pizza Toss Game



Big 5 Zee Game



Chair Zumba



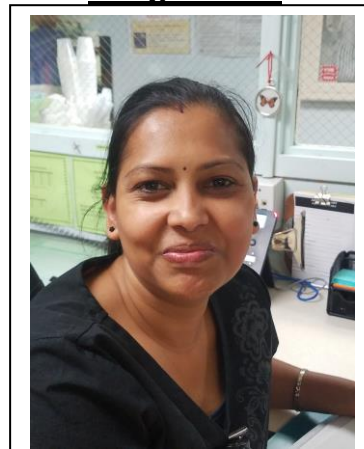
Book Club

FLAT BROKE WITH TWO GOATS
by Jennifer McGaha

Pick up
May 11th
2:30pm

Employee of the Month

Yougeta Bali

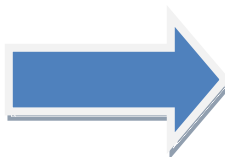


Yougeta Bali has work in ALU since May, 2016. She is always willing to help resident and co worker. Work extra shift and come in with a smile on her face.

She enjoys watching TV, movies, spending time with two kids and her husband. Thank you, Yougeta for your big heart &dedication to the residents.

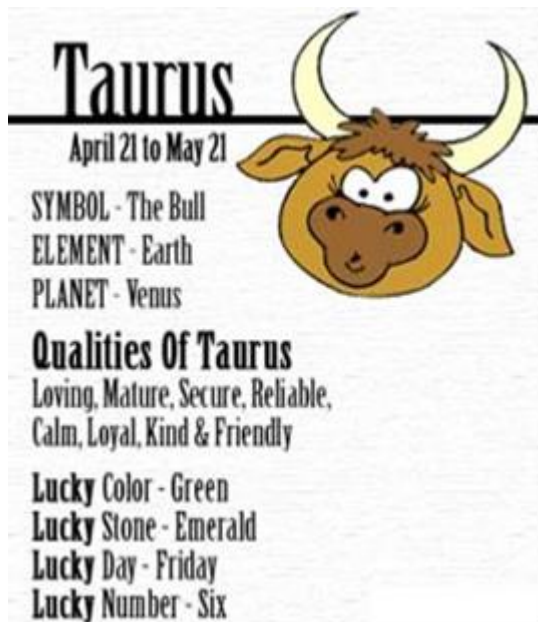
Flat Broke with Two Goats

When life gets your goat, bring in the herd Jennifer McGaha never expected to own a goat named Merle. Or to be setting Merle up on dates and naming his doeling Merlene. She didn't expect to be buying organic yogurt for her chickens. She never thought she would be pulling camouflage carpet off her ceiling or rescuing opossums from her barn and calling it "date night."



Horoscopes and Birthdays

In astrology, those born between May 1–20 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.



Taurus
April 21 to May 21

SYMBOL - The Bull
ELEMENT - Earth
PLANET - Venus

Qualities Of Taurus
Loving, Mature, Secure, Reliable,
Calm, Loyal, Kind & Friendly

Lucky Color - Green
Lucky Stone - Emerald
Lucky Day - Friday
Lucky Number - Six

- Benjamin Spock (pediatrician) – May 2, 1903
- Sugar Ray Robinson (boxer) – May 3, 1921
- Sigmund Freud (psychoanalyst) – May 6, 1856
- Fred Astaire (entertainer) – May 10, 1899
- Yogi Berra (ballplayer) – May 12, 1925
- George Lucas (film maker) – May 14, 1944
- Adrienne Rich (poet) – May 16, 1929
- Cher (singer) – May 20, 1946
- Sir Arthur Conan Doyle (writer) – May 22, 1859
- Bob Dylan (songwriter) – May 24, 1941
- Jim Thorpe (athlete) – May 28, 1887
- Walt Whitman (poet) – May 31, 1819

May Birthdays

James Ball	5/01
Marian Hunter	5/05
Marguerite Rutherford	5/12
Jeri Ray	5/21
Helen Arriaga	5/24
Kenneth Bailey	5/29
George Schmidt	5/31

Birthday Party
Thursday May 24th
3pm
Activity Room



Gemini
May 22 to June 21

SYMBOL - The Twins
ELEMENT - Air
PLANET - Mercury

Qualities Of Gemini
Witty, Brilliant, Knowledgeable, Popular,
Versatile, Youthful, Talkative & Happy

Lucky Color - Yellow
Lucky Stone - Agate
Lucky Day - Wednesday
Lucky Number - Five