

Granada Gazette

Volume 21 Issue 5 May 2010



Salad Bars

by Kevin McGlynn



It starts in the morning about 9 a.m., after breakfast, in the kitchen at the chopping table. Garden fresh vegetables are stacked up then peeled, sliced, diced, segmented, shredded, iced and presented with condiments in a variety salad bar for lunch. O, yes and again about 3 p.m., after lunch, the peeling, slicing, dicing, segmenting, shredding, icing and presenting yet another salad bar for dinner. Does anyone remember all that work? Below are two fresh salad bars *of the day* and a list of ingredients. Healthy California eating at the Granada, everyday.

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@mindspring.com

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www.granadasf.com



Salad Dressings include:

Vinegrette

Ranch

Russian

and

Crispy Noodles

Upper salad bar includes in order:

Iceberg/Romaine/Spring Mix Lettuce with Red Cabbage, Garbanzo Beans, Celery, Baby Corn, Mushrooms Beets, 3 Bean, Bean Sprouts, Tomatoes, Jalapeno Peppers, Carrots, Broccoli, Cucumbers.

Lower salad bar includes in order:

Iceberg/Romaine with Red Cabbage and Tomato, Red Beans, Baby Corn, Bean Sprouts, Zucchini, Beets, Mushrooms, 3 Bean, Squash, Olives, Garbanzo Beans, Broccoli, Carrots, Green Peppers, Red Peppers, Celery.



Kevin B. McGlynn, editor



**A Granada
Welcome to**

Zi Le He

Dick Schrum

Michael Lesage

Richard
Blakemore

Cesar Burgos

BJ Krider

Michael Edison

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Granada - Northcoast Coach Tour

There it was again, our beautiful red bus with stereo for our 102.1 FM classical music and air conditioning ready for our 1:30 pm departure; now add 23 adventerous people, chicken drumettes, strawberries, cheddar, brie, wheat thins, triskits and red / white wine and that's a party, off we go. The day was bright and sunny so across the Golden Gate Bridge and Hwy 1 to Muir Beach and Stinson Beach where we picnicked, walked the beach and just breathed. Onward next touring picturesque Bolinas, Olema, Lagunitas, Ross, San Geronimo, then home safe and sound in time for dinner. What did you do Wednesday?



James Beaty and Mary Finnigan seem to have it all figured out over some wine and strawberries. Do you think Diane Sullivan and Susan Roberts look relaxed on the highway? Must be our professional driver and deluxe coach from Coach USA.



The Beach Boys? No that's our Dick Buelow, Steven Prouty, Don Nitto and John Susoeff on Stinson Beach.



Louis Shackie, Pearl Dobson and a big wave from Caie Bernard makes us feel good and happy to be here and at the Granada.

The streets where we live


Dateline: 18 April 2010, 104 years after the 1906 earthquake. Downtown San Francisco where Hilton a few blocks from the Granada. Happy days.



Message from David Ryan




*Many thanks to the residents and staff for being so kind and encouraging during my long illnesses. I am most grateful for your support.
Love Dave*

Yoga Links 

Yogi Sa'Vonve Now Offering Mobile Yoga; Personal Relaxation Brought To You. . .
415-871-3211
YogiFitnessSF@yahoo.com

Health Benefits Of A Regular Yoga Practice:

❖ STAY HEALTHY	❖ STRESS RELIEF
❖ REDUCE PAIN	❖ INCREASE ENERGY
❖ BETTER POSTURE	❖ FLEXIBILITY
❖ SLOW DOWN AGING	❖ ENDURANCE
❖ POSITIVE EMOTIONS	❖ STRENGTH
❖ BALANCE	❖ MENTAL HEALTH



Granada May 5, 2010 at 10:00am
Become More Comfortable In Your Own Body
Arm Chair Yoga or bring a big towel
Improving peoples' lives through Yoga

Take a minute and look at our **NEW WEB SITE**

www.granadasf.com

Give us a call, tell us what you think. While you're at it, plan a trip to the Granada. Come for lunch or happy hour on Friday!

e all the world travels to, viewed from atop the

May Birthdays

RESIDENTS

- 4 Robert Golden
- 5 Gurudas Shirodkar
- 15 Norton Kolomeyer
- 15 Roger Ngo
- 17 Arthur Norwitt
- 18 Arnold Montesinos-Berrio
- 20 Richard Eng
- 20 Salvatore Reynolds
- 23 Dr. Elizabeth Mei
- 24 Sidney Shaw
- 28 Ray Catudal
- 28 Margaret Hollister
- 29 Patricia Mitchell



EMPLOYEES

- 11 Francisco Torres
- 13 Lloyd Stinson
- 13 Richard Crane
- 21 Kenneth Dudley
- 22 Liani Tjokronegoro
- 25 Larry Richards
- 30 Mike Aguzin

I had a dream...

