



Casa Connection

On July 4th, 1776, America declared their independence from Britain and democracy was born. For most American's, they celebrate this special holiday with fireworks, picnics, parades, BBQ lunches and being with friends and family. The day is filled with enjoying each other's company and eating wonderful food such as potato salad, BBQ ribs, baked beans and corn on the cob.

Here at Casa Sandoval, to celebrate this holiday, we are having a BBQ lunch outside on our large patio, and we hope that all of you will join us for this special event. We will have a special entertainer, Tony Castle, perform a unique 4th of July show just for all of you. This event is open to all of your friends and family, or anyone you wish to invite. Please contact the Front Desk if you are going to bring guests with you so that we know how much food to prepare. We always have a wonderful time at our picnic BBQ's, so we hope that you will join us this year as we celebrate America's independence.

The rest of the month is full of warm weather activities that we hope you will join with us as we enjoy the summer season. From the Staff at Casa Sandoval we wish you a happy 4th of July and a great month.



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New Activities

Big Band Performance

Each year, the Hayward Recreational Park Service hosts a fantastic band who play for six weeks during the summer. The big kick-off was on Father's Day, and each Sunday we will be taking a trip out to the park so that you may go and enjoy the entertainment. The bus will leave at 1:30 pm, and will be back to pick up residents by 3:00 pm. This is a wonderful time to go enjoy the summer weather and listen to some fantastic music while you are there. We will provide transportation there and back each Sunday of the month, July 2nd, 9th, 16th, 23rd, and 30th. Please remember to sign-up on the sign-up sheets located in the main hallway.

Out To The Movies

This month we are going out to watch a movie at the theater in Union City. There are many different movies to choose from. If there are any particular shows that you would like to watch please inform the staff in activities. The bus will leave around 1 pm depending on the show times. Please check the dailies for exact times.

Out For Lunch

Come join us for a trip out to

lunch at Elio's Restaurant. This is a fantastic restaurant that has a variety of foods for you to choose, and it comes highly recommended from one of our residents. The portions are large and the prices are reasonable, so come try and see how you like it. The bus will leave at 11:00 am on Wednesday, July 12th.

Boy's Chorus

If you were here last year around Christmas, you might remember the American Boys Chorus that came and sang for us, and if you were not here, this is your chance to hear them. The group of boys are coming again this month, and they will be here on July 14th. The boys will be camping here for the weekend, so you will be seeing them around the building. The performance, however, is on July 15th at 3:00 pm. The performance is open to the public, and you are more than welcome to bring your friends and family to come and join this spectacular performance. The performance is free for everyone, but reservations will be required for you and your guests. The boys put on such an amazing performance that you do not want to miss. Please contact the Front Desk if you are inter-

ested in attending, and let them know how many guests you would like to bring.

Half Moon Bay

This is the perfect weather to go out to the beach, so we hope that you will join us for a trip out to the beach at Half Moon Bay. You can get in the water, walk on the beach or just on a log and enjoy the waves and the fresh sea breeze. The bus will leave at 11:00 am, and we are encouraging those who would like to attend to order a bag lunch to take with them. Please remember to sign up as seating is limited.

Picnic in the Park

Come join us for an afternoon of fun and relaxation as we take a picnic out to Lake Chabot park. This is such a beautiful park, with plenty of shade so that you can enjoy being outside without being in the direct sunlight. The lake is beautiful and we hope that you will join us on Wednesday, July 26th for a picnic lunch. You may order a bag lunch to take with you, or you may take your own special lunch, whatever you prefer. We will provide fruit and vegetables and water. Please sign up on the sign up sheets located in the main hallway.

Ongoing

Activities

Picnic at the Marina

Reverend Brooks would like to extend a special invitation to all of you here at Casa to join him and his church for a BBQ lunch at the San Leandro Marina. They will provide excellent food and wonderful company for those of you who would like to join us. Please make sure to sign up on the sign-up sheet located in the main hallway.

Memories Are Made of This

We have another new class that began last month called 'Memories Are Made of This' and we hope that you will join us each Friday at 10:00 am in the card room. Myron will be teaching the class, which is focused on remembering special events in your life and what type of impact they had on you. This class is in replacement of the Tuesday class that Shela used to teach, Writing Your Life Story. Myron's class has much of the same ideas that Shela's class had, listening to others tell their fascinating stories, and sharing your stories with the rest of the group. Each resident here has an amazing story to share and this is the perfect time to come and listen to your friends and neighbors talk about their life. You will learn so much about your neighbors,

and will be able to share your stories with all of them. We hope that you will join us each Friday in the card room.

Music Appreciation

Our new class began back in May, and so far everyone has been enjoying the class immensely. Come and listen to music and then talk about the artist, the impact the music had and learn other interesting facts about that song, album or artist. The class begins on Wednesday, at 10 am in the activity room on the 2nd floor.

Tai Chi

Come and join our exercise class each Tuesday in the auditorium. The instructor, Sandy, teaches you how to stay fit from the comfort of your chair. This class is very beneficial to your health and mind. The class begins at 9 am every Tuesday, and lasts for about an hour. We hope to see you there.

Marilyn's Merry Makers

Do you enjoy making crafts? Marilyn does a fantastic job at supplying you with new and fun crafts each and every week. Typically you will create items that are related to holidays coming up, or they may be related to the season we are cur-

rently in, or they might be a fun snack you can make with your grandkids. This is such a fun class, something you do not want to miss. Join us in the recreation room each Wednesday at 10:30 for Marilyn's Merry Makers.

