July 2023

STERLING Court The Reporter

Kitty's Captivating California Chronicles!

Katherine "Kitty" Davis and her family enjoy a long and fascinating California history. She was born and raised in Sacramento where her family goes back four generations. She has three sisters all ten years apart. Kitty has been lucky enough to have a handful of unforgettable experiences with many unforgettable faces thus far in her life.

John Breuner, Kitty's great grandfather, founded Breuners Home Furnishings during the California Gold Rush in the 1800s. For 150 years the company made beautiful furniture. One of the most notable projects was the state Capitol. Kitty remembers the pieces they made to be "absolutely beautiful and some of their best work." She takes pride that it is still in place today.

During the summers Kitty often spent her time working at the store where she learned "the customer is always right," but her fondest memories as a young girl were the pack trips she went on with her father and extended family through the Sierras. They would all pack up their horses and head for the mountains, spending weeks at a time in nature disconnected from city life. Kitty remarks, "the streams were flowing with fresh water and fish," and she will never forget "how free she felt on horseback with her father."

Kitty couldn't spend a lifetime in nature; she had to go to school. At age 14 she went to Castilleja Boarding School in Palo Alto, where she stayed for a short time. "I really did not like it. I was so far from home and family activities like skiing and horseback riding." She finished high school in Sacramento with childhood friends. "One of the highlights was I was able to see my crush, Gerard, more often."

This is when Kitty started dating her neighbor, Gerard Davis. They later married and raised three beautiful daughters in Sacramento: Katherine, Melissa, and Jennifer. Katherine and Melissa live close by with their families in Menlo Park and Hillsborough, and Jennifer lives in La Jolla with

Katherine "Kitty" Davis

her family. Between them Kitty has 9 grandchildren, ranging in age from 10-28 years old, who she is very proud of.

Kitty and Gerard were married 48 years when Gerard passed away, but in those 48 years they were blessed with many wonderful experiences together and as a family. From entertaining friends and family at their homes in Sacramento and Lake Tahoe to wonderful trips. The time at Lake Tahoe where they played loads of tennis, water skied, snow skied, and enjoyed boating and hiking holds a special place for Kitty. In those years Kitty also enjoyed being active with the Junior League of Sacramento and multiple other volunteer organizations while raising their daughters.

Another special memory is their friendship with the former governor of California and president, Ronald Reagan. During his time in Sacramento Reagan kept his horses at Kitty's mother's ranch in Roseville and as a result they would often ride together at the ranch. Between their friendship and Gerard's twin sister, Mary, marrying future Supreme Court justice Anthony Kennedy, another Sacramento native, in 1963, Gerard and Kitty spent a lot of time in Washington D.C. throughout their marriage.

Among her many special life experiences was in 1983 when she had lunch with Queen Elizabeth II.

(continued on page 7)

Lifestyle

DOGS ARE ALWAYS WELCOME AT STERLING COURT! We know how important a four-legged companion can be, which is why we're proud to be one of the few senior communities that allow residents to keep pets.

We had a blast at **Senior Day** at the **San Mateo County Fair** last month! After the past few years of the pandemic, it was great to get out and about again and celebrate summertime with our community!

Mark Your Calendar

We encourage all residents, their families, and friends to join us for any of our upcoming events:

Tuesday, July 4	4th of July BBQ
Tuesday, July 4	Dynamic Dixieland Duo
Sunday, July 16	Pancake Bingo
Wednesday, July 19	July Birthday Bash

Don't Forget… Sterling Court is on…

Facebook
@SterlingCourt

Instagram
@Sterling_Court

Be sure to follow us and tell a friend!

Keep Your Brain Fit: The Benefits of Exercising Your Mental Dexterity

Keeping your body in shape is important. Everyone from your neighbor to your doctor can tell you that physical fitness is key to a long, healthy life. But what about your mental fitness? When it's hot outside and strenuous exercise isn't necessarily the best idea, it's time to ask yourself: Are you keeping your brain in shape?

While good physical health can help prevent type 2 diabetes and heart problems, it doesn't account for other diseases common in the elderly like Alzheimer's and dementia. Alzheimer's is the 6th leading cause of death in the United States, with 1 in 10 Americans over the age of 65 suffering from it. While there is no cure for the debilitating disease, there are ways to reduce the risk of developing Alzheimer's and/or dementia as you age.

This is where mental dexterity comes into play. Over the years, studies have suggested that having a greater cognitive reserve correlates with a reduced risk of Alzheimer's and dementia. So, how do you keep your brain in shape?

Enjoy the simple things

Being mentally fit isn't the same as hitting the gym to achieve physical fitness. You don't have to take a bunch of intelligence tests or study calculus to keep your brain sharp. Much like walking can help get the blood pumping, there are plenty of simple activities you can do every day to ensure you don't neglect your mind.

1. **Read a book:** Whether finding some shade in the courtyard or enjoying the comfort of the indoors, you can get your mind working by simply reading a book or a newspaper. Pick a title from your own collection or check something out from Sterling Court's library.
2. **Hang out with your neighbors:** The mind-body connection isn't a myth. A great way to exercise both your mind and body is by socializing with your peers – take a walk with some friends around the courtyard if it's not too hot, making sure to stay hydrated and wear plenty of sunscreen.

