

# Granada Gazette

Volume 17 Issue 12 December 2006

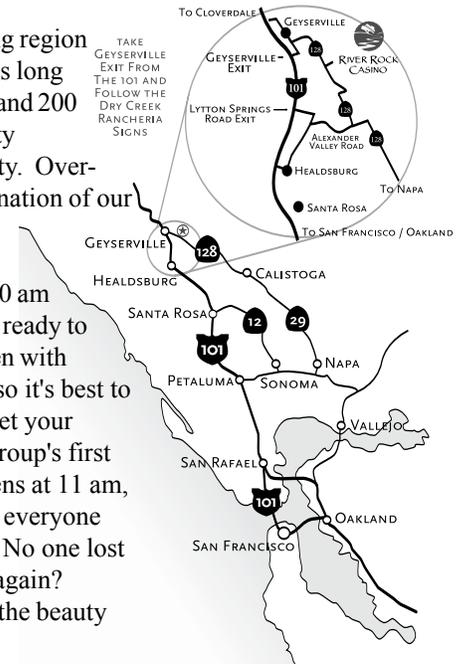


## River Rock Indian Casino

by Kevin McGlynn

The Alexander Valley is the most diverse grape growing region in California's most diverse wine county, Sonoma. This long narrow valley (50x7 miles) is home to over 50 wineries and 200 producers and has earned its reputation with rich, fruity Zinfandels and field blends of diversity and high quality. Overlooking this valley is River Rock Casino and the destination of our combined Granada/Broadmoor Hotel Casino Tour.

We left San Francisco in our private motor coach at 9:30 am for a 90 mile drive to River Rock; we arrived fresh and ready to play at 10:30 am. A "Player's Club Card" is easily gotten with picture identification, but you do have to wait in line, so it's best to keep your card for your next visit. Once you get your card, you get your \$15.00 in coupons and then everyone has 4 hours to PLAY. My group's first stop was the "Quail Run Restaurant," a beautiful buffet which opens at 11 am, all-you-can-eat for \$10.00. Then it was on to the tables and slots; everyone played for a couple of hours and it was back on the motor coach. No one lost anything much and (*name protected*) won \$1,100.00. Will we go again? Outside our windows, we look, we delight and give thanks for all the beauty that surrounds us and yes, we'll go again and again!



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Kevin B. McGlynn, editor



## A Granada Welcome to

Victoria Hawthorne  
Maria De Los Reyes  
Chris McGuire  
Gary Kindsvatte  
Maurice Guridi  
Roy Weaks  
Michael Keenan  
Andrew Abodeely  
Bill Wells  
Joseph Deu Pree  
Bama Patrick  
Emma Morris  
Mario Monlin

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# Fresh, Clean, Crisp Salad.



Where can I get a guaranteed fresh, clean, crisp salad? In the Granada twice a day. Rolando Linis, a cook from many well known restaurants in San Francisco and now in the Granada showed me how he prepares the salads. I was delighted to see that SYSCO provides vacuum bags of washed lettuces and leafy greens. The bags are opened and immediately washed again, soaked in ice water and later dried to join the garden array of fresh vegetables. So enjoy your fresh, clean, crisp salad here at the Granada and know that this is excellently prepared with your health in mind. Ed.

Photography by Kevin McGlynn

## Physical Activity and Exercise.

Running a marathon at 80 years old may not be a realistic goal for most seniors, but staying fit is an achievable objective. Studies indicate that a daily routine of physical activity and/or exercise helps strengthen older adults.. Although specific regimens are a matter of debate, virtually all the research shows strength and balance exercises improve coordination and reaction time.

Physical activity is any bodily movement produced by skeletal muscles that result in caloric expenditure. Exercise is "a subcategory of activity that is the planned, structured and repetitive - resulting in the improvement or maintenance of one or more facets of physical fitness."