Bank Post Office & Library

Twice a month the bus will take you to your bank, the post office or the library. Please sign up and be sure to write down what place you would like to go. Please make sure to write down the bank's name and location on the sign up sheet. This trip will leave on July 7th and 21st.

Farmer's Market

On July 1st, 15th, and 29th we will take a trip to the Farmer's Market. This is a great place to buy fresh fruit, vegetables and beautiful flowers. The bus will leave at 10 am on Saturdays. Please take note that on the 15th the bus will leave at 9 am instead of 10 am.

Welcome Committee

Please join us to welcome our new residents on Thursday July 6th at 4:15 pm. Please check the dailies for location.

New Residents

Eugene & Audrey
Smith

Moved in on the 3rd floor.

Amy Housely
Moved in on the 7th floor

Harriet Schaprio
Moved in on the 4th floor

Joseph Pimental
Moved in on the 3rd floor

Virginia Bazluk
Moved in on the 3rd floor

We would like to welcome each and everyone of our new residents and we are very excited that you have now made Casa Sandoval your new home. We hope that you will be very happy here.



Resident's Corner

Concerned About Too Many Carbs in Your Diet ?

Here is some food for thought.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat a lot of sausage and fats and suffer fewer heart attacks than Americans.

Conclusion:

Eat and drink what you like. Speaking English is apparently what kills you.

July Birthdays

Anne Henderson	7/3
Ruby Knezovich	7/3
Evelyn Joseph	7/4
Gene Pederson	7/5
Louise Stiles	7/5
Lila Ross	7/5
Esther Thompson	7/5
Ruth Morehouse	7/8
Ann Brooks	7/8
Edith Goldstein	7/11
Eleonor Barakos	7/12
Meta Whitson	7/13
Edmund Fitzmaurice	7/14
Steve Shaw	7/14
Helen McDonald	7/16
Genevieve Anderson	7/17
Shirley Campbell	7/19
Marjorie Halnan	7/24
Doris Nolting	7/25
Alice Schillerstrom	7/27
Ruby Saunders	7/29



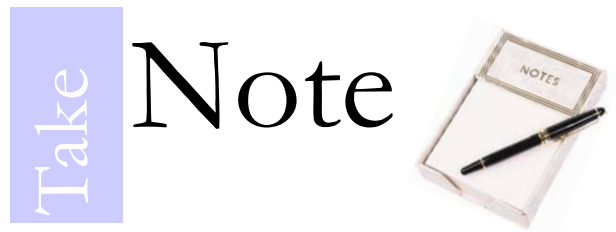
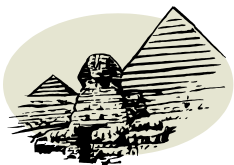
Coming Next
Month...



African / Asian Cruise

Next month we will begin our month long adventure here at Casa with the special Tour. This will be such an exciting time and we hope that you will participate in all of the activities that we have planned for you. Each week we will transform Casa into a different country, with decorations through out the entire building. The first week we will visit China. You will be able to see the Great Wall of China rebuilt inside of Casa, and see a magnificent performance by the Chinese Performing Artists of American all with out leavening the comforts of your home. The following weeks we will visit Japan, India and Egypt. Each week will lead to exciting events and amazing props that will leave you with an experience you will never forget.

The activities, crafts, and food that are planned will corresponding to the different countries for each week. From shuffle board to the Captain's Dinner, this tour will be as close to the real thing as possible. We will have special props for pictures, special activities and special entertainment all corresponding to the country to which we are traveling. We encourage you to bring your friends and family to each of our special events.



Newspapers

Please take note that the newspapers in the recreation room are there for those who have paid for them. We have a copy at the front desk for those of you who do not have a subscription. Please do not take the newspapers unless you have paid for them.

Resident Council Meeting

Please mark your calendar for July 10th at 1:30 for our Resident Council Meeting. This is a very important meeting when we provide information about upcoming events and address issues or concerns that you might have. Please join us in the main lounge this month for the meeting.

Food Committee Meeting

Each month we have a food committee meeting in which we discuss and you get to share you opinion about our food . we are interested in finding out how we are doing in the preparation and serving of food to our residents. Your opinion is of great value to us. This months meeting will be on July 3rd at 3:15 pm in the private dining room please mark your calendar and join us for this meeting.

FROM THE DESK OF

Anna

Dear Residents,

As I am sure you are aware of, our previous director Karolina left for to go back to her country for personal reasons. We all will miss her very much. In replacement I have now taken over her position as director. Last year I joined the team here at Casa as an Activity Assistant, and have worked my way up to the position I hold currently. I am still learning the ropes, so please be patient with me. I would like to thank each of you for your patients and your support.

And if you ever have any questions or concerns please come to my office and I would be happy to try to resolve it. I hope that you will join us for the American Boys Chorus this month, it will be amazing, and please bring your friends along so they can enjoy the music with you.

Sincerely,

Anna Tomlinson
Director

This newsletter is published each month for the residents of Casa Sandoval. Please submit information for the newsletter to Recreation Dept. Inquiries on apartment availability may be directed to the leasing department at (510) 727-1700 ext. 202

MANAGEMENT

Director.....Anna Tomlinson
Chief Financial OfficerTess Barreto
Food Services Director.....Luz Falcon
Dining Room Manager.....Shubina Din
Maintenance Manager.....Jess Barreto
F.D./ Act. Asst. Manager.....Anjani Reddy
Marketing DirectorAnastasia Corse
Catered Living Manager.....Nelly Ngor

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