3. **Play some games:** Whether you're figuring out the crossword in the Sunday newspaper or playing dominos with your next door neighbor, you're keeping your mind sharp by playing games. Sterling Court offers so many games with classics like Bingo and Rummikub that you'll never be bored. You can even play some Wii to exercise not only your wit, but your body!
4. **Try out some new recipes:** With Sterling Court's gorgeous rental apartments being equipped with kitchens, it's easy to release your inner Julia Child and whip up something new. Studies show that trying out new foods can help increase your brain's vitality. In fact, just doing something new in general goes a long way for mental dexterity.
5. **Be positive:** You've likely already heard this one, but it's still worth repeating. A nice positive attitude can increase your mental proficiency. So breathe, smile, and focus on the good things in life.

A healthy brain leads to a healthier life. While it's not a cure, ensuring that you keep an active mind can only benefit you.

July 2023 Sterlin

Activity Rooms

BR–Bristol Room
CY–Court Yard
DR–Dining Room
LB–Library
LR–Living Room
MV–Mt. Vernon Room
PDR–Private Dining Room
RR–Revere Room

BRC–Burl. Rec. Ctr.
SMSC–San Mateo Senior Center

The Weekly

Check *The Weekly* for current updates or changes in schedule.

The Daily

Check our main board for daily activities, located opposite the Front Desk.

Scheduled Appointments

Transportation Provided Monday–Thursday

Sunday	Monday	Tuesday
2 10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	**3** 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**4** **Fourth of July Holiday** 9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:30 Dynamic Dixieland Duo 12:00 4th of July BBQ 3:00 Eric Shifrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR
9 10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	**10** 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**11** 9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Michael Rabbino - Piano 7:00 Evening Movie - RR 7:00 Games - BR
16 10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	**17** 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**18** 9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR
23/30 10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	**24/31** 10:00 Shopping Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Burlingame Library 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**25** 9:30 Donuts on Wheels 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Randy Johnson - Banjo 7:00 Evening Movie - RR 7:00 Games - BR

*Activities subject to change due to COVID-19.

g Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
			1 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR
5 9:30 Chat w/Chef Denis 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR	**6** 10:00 Shopping - Hillsdale Mall 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**7** 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	**8** 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR
12 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	**13** 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha & Rebecca - BR 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**14** 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 The EJ's Go Patriotic 7:00 Evening Movie - RR 7:00 Games - BR	**15** 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR
19 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 July Birthday Bash 3:00 Book Review w/Cindy - RR 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	**20** 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Arts & Crafts w/Mary - MV 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**21** 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 3:00 Tom Shaw - Piano 7:00 Evening Movie - RR 7:00 Games - BR	**22** 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR
26 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	**27** 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 2:00 Scripture Study w/Martha & Rebecca - BR 3:00 Hallway Happy Hour 7:00 Evening Movie - RR 7:00 Games - BR	**28** 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR	**29** 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR

Please sign up for all events in the Activity Book located at the Front Desk

Classes & Lectures

Lecture Series with Dick McKee

Dick McKee hosts a series on Tuesdays at 11:00 a.m. in the Revere Room.

The Wonders of America's State Parks

This course is taught by Joe Yogerst, a journalist and travel writer with many projects for National Geographic.

July 11	*Exploring New Hampshire's White Mountains*
July 18	*The Yankee Coast: Plymouth to Montauk*
July 25	*New Jersey Pineland Legends & Landscapes*

Scripture Study

Thursday, July 13 & 27 at 2:00 p.m. with Martha Saul and Rebecca Padulo in the Bristol Room. All are welcome.

Library Book Review

The third Wednesday of the month, July 19, Cynthia from the Burlingame Library reviews books for us. You can also check books out and keep them until next month. Meet at 3:00 p.m. in the Revere Room.

Arts and Crafts

Please come and join us in the Mount Vernon Room on Thursday, July 20, at 2:00 p.m. for a fun afternoon with Mary. Our theme for this month will be announced with more details. We will supply all materials along with help for whoever needs it. No experience needed!

Program Highlights

4th of July BBQ

Join us on our second BBQ of the season to celebrate our Independence Day. Chef Denis and his staff will provide a delicious menu of barbecued ribs and chicken, hamburgers, hot dogs, salads, fruit, corn on the cob, baked beans, grilled vegetables, drinks, and delicious desserts. Entertainment by Dynamic Dixieland Duo.

Pancake Bingo

Pancake Bingo begins at 11:30 a.m. in the Dining Room. After a breakfast of pancakes and eggs enjoy a lively game of Bingo. The cost for Bingo is $2.00 and includes a delicious breakfast. Sunday, July 16.

Bus Trips

Drive to Church

Dmitry will take you to St. Catherine of Siena Church and Burlingame Presbyterian Church for the 10:30 a.m. mass on Sundays, at 10:00 a.m.