### *What role does physical activity play in the health of aging adults?*

As a person ages, exercise serves as a sort of "fountain of youth." It helps counteract many issues in the process of aging by:

- \* Increasing cardiac and pulmonary function
- \* Lowering cholesterol and blood pressure
- \* Improving ability to perform daily activities
- \* Controlling weight
- \* Protecting against chronic disease
- \* Enhancing feelings of well-being
- \* Decreasing anxiety and depression

**Physical activity** can have a direct impact on daily activities. Walking, swimming, dancing, doing laundry, stairs, if you can, all these motions add to what's good for you. Men, the ladies want to dance at happy hour, so get busy. A walk to Union Sqare has no hills and is a beautiful stroll of 6 blocks filled with art and shops. Here at the Granada, as you can see by our calendar, we have a **fourty-five minute exercise class** every Monday and Friday at 10:00 in the morning. These classes are taught by trained professionals and are a part our weekly life. You are never too old to reap the benefits of exercise, so come say hello to Judy and join her exercise class. Make it a New Year's resolution.



April, Mary Angel, Tony and Gabrielle Davidauskis

## Happy Holidays to everyone from the Davidauskis Family.

In September, Tony celebrated 20 years as manager of The Granada ([www.granadasf.com](http://www.granadasf.com)). Recently we moved Tony's mother, Mary, to San Francisco from Phoenix. She was having trouble living by herself in her mobile home and her doctor said she was no longer able to take care of herself. Here at The Granada, she has her own room and participates in many of the social activities available, but often times packs her bags expecting to go back to Phoenix-only she refers to it as Massachusetts. Until he started helping her, Tony never realized what a project it was to learn about Medicare A&B, Drug Plans, Medi-cal, HMO's etc. We are planning on enrolling her at the San Francisco Alzheimer's and Dementia Clinic.

April is currently writing her thesis on literary mothers and will receive her Master's Degree in Literature as well as a Certificate of the Teaching of Post-Secondary Composition at the end of the year from San Francisco State. She is also applying to Ph.D. Programs, and, if she attends one at Arizona State, we have talked about her staying at our rental house in Phoenix.

April spends quite a bit of time in Los Angeles with her boyfriend Josh who is a systems engineer for the Humanities Department at UCLA. It turns out that Josh is renting a condo in the Mar Vista section of West L.A. in a building that the company Tony used to work for, Sarlo Realty, converted to condos in 1981. The company sold them for \$40,000 and now they are worth over \$300,000--should have gotten a few, oh well.

Gabrielle is getting her degree in Communications from Menlo College this spring and is currently taking courses like Sports Media. Not surprisingly, given her outgoing and charismatic personality as well as her past life performing as a ballerina, Gabby has discovered a talent for acting. She is currently taking an Advanced Acting course at Menlo and has performed on campus as well. She continues to work weekends as a hostess at

# Birthdays

## RESIDENTS December

- 3 Candace D'Holmbach
- 5 Curtis Bourland
- 6 Daniel O'Reilly
- 6 Mary Knutsen
- 8 Mary Liddle
- 9 Erlinda Kapadia
- 10 Leroy Toner
- 10 Ernest Collins
- 11 Anne Medic
- 17 Daniel Gibbons
- 19 Jerry Chestler
- 26 John Blunt
- 27 Barnara Ward
- 27 Gary Galvin
- 29 H. Paul Morton
- 30 Julie Lacek
- 30 Yvonne Stagnaro
- 31 Kenneth McGuiness



## EMPLOYEES

- 2 Patricia Baldwin
- 5 Laura Neustedter
- 5 Elmer Rayos
- 15 Katie Rubio
- 19 Michael Bryant

### Continue

Ultra Fluid Lounge ([www.fluidsf.com](http://www.fluidsf.com)) and does promotional work for Coors Light.

Mary Angel has been working for Boudin's this past year which is famous for its sourdough bread. Her store is in Fisherman's Wharf, so she gets to talk to tourist from all over the world. She also still occasionally teaches and performs dance--most recently, at the La Honda House. Mary's father turned 90 this year, and both mother and father are still living independently in Southern California, although with much support from their children. Her oldest brother Eddie passed away in March, and his warm spirit and humor are missed by all.

