

# THE Garnet of Casa Grande Lifestyle

ASSISTED LIVING COMMUNITY  
510 E 8th Street · Casa Grande, AZ 85122 · (520) 876-4200

## Garnet Superstar



Giovanni Chavis  
Valencia

Giovanni is part of our Garnet Dining Staff and works as a Server. He is very friendly and helpful to all of our Residents, Staff, and guests. Giovanni also helps with the Dinner and Music evening events for the Marketing Department. He is definitely a busy guy because, believe it or not, he is still in High School as well. That's right: he is a Junior at Union High School here in Casa Grande. He started working at The Garnet because he was looking for employment and his sister, Maria, is also a Server here

at The Garnet and told him he should apply. The rest is history.

Giovanni is a very good teammate and will help all of the Dining Staff with anything that is needed. He is always ready to jump right in and lend a hand. His favorite part about working here at The Garnet, however, is listening to all of the Residents' stories. He loves to hear about all the exciting and interesting things that they have experienced in their lives. "It amazes me how many things that some of these residents have done in their lives. "Sometimes you just never know until they start sharing their story."

He doesn't have much free time, but Giovanni likes to play on his X-Box. His favorite game is Fortnite. Other than that, all he has time for in his busy schedule are work and school right now. Someday, however, he would love to own his own Classic Car Business and work on Classic Cars. He Loves working with car engines and has even taken a few classes about it in High School.

Congratulations, Giovanni, for being our Garnet Superstar for the Month of March!

We Appreciate all your hard work and all that You do for The Garnet Residents, Staff, and Guests.

## MARCH 2025

## Silver Star Resident



Barbara Goodwin

Barbara Goodwin has been a resident of The Garnet since August of last year. She came here with her daughter and fell in Love with the building. Barbara and her husband, Wayne, had been "Snowbirds" prior to Wayne's passing. They lived in Colorado and would stay in Arizona during the Winter. However, Barbara was living alone after Wayne passed. Her daughter felt that

it would be better if she didn't live alone any longer. Not wanting her daughter and husband to fuss over her, she made the choice to become a resident of The Garnet family. She also has a grandson named Grant, whom she is also very close to who lives in Yuma, AZ. Funny Story: Grant was born on Barbara's birthday! They are very close due to this fact.

The Garnet feels like home to Barbara. She is very happy here and enjoys all the friendships that she has made here. "Everyone is very happy and are so friendly. I always love seeing all the Smiling faces as I take my daily walks around the building and outside yards. I walk every day at least once and most days twice." Barbara is big on staying active. In her younger days, she would go out dancing regularly. She really enjoys Waltzing or Cowboy dancing. She and her husband, Wayne, went regularly or she would go with a lifelong friend named Merlin. They would go out to dinner and dancing at least a couple times a month.

Congratulations, Barbara, for being our Silver Star Resident for the Month of March.






**MARCH 2025**

**IT'S OUR PLEASURE TO SERVE YOU....**

**A Message from the Executive Director- Aim To Be Wellderly**

Today's seniors are living longer; there's a determined focus on vibrant, healthy aging. What does it mean to be "wellderly"? The term refers to older adults who focus on health and optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. A number of lifestyle choices contribute to being wellderly: Regular physical activity, and it can be as simple as stretching and walking; A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being. Gratitude and humor are also traits of the wellderly. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.

