

# Granada Gazette

Volume 21 Issue 19 October 2010



## *Lunch at the Ferry Building*

Kevin. McGlynn



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This MUNI trip (#2 Sutter) was to the San Francisco Ferry Building for lunch. Notice Erlinda and Pearl sitting in the senior section just as you get aboard with plenty of room because we travel off hours i.e. 11:30 going and 2:30 coming back. Oh yes, there's Pearl again exiting the kneeling bus with plenty of handrails but the only thing Pearl is holding onto is her purse as she gets ready to shop at the array of artist's hand goods on the embarcadero. Frank Nicks poses from two different angles on our special lucheon deck, take your pick. We had our private lunch (ham&cheese-ham - cheese sandwiches-fresh fruit-white, red wine-soda) served by Granada staffer Lloyd Stinson, that's John Suseoff hoisting and viewing the ferryboats from our decktop luncheon perch. Let's go back real soon now that everyone knows my not so secret spot.



Kevin B. McGlynn, editor

## A Granada Welcome to

Linda West  
Dennis Kipp  
John Zapata  
Michael Warner  
Ed Visintine  
Anita Pena  
Henry Colombat  
Paula Coghlan  
Waing Chang  
Anna Pena  
Ron Lavalette  
William Demarest  
Rance Whiteside

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## A Luncheon Suggestion



### Greek Chicken with Penne Pasta

Diced Chicked  
Penna Pasta  
Artichokes  
Red Onions  
Olives Tomatoes  
Minced Garlic  
Fetta Cheese  
Secret sauce - Lemon juice

**Birthdays** can be fun when you're surrounded by family and friends, like Mike Warner. The Granada lounge is a beautiful spot for a birthday celebration, this one included cake for all. Happy Birthday # 61, many, many more!



## Write a Google review about The Granada

Go on the internet.

Type: [www.google.com](http://www.google.com)

In the search bar type: "Granada SF"

Click on the place page (next to the map)

Click on "write a review"

Have at it!

# Bingo!



Photography by: Kevin McGlynn

We love our BINGO, ask anyone of our thirty regulars who, like celebrities Cathrine Zetta Jones and Robin Williams are big bingo fans. The most common reasons for playing BINGO are because it's fun, it offers companionship and a chance to socialize, so three times a week, we play BINGO in the Granada Lounge.

Tuesdays and Thursdays at 7:00 PM,  
Saturdays at 1:30 PM,  
hosted by Liani Tjokronegoro.

The first nine games are won by placing 4-in-a-line on your card either: horizontal, vertical, diagonal or four corners, the tenth game, "black out," you must fill all 16 spaces on your card to win. The prize, cash!  
So you don't tug on superman's cape, you don't spit into the wind, you don't pull the mask off the old Lone Ranger and you don't mess around with the BINGO callin' woman. ed.

## Bladder Health



### Linda West

Linda graduated from nursing school in 1968. Her initial nursing career was in psychiatry and was a Director of Nursing before the age of 26. She began providing biofeedback services in the mid-1970. For the last 27 years her focus has been providing services for Pelvic Muscle Rehabilitation to patients experiencing bladder / bowel control problems and pelvic pain. She has been certified in biofeedback and perineometry. Linda has spoken both nationally and internationally. Saturday, September 25th in the Granada lounge, Linda West gave a 30 minute presentation on "Bladder Health." Linda's talk was attended by a dozen residents with concerns and after the talk, a lively question and answer session unfolded. Did you know?

***Bladder holds 10-20 ounces  
most empty every 3-4 hour***

***25 million Americans have bladder  
concerns***

***Costs \$16.4 billion***

***Paper products \$1-2,000 per year***

***Women have more problems than men***

***NOT a normal part of aging***

***Can be treated to significant improvement  
or total control***

Linda's next talk, Saturday 1pm:

## October Birthdays

### RESIDENTS

- 1 Francis Gabik
- 2 Mary Finnigan
- 3 Cynthia Barger
- 3 Richard Blakemore
- 4 Anna Pena
- 19 Karen McClelland
- 19 Martin Gomes
- 20 Tony Ma
- 25 Theodore Cathey
- 27 Marion Bechland
- 27 Jay Davis
- 28 Richard Bernard
- 31 Vivian Tennebaum
- 31 Arthur Ranieri
- 31 Renee Lierly
- 31 Richard Matsumura