I lived deep in heart of San Francisco.

I had a maid

I had a handyman

I had a cook

I had a waiter

I had a busser

I had 'round the clock security

Then I awoke and found

I had The Granada, management & staff.

Photography by: Kevin McGlynn




Mother's Day, May 9th, we serve flowers and ice cream and alot of love. I remember my own mom, Mary, who passed away last year also those of you who shared her life here at the Granada and also mourned. Batter up! The Granada tour will go to AT&T Park to see our Giants host the Colorado Rockies, May 31st, Memorial Day and we'll have our traditional picnic dinner of chicken, ribs and all the trimmings.. This is a baseball game and there is walking and sun so be prepared. We have 25 seats, bring hats and sunblock. "The Songbirds," our serenading ladies will do it again this year for a Mother's Day concert, Thursday May 6th at 3 o'clock. Thanks to you, our aware residents, for stopping the pigeon feeding. Kevin tells me there is now customized Yoga in the Granada starting May 5th. My door is always open and May looks like a busy month so enjoy it all!

Tony Davidauskis, manager



MAY 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Birthstone: <i>Emerald</i>	Birth flower: <i>Lily of the Valley</i>				1 <i>Kentucky Derby</i> 1:30 Bingo 6:00 HBO
2 7:00 60 Minutes	3 10:00 Exercise	4 7:00 Bingo * <i>Robert Golden</i>	5 <i>Cinco de Mayo</i> 10:00 <i>Yoga Class</i> 6:30 MOVIE * <i>Gurudas Shirodkar</i>	6 3:00 <i>Songbirds</i> 7:00 Bingo	7 <i>Space Day</i> 10:00 Exercise 4:00 HAPPY HOUR 6:30 MOVIE	8 11:00 <i>SPCA</i> 1:30 Bingo 6:00 HBO
9 <i>Mother's Day</i> 2:15 Ice Cream Social 7:00 60 Minutes	10 10:00 Exercise	11 7:00 Bingo	12 11:00 GRANADA TOUR <i>AQUATIC PARK LUNCH</i> 6:30 MOVIE	13 <i>Tulip Day</i> 10:00 Library on Wheels 7:00 Bingo	14 10:00 Exercise 4:00 HAPPY HOUR 6:30 MOVIE	15 <i>Amed Forces Day</i> 1:30 Bingo 6:00 HBO * <i>Norton Kolomeyer</i> * <i>Roger Ngo</i>
16 7:00 60 Minutes	17 10:00 Exercise * <i>Arthur Norwitt</i>	18 BIRTHDAY PARTY DINNER 7:00 Bingo	19 6:30 MOVIE	20 7:00 Bingo * <i>Richard Eng</i> * <i>Salvatore Reynolds</i>	21 10:00 Exercise 4:00 HAPPY HOUR 6:30 MOVIE	22 <i>National Maritime Day</i> 1:30 Bingo 6:00 HBO
23 2:15 Ice Cream Social 7:00 60 Minutes * <i>Dr. Elizabeth Mei</i>	24 10:00 Exercise * <i>Sidney Shaw</i>	25 7:00 Bingo	26 10:00 MASS 6:30 MOVIE	27 <i>Golden Gate Bridge opens in 1937</i> 7:00 Bingo	28 10:00 Exercise 4:00 HAPPY HOUR 6:30 MOVIE * <i>Ray Catudal</i> * <i>Margaret Hollister</i>	29 1:30 Bingo 6:00 HBO * <i>Patricia Mitchell</i>
30 7:00 60 Minutes	31 10:00 Exercise <i>Granada Baseball Tour and Memorial Day Picnic</i>				San Francisco's AT&T Park	* <i>Birthday Person</i>

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Return Services
Requested



Kevin B. McGlynn, editor

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