



# The Primrose Press

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2080 Guerneville Road  
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## Activity Program Highlights

Our residents have been busy these past few months. The weather was great so we had many outdoor activities such as Tie Dying, building birdhouses, working on our garden and our Cinco de Mayo party in which we had a wonderful Mariachi band. The Funny Fashion show was such a success. We had our residents dress up and we all just laughed at how funny we all looked in our costumes. We had party clowns, big shot Cowboys and Autumn ladies to big-time Money Gamblers.



The outings have been great these past months. The residents had the opportunity to visit the Hall of Flowers at the Sonoma County fair and enjoy a delicious lunch. It was amazing to see their reaction to all those beautiful flowers and the landscape. And we didn't stop there. We also had the chance to attend the Gravenstien Apple Fair in Sebastopol. We listened to live music while eating a delicious apple pie with vanilla ice cream.

September brings Grandparent's Day on Sunday, September 13th. We would love to have you join us to honor your family members. (Especially the grandchildren)

In the next couple of months we will be heading out to Snoopys Ice Arena for lunch and taking a drive through the redwoods. We also invite you to come to our Fall Festival celebration in October. We are looking forward to the end of the year and celebrating Thanksgiving and Christmas with our loved ones and welcoming the New Year with open arms .



Activity and rest are two vital aspects of life. To find a balance in them is a skill in itself. Wisdom is knowing when to have rest, when to have activity, and how much of each to have. Finding them in each other - activity in rest and rest in activity - is the ultimate freedom.”  
– Sri Sri Ravi Shankar, *Celebrating Silence: Excerpts from Five Years of Weekly Knowledge 1995-2000*



Carver meets an African Fox from our friends at Lyon Ranch.



Reva is dressed for the occasion at the County Fair

## In the Day Club

As we play our way through summer, there have been so many opportunities for fun in the sun and relaxation in the shade. It's hard to imagine it will ever be winter again. With such a fun bunch of folks here in the Day Club, almost anything can happen-and does. We finished off July with our Primrose County Fair. Hopefully you had the chance to come by and see the chickens and goats, try your hand at some of our games, and most especially taste the results of our ice cream-making contest (wow!) We all had a wonderful time.

As for the other ongoing fun, last month we set up a new magnetic dart board. We've been enjoying it so thoroughly, we're going to have to set up competitions soon. Also, we've been steadily progressing on some paper-mache heads- very interesting. If you haven't seen them yet, come take a peek; they're quite the production.

This month (August) - well let's just say we've been inspired by the ice cream contest and you can expect to hear about some delicious new flavors coming out of the Day Club. Looking forward to our Sweet Summer Luau coming near the end of the month; maybe we'll start experimenting with some tropical flavors. A virgin pina colada sorbet will go so well with hula dancing and coconut bowling.



Emily celebrates the Fourth of July in her newly tie-dyed tee shirt

## Primrose Activities

July was a great month to be with family and friends. Our Chef Jack prepared a wonderful Fourth of July lunch to celebrate Independence Day. We took a scenic drive to Sebastopol this month down Florence Ave to see the Sculptures created by a local artist.

We would like to thank Lyon Ranch for bringing their animals for our residents to see. It was a nice outdoor activity and we had the opportunity to see and even kiss a Camel! It was incredible.

The Sonoma County Fair is now open and we took a small group of our residents out to the fair for lunch. They all had a great time eating fair food while watching the kids and all the excitement.

In the month of August our residents will be attending the **Gravenstein Apple Fair** for lunch on **Sunday August 9<sup>th</sup> at 11am**. **If you would like to volunteer for this outing, please give us a call.**

Santa Rosa was once a film location in the 1940's. This month we will be driving our residents down McDonald Avenue, to see its many attractive Victorian homes, which have appeared several times in films by Alfred Hitchcock, such as the film "Shadow of Doubt".

Celine bonds with Humphrey the Camel during a visit from our friends at Lyon Ranch



## Kitchen Corner

Oh Happy Day!

The new Sensory garden is in full swing with plenty of fresh basil and tomatoes for the summer menu. The Garden Club members regularly deliver a surprise basket of vegetables for us to work into our meals and one good and flexible way to go is an Old Fashioned Chef's Salad. For the Primrose chef's salad we like to work our fresh herbs, tomatoes and cucumbers into a base of chopped lettuce, carrots and cabbage lightly dressed simply with olive oil and vinegar.

To round out the presentation we include either deviled or egg salad, bean salad and cheese for protein. Sometimes we will include some Chicken or Tuna salad or some old fashioned potato or macaroni salad. When the tomatoes are ripe we might include a traditional Greek Salad and I will include a guide to creating a salad based on my fond memories of seaside suppers in the casual village tavernas on the island of Crete.

### Matala Summer Salad

Combine the following and enjoy with a sandwich or freshly baked bread and a glass of crisp white wine.

1/2 cucumber, in chunks  
1/2 cup sweet peppers, in chunks  
1/2 red onion, slivered  
1/2 cup parsley, chopped  
1 cup feta cheese, crumbled  
1 cup kalamata olives

### Dress with:

1/3 cup best quality olive oil  
2 Tbs. red wine vinegar  
Fresh oregano, salt and black pepper



Yasoo!

Chef Jack

## Community Presentations

**OUR SPEAKER, RAMMOHAN RAO, PHD, RESEARCH ASSOCIATE PROFESSOR AT THE BUCK INSITUTE FOR RESEARCH ON AGING, WILL DISCUSS:**

**“REVERSING AGE—ASSOCIATED COGNITIVE DECLINE: AN INTEGRATIVE APPROACH”**

**ON FRIDAY, AUGUST 14TH, 2 — 4 PM**

**PLEASE CALL (578-8360) BY MONDAY AUGUST 10TH TO RSVP (SEATING IS LIMITED)**

### Primrose Caregiver Support Groups

In **Santa Rosa**, we have a group that meets the **1st Tuesday of every month from 2:30 - 4:00pm** at **Primrose** (2080 Guerneville Road).

*\*At Santa Rosa location only - Day Club is offered for loved ones while attending the Primrose support group; please call prior to group for a Day Club reservation\**

In **Sebastopol**, we have a group that meets the **2nd Tuesday of each month from 10:30am - Noon** at the **Sebastopol Senior Center**. Note: Day Club is not available at this group.

Our **Windsor** group meets **every 3rd Tuesday** of every month from **10:30am - Noon** at the **Windsor Senior Center** (9231 Foxwood Drive). Note: Day Club is not available at this group.

In **Rohnert Park**, group meets **every 4th Tuesday** of every month from **10:00am - Noon** at **Rohnert Park Community Center** (5401 Snyder Lane). Note: Day Club is not available at this group.