Fitness & Exercise

Chair Yoga with Holly Roser Fitness

Holly, John, and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Senior Fitness Video

This video is a completely balanced workout in chairs. The program incorporates Hatha Yoga techniques, gentle weight training, leg and abdominal strengthening, exercises to improve balance, stretching, deep breathing, and relaxation. Join us every day, please see "The Weekly" for more details.

Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination, and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Wellness Support

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser, for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Katherine Davis *(continued from the front page)*

During the Queen's visit to California, "Gerard and I had lunch with the Queen under the rotunda of the Sacramento Capitol." Kitty remembers, "it was an unforgettable lunch catered by the Nut Tree" – a beloved California restaurant in the day. Later that afternoon they went aboard the beautiful HMY Britannia for dinner.

Kitty and Gerard loved their many years in Sacramento. Once their daughters married and moved away from Sacramento, they spent more time in San Francisco closer to their children and their growing families and attending the ballet and opera with friends. To this day, Kitty enjoys spending time in the city. When Gerard passed, Kitty moved from San Francisco to Palm Desert for about 15 years and enjoyed making many new friends and spending time with old friends.

Unfortunately, after suffering a stroke last summer, Kitty needed to once again move closer to her family and became a resident at Sterling Court. The family was happy to find Sterling Court. Everyone is so nice, she says. Kitty loves her patio at Sterling Court, enjoys the vocalist who performs,

HMY Britannia – Kitty enjoyed dinner aboard Queen Elizabeth's yacht

and is working on making some new friends. She shares, "my only wish is that it had a hot tub!" When she is not visiting Melissa at her beautiful flower shop, Penflora, on Howard Avenue, she is either watching Fox News or spending time with her three granddaughters and six grandsons. "Each one has a very special place in my heart," she said.

Kitty is very grateful for the amazing life she lives and can't wait to continue making lifelong memories.

WORD LADDERS

Word ladders are a fun game to pass the time. They involve moving from the starting word to the target word by changing one letter at a time. Each letter change must produce a real word. The example shows you how to go from HEAD to TAIL.

Example: HEAD	1. LAKE	2. LEAP	3. TACO	4. BOTH	5. JULY
HEAL	↓	↓	↓	↓	↓
TEAL					
TELL					
TALL					
TAIL	DUNE	FROG	CART	DUET	SAND

ANSWERS (Alternative solutions are possible!)

1. LAKE	2. LEAP	3. TACO	4. BOTH	5. JULY
DUNE	FROG	CART	DUET	SAND
DINE	FRAG	PART	DUST	SAID
	BRAG			SAIL
LINE	BRAD	PARK	BUST	FAIL
	BEAD		BUSH	FALL
LANE		PACK		FALL
	LEAD		BASH	FULL
		TACK		DULL
			BATH	DULL
				DULY

Musical Notes

Enjoy a live musical performance on Tuesdays, Fridays, and Sundays at 3:00 p.m. in the Living Room

Tuesday, July 4
Dynamic Dixieland Duo

Tuesday, July 4
Eric Shifrin—Piano

Friday, July 7
Alex Bootzin—Piano

Tuesday, July 11
Michael Rabbino—Piano

Friday, July 14
The EJ's Go Patriotic

Tuesday, July 18
Jeff Wessman—Vocal

Friday, July 21
Tom Shaw—Piano

Tuesday, July 25
Randy Johnson—Banjo

Friday, July 28
Kathleen Nelson—Piano

July Birthdays

July Birthday Bash will be on Wednesday, July 19.

July 9 Natalie Lagomarsino
July 10 Marylyn Simonetti
July 12 Al Villazon
July 15 Mary De Senna
July 21 Kitty Davis
July 21 Susan Bjornson
July 28 Matilde Scritzky
July 30 Diane Bryant

Welcome

Please give a warm welcome and introduce yourself to our new resident:

#217 Peggy Johnson
#350 Mary Faulknor
#350 Laure Zabek

Anniversary

Happy 63nd Wedding Anniversary to Ron & Marilyn Chiappari on July 4.

This All Happened On FOURTH of JULY

- Roger Williams founded the colony of Rhode Island on July 4, 1636.
- July 4, 1802 marked the opening day of the U.S. Military Academy at West Point, NY.
- Construction of the Erie Canal began on July 4, 1817.
- Presidents John Adams and Thomas Jefferson died within hours of each other on July 4, 1826.
- Building of the first U.S. railway, the Baltimore and Ohio Railroad, began on July 4, 1828.
- The fifth U.S. President, James Monroe, died on July 4, 1831.
- The cornerstone of the Washington Monument was laid on July 4, 1850.
- President Calvin Coolidge was born on July 4, 1872.
- The Congregationalist magazine first published the poem, "America the Beautiful," written by Katharine Lee Bates, on July 4, 1895. She penned it two years earlier on July 22, 1893, after a trip up Pikes Peak near Colorado Springs.
- On July 4, 1960, the first American flag to bear 50 stars was raised. This celebrated Hawaii's entrance into the Union as the 50th state.

Suggestions or comments, or for more information, e-mail us at info@sterlingcourt.com