### EMPLOYEES

- 1 Douglas McDonald
- 7 Guillermo Magpoc
- 18 Alma Merida
- 20 Jose Alcantara



April, my daughter, is giving a doctoral paper on English literature in Honolulu, Hawaii, next week. I'm glad it's autumn so we can start getting some warm weather, heat feels nice for a change but not too long thanks. October 1,2 and 3; San Diego plays our Giants for the magilla, standing room price \$30. Oktoberfest will be celebrated with a dinner of many German favorites, that's Thursday, October 7th. Monday, October 12th is Columbus Day and we are celebrating by having an "Italian theme dinner." Bella Fortuna! And finally, our Halloween party, this year's again our party will be a dress up competition; do you think Donna will come with a pointed hat and an apple? Rainy season is approaching so if you have window problems or you see a drop or a drip let me know, we'll fix it pronto. Now the 49ers are doing it. Remember to support the team, 0 for 3, now. Stay tuned. My door is always open.

*Tony Davidauskis, manager*

## *October Special Menus*

### Oktoberfest

#### Beer

#### Potato Leek Soup

1- German Caraway Stew

2- Kielbasa w/sauerkraut

3- Jagerschnitzel

German Brownies w/ice cream

### Columbus Day

Wine and Garlic Bread

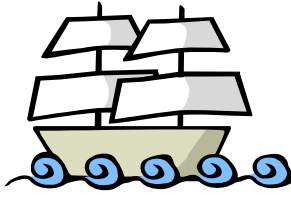
Italian Wedding Soup

1- Meat Lasagna

2- Chicken Florentine Casserole

3- Fettuccini Alfredo

Italian Cream Cup Cakes



# October 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 4:00 HAPPY HOUR 6:30 <b>MOVIE</b> * Francis Gambik	2 11:00 RN Advice. 1:30 Bingo 6:00 <b>HBO</b> * Mary Finnigan
3 10:00 <b>SPCA</b> 7:00 60 Minutes * Cynthia Barger * Richard Blakemore	4 10:00 <b>Exercise</b> 6:00 Monday Night Football * Anna Pena	5 7:00 Bingo	6 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b>	7 <b>OCTOBERFEST DINNER</b> 1:30 Concert -TV Room	8 4:00 HAPPY HOUR 6:30 <b>MOVIE</b>	9 11:00 RN Advice 1:30 Bingo 6:00 <b>HBO</b>
10 :15 Ice Cream Social 7:00 60 Minutes	11 <b>COLUMBUS DAY DINNER</b> 10:00 <b>Exercise</b> 6:00 Monday Night Football	12 7:00 Bingo	13 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b>	14 1:30 Concert -TV Room 7:00 Bingo	15 4:00 HAPPY HOUR 6:30 <b>MOVIE</b>	16 Sweetest Day 1:30 Bingo 6:00 <b>HBO</b>
17 7:00 60 Minutes	18 10:00 <b>Exercise</b> 6:00 Monday Night Football	19 <b>BIRTHDAY PARTY DINNER</b> 7:00 Bingo * Karen McClellan * Martin Gomes	20 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b> * Tony Ma	21 1:30 Concert -TV Room 7:00 Bingo	22 National Nut Day 4:00 HAPPY HOUR 6:30 <b>MOVIE</b>	23 1:30 Bingo 6:00 <b>HBO</b>
24 :15 Ice Cream Social 7:00 60 Minutes	25 10:00 <b>Exercise</b> 6:00 Monday Night Football * Theodore Cathey	26 7:00 Bingo	27 10:00 <b>Exercise</b> 6:30 <b>MOVIE</b> * Marion Bechland * Jay Davis	28 1:30 Concert -TV Room 7:00 Bingo * Richard Bernard	29 4:00 HAPPY HOUR 6:30 <b>MOVIE</b>	30 1:30 Bingo 6:00 <b>HBO</b>
31 <b>HALLOWEEN PARTY</b>	* Vivian Tennenbaum * Renee Lierly * Arthur Renieri * Richard Matsumura					* Birthday person

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Return Services  
Requested



Kevin B. McGlynn, editor

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