**"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."**  
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p><b>COLOR KEY</b></p> <ul style="list-style-type: none"> <li>CONNECT</li> <li>CONTRIBUTE</li> <li>FEEL</li> <li>GROW</li> <li>MOVE</li> <li>REFLECT</li> </ul> <p>All Events are Subject to Change</p>	<p>10:00  Quarter Bingo</p> <p>1:00  Mixed Cards</p> <p>2:00  Wii Games</p> <p>3:00  Game of the Day</p> <p>5:30  Movie Time</p>
<p>2</p> <p>10:00  Mexican Train</p> <p>12:30  Movie Time</p> <p>2:30  Church at The Garnet</p> <p>5:30  Independent Skip Bo</p> <p>6:30  Independent Dominos</p>	<p>3</p> <p>8:30  Morning Meditation</p> <p>10:00  Quarter Bingo</p> <p>1:00  Activities Afternoon Trip- Pedicures</p> <p>1:00  Movie Time</p> <p>5:30  Games &amp; Puzzles</p> <p>6:30  Independent 5 Crowns Cards</p>	<p>4</p> <p>8:30  Morning Meditation</p> <p>10:00  Pretty Nails</p> <p>1:00  Presentation: Cookies &amp; Chat</p> <p>2:30  Happy Hour- Entertainment</p> <p>5:30  Independent 5 Crowns Cards</p>	<p>5</p> <p>9:00  Shopping Day 🛒</p> <p>10:00  Free Bingo</p> <p>1:00  5 Crowns Cards</p> <p>2:30  Chair Yoga</p> <p>3:00  Puzzles</p> <p>5:30  Movie Time</p> <p>6:30  Independent Rummy</p>	<p>6</p> <p>10:00  Hangman</p> <p>11:00  Activities Day Trip- CG Ruins</p> <p>1:00  Movie Time</p> <p>5:30  Independent Games</p> <p>6:30  Independent Mexican Train</p>	<p>7</p> <p>8:30  Morning Meditation</p> <p>10:00  Rummy Cards</p> <p>1:00  Skip Bo Cards</p> <p>2:00  Mexican Train</p> <p>5:30  Movie Time</p> <p>6:30  Independent 5 Crowns Cards</p>	<p>8</p> <p>10:00  Quarter Bingo</p> <p>1:00  Skip Bo Cards</p> <p>2:00  Wii Games</p> <p>3:00  Game of the Day</p> <p>5:30  Movie Time</p>
<p>9</p> <p>10:00  Skip Bo Cards</p> <p>12:30  Movie Time</p> <p>2:30  Church at The Garnet</p> <p>5:30  Independent 5 Crowns Cards</p> <p>6:30  Independent Games</p>	<p>10</p> <p>8:30  Morning Meditation</p> <p>10:00  Quarter Bingo</p> <p>1:00  Mixed Card Games</p> <p>2:00  Presentation: Province Choir</p> <p>5:30  Movie Time</p> <p>6:30  Independent Mexican Train</p>	<p>11</p> <p>8:30  Morning Meditation</p> <p>10:00  Pretty Nails</p> <p>1:00  UNO Cards</p> <p>2:30  Happy Hour- Entertainment</p> <p>5:30  Billiards &amp; Checkers</p>	<p>12</p> <p>9:00  Shopping Day 🛒</p> <p>10:00  Free Bingo</p> <p>1:00  Presentation: Games</p> <p>2:30  Chair Yoga</p> <p>5:30  Movie Time</p> <p>6:30  Independent Skip Bo</p>	<p>13</p> <p>10:00  Skip Bo Cards</p> <p>1:00  Concentration</p> <p>2:00  Skip Bo Cards</p> <p>3:00  Chair Yoga</p> <p>5:00  Marketing Event- Dinner &amp; Music</p> <p>5:30  Movie Time</p> <p>6:30  Independent Mexican Train</p>	<p>14</p> <p>8:30  Morning Meditation</p> <p>10:00  Skip Bo Cards</p> <p>1:00  Dominos</p> <p>2:00  Family Feud</p> <p>5:30  Movie Time</p> <p>6:00  SPECIAL: Late Night Cards</p>	<p>15</p> <p>10:00  Quarter Bingo</p> <p>1:00  Mexican Train</p> <p>2:00  Wii Games</p> <p>3:00  Game of the Day</p> <p>5:30  Movie Time</p>
<p>16</p> <p>10:00  Mexican Train</p> <p>12:30  Movie Time</p> <p>2:30  Church at The Garnet</p> <p>5:30  Independent Skip Bo</p> <p>6:30  Independent Dominos</p>	<p>Happy St. Patrick's Day</p> <p>17</p> <p>8:30  Morning Meditation</p> <p>10:00  Quarter Bingo</p> <p>1:00  Chair Yoga</p> <p>2:30  Special St. Patrick's Day Event</p> <p>5:30  Movie Time</p> <p>6:30  Games &amp; Puzzles</p>	<p>18</p> <p>8:30  Morning Meditation</p> <p>10:00  Pretty Nails</p> <p>1:00  Skip Bo Cards</p> <p>2:30  Happy Hour- Resident Birthday</p> <p>5:30  Movie Time</p> <p>6:30  Independent Games</p>	<p>19</p> <p>8:30  Marketing Event- Coffee &amp; Chat</p> <p>9:00  Shopping Day 🛒</p> <p>10:00  Free Bingo</p> <p>1:00  Skip Bo Cards</p> <p>2:30  Family Feud</p> <p>5:30  Movie Time</p> <p>6:30  Independent Mexican Train</p>	<p>20</p> <p>10:00  Mixed Cards</p> <p>11:00  Resident Lunch Outing- Big Wa</p> <p>1:30  Resident Council Meeting</p> <p>2:00  Chair Volleyball</p> <p>3:00  Heartland Series &amp; Checkers</p> <p>5:30  Movie Time</p> <p>6:30  Independent Spades</p>	<p>21</p> <p>8:30  Morning Meditation</p> <p>10:00  Uno Cards</p> <p>1:00  Chair Yoga</p> <p>2:30  High Tea &amp; Cookie Social</p> <p>5:30  Movie Time</p> <p>6:30  Independent Mexican Train</p>	<p>22</p> <p>10:00  Quarter Bingo</p> <p>1:00  Mixed Card Games</p> <p>2:00  Wii Games</p> <p>3:00  Game of the Day</p> <p>5:30  Movie Time</p>
<p>23</p> <p>10:00  Dominos</p> <p>12:30  Movie Time</p> <p>2:30  Church at The Garnet</p> <p>5:30  Independent Games</p>	<p>24</p> <p>8:30  Morning Meditation</p> <p>10:00  Quarter Bingo</p> <p>1:00  Skip Bo Cards</p> <p>2:00  Craft Day</p> <p>5:30  Movie Time</p>	<p>25</p> <p>8:30  Morning Meditation</p> <p>10:00  Pretty Nails</p> <p>1:00  Presentation: Build Your Brain Games</p> <p>2:30  Happy Hour- Entertainment</p> <p>5:30  Independent Clubs</p> <p>6:30  Independent Games</p>	<p>26</p> <p>9:00  Shopping Day 🛒</p> <p>10:00  Free Bingo</p> <p>12:30  Marketing Event- Lunch &amp; Learn</p> <p>1:00  Concentration</p> <p>2:30  Chair Yoga</p> <p>5:30  Movie Time</p> <p>6:30  Independent Rummy</p>	<p>27</p> <p>10:00  Rummy Cards</p> <p>1:00  Chair Yoga</p> <p>2:00  ART MOBILE- Craft Instruction</p> <p>5:30  Movie Time</p> <p>6:30  Independent Spades</p>	<p>28</p> <p>8:30  Morning Meditation</p> <p>10:00  Uno Cards</p> <p>1:00  Mexican Train</p> <p>2:00  Rummy Cards</p> <p>5:30  Movie Time</p> <p>6:30  Independent Games</p>	<p>29</p> <p>10:00  Quarter Bingo</p> <p>1:00  Rummy Cards</p> <p>2:00  Wii Games</p> <p>3:00  Game of the Day</p> <p>5:30  Movie Time</p>
<p>30</p> <p>10:00  Skip Bo Cards</p> <p>12:30  Movie Time</p> <p>2:30  Church at The Garnet</p> <p>5:30  Independent 5 Crowns Cards</p>	<p>31</p> <p>8:30  Morning Meditation</p> <p>10:00  Quarter Bingo</p> <p>1:00  Family Feud</p> <p>2:00  Craft Day</p> <p>5:30  Movie Time</p>					

## Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

**Stay hydrated.** Drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

**Maintain a healthy diet.** Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health are apples, blueberries, red bell peppers, cabbage and fish such as tuna and salmon.

**Monitor blood pressure.** High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly.

**Exercise.** Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

**Control blood sugar.** Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.

## Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle. Getting plenty of sunshine also helps keep depression at bay. Spend time outside to keep your Smile Bright.

## Stay Safe From IRS Scams

With federal taxes due soon, it's prime time for phony calls from people pretending to be IRS employees. Don't be alarmed if you receive an unexpected phone call, voicemail or email demanding that you pay money. If the IRS needs to contact you, it will always mail you a letter first. Additionally, the IRS will never ask for payment details over the phone, or pressure you to pay tax bills with a prepaid debit card or gift card.

## Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.

## Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.



### Happy Birthday!

3/2 Deborah Booth 219A  
3/2 Araseli Marquez 120B  
3/6 Rita Abbott 148  
3/13 Caren Reynolds 146B  
3/16 Lois Knudson 248  
3/23 Kathy Jacobson 231  
3/28 Jean Lynch 213



### Garnet's New Residents

225 Betty Johnson  
231 Lucy Fouse  
William Hunter



## Brainteaser

Q: Ed planted four rows of flowers. The daffodils are right behind the tulips, but before the dahlias. The zinnias aren't in the first or last rows, and the flowers in the first row don't begin with the letter D. What's the order of the flowers?

A: First, tulips, then the daffodils, zinnias and dahlias.