We are grateful for our life together and for the friends and family this little blurb goes out to --  
*Merry Christmas.*



### Tony's Newsletter Column

It's Christmas card time again. I see all the people with birthdays in December and I'm reminded about all those combination gifts, you know, birthday cum Christmas; take heart, we will sing Happy Birthday to you with cake and candle and you get your Christmas present in The Granada as well.

Many Christmas events: the cable car carolers will come Sunday the 10th during the Ice Cream Social and on Tuesday, Dec. 12 at 2:30 we will have a tree trimming party, on the 19th a Chanukah program will be given by Rabbi Weiss and also the Birthday party and on Thursday, Dec. 21 we will have a liqueurs and petit-fours Christmas Celebration with the Saint Mary's Cathedral Choir to entertain us with their Christmas program, should be fun. Our Christmas dinner is on Friday, December 22nd, doors open at 4:15 pm and then there's the New Year Celebration. Busy!

So everyone have a safe and peaceful holiday season and thank you all.



# December 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Joy to the World	Joy to the World Joy to the World Joy to the World	Joy to the World Joy to the World	Joy to the World Joy to the World Joy to the World		1 10:00 Exercise 4:00 Happy Hour 6:30 Movie	2 1:30 Bingo 6:00 HBO
3 2:15 Ice Cream Social 7:00 60 Minutes * Candace D'Hebbach	4 10:00 Exercise 5:00 ESPN Monday Night Football	5 9:30 ROSARY 7:00 Bingo * Curtis Bourland	6 12:30 <i>Abonine Concert</i> at St. Patrick's 6:30 Movie * Mary Knutson * Daniel O'Reilly	7 2:00 Bingo	8 10:00 Exercise 4:00 Happy Hour 6:30 Movie * Mary Little	9 1:00 Bingo 6:00 HBO * Brinda Kapadia
10 10:30 SPCA PETS 130 - 330 Cabin Car Carvers & Ice Cream Social	11 10:00 Exercise 5:00 ESPN Monday Night Football * Aron Meade	12 2:00 Christmas Tree Trimming Party 7:00 Bingo	13 12:30 <i>Abonine Concert</i> at St. Patrick's 6:30 Movie	14 1800 <b>Library on Wheels</b> 7:00 Bingo	15 10:00 Exercise 4:00 Happy Hour 6:30 Movie	16 1:30 Bingo 6:00 HBO
17 10:00 SPCA PETS 2:15 Ice Cream Social 7:00 60 Minutes * Daniel Gibbons	18 10:00 Exercise 5:00 ESPN Monday Night Football	19 9:00 MASS 1:30 Chanukah Program * 7:00 Bingo	20 12:30 <i>Abonine Concert</i> at St. Patrick's 6:30 Movie	21 6:00—7:00 pm <b>CHRISTMAS CELEBRATION</b> with St. Mary's Choir	22 10:00 Exercise 4:00 Happy Hour 4:15 CHRISTMAS DINNER	23 1:00 Bingo 6:00 HBO
24 7:00 60 Minutes	25 <b>MERRY CHRISTMAS</b>	26 7:00 Bingo * John Elzer	27 12:30 <i>Abonine Concert</i> at St. Patrick's 6:30 Movie * Barbara Ward * Gary Clavin	28 2:00 Bingo	29 10:00 Exercise 4:00 Happy Hour 6:30 Movie * H. Paul Morton	30 1:30 Bingo 6:00 HBO * Julie Laack * Yvonne Stagnaro
31 2:15 Ice Cream Social <b>NEW YEAR'S EVE</b> 7:00 60 Minutes	31 * Ken McGuinness		31 * Ernest Collins * Jerry Toner	19 <b>BIRTHDAY PARTY DINNER</b> * Jerry Chester		* Birthday Person

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