THE VALLEY SHOPPER

A special advertising section of Valley Community Newspapers

To advertise, call 916-429-9901 • October 2012

S Full Bar • **American Cuisine** • Family Friendly Prime Rib Thursdays • **Rib Eye Saturdays** Join us weekly! **Monday Night Football Sunday Brunch** Every Sunday Special NFL menu drink specials and prizes from 10-2pm Catering Lunch & Dinner Served Daily Happy Hour Tuesday - Saturday 3:30-7:00pm Make your holiday reservations now!

> **6401 Riverside Blvd. • 916.391.7990 • www.PocketBistro.net** Hours: Tue-Thu 11:30am-9:30pm • Fri-Sat 11:30am-10pm • Sun 10:00am-8:30pm



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The Place You'll Love **To Call Home**

Maintain your active lifestyle by participating in the many recreational activities available including: plays, concerts, movies, craft classes, day trips, card groups and, of course, an all time favorite - bingo.

Medical appointments are no problem with our friendly scheduled bus service to nearby doctor's offices, hospitals, and pharmacies.

Grocery shopping is within walking distance, but if you don't want to walk, our bus will take you grocery shopping every week.

We'll also take you to the bank and to a local shopping mall each week.

The Atrium of Carmichael is also located near public transportation routes, and the Mission Oaks Senior Center is nearby

Free laundry facilities

On-site, full service beauty salon serving both men and women

Comfortable lounge area equipped with big-screen TV



For Complimentary Tours (916) 486-3533 www.theatriumofcarmichael.com

The Atrium of Carmichael 5757 Cypress Avenue Carmichael, CA 95608



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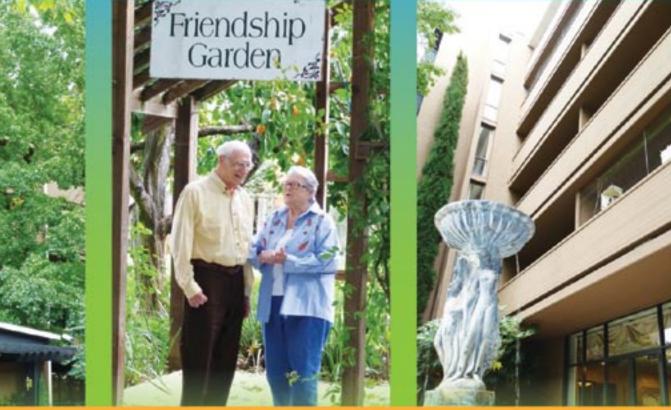




WIN OUR SERVICES FREE FOR ONE YEAR - ask us how! Consultations are FREE. For more information on pricing, call or visit our website. 3198 Riverside Blvd., Sacramento - 916-443-5478 - www.artisansalonlandpark.com



THE ESKATON EXPERIENCE



Carefree living.



Surrounded by three acres of beautiful trees in the Land Park area, just minutes from downtown Sacramento, Eskaton Monroe Lodge offers affordable independent living with services in a country-like retreat. Enjoy an active lifestyle among good friends and a professional, caring staff - plus housekeeping, gourmet meals, transportation and engaging activities.

ESKATON MONROE LODGE 3225 Freeport Boulevard, Sacramento, CA 95818 916-441-1015





866-ESKATON | www.eskaton.org



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FEATURING A NEW MENU AT **THESE TWO GREAT LOCATIONS**

Sacramento

1117 11th Street (across from the Capitol) (916) 447-8900

Open M-F 11:30am **Open Sat/Sun 5pm** FREE parking after 5pm \$5.00 OFF validated parking before 5pm

Folsom NEW! 250 Palladio Parkway Suite 1339 (next to the theater) (916) 817-1490

Open everyday 11:30am FREE parking

SOMETHING FOR EVERYONE

Prime Rib • Steaks • Seafood • Sandwiches & more Kids menu available Happy Hour 3pm to 8pm Monday - Friday

www.chopsSteakHouses.com

Choice, luxury and KU



STERK SERFOOD 🛛 🌡 BAR

Here at Greenhaven Estates Assisted Living we provide assisted living as well as Alzheimer's and dementia care in our Expressions community.



Greenhaven Estates

7548 Greenhaven Dr, Sacramento, CA 95831 (916) 427-8887

www.PrestigeCare.com

License #: 347004312

WELLS ADVISORS FARGO

Are higher federal and California state taxes a concern?

Interested in learning more about ways to manage your portfolio's tax burden?

Call or e-mail me for a no-obligation report on strategies designed to help you reduce the taxes you owe on your investments.



Joseph F. Eschleman, CIMA[®]

Managing Director - Investment Officer 400 Capitol Mall • Wells Fargo Center • Suite 1700 • Sacramento, CA 95814 916-491-6327 • 800-877-7783 joseph.f.eschleman@wfadvisors.com CA Insurance License #0C77273

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YOGA IN THE IYENGAR TRADITION Yoga for Everyday Living Through body alignment brings strength, flexibility, calmness & peace of mind. **\$5.00 OFF** First drop-in class or first class card bought for new students Expires 01-01-13 See our teachers: Mary, Allan & Kelly **1049 Broadway** Suite 10 • Sacramento 916.731.4831 www.gen-nih.com YOGA ma9777@aol.com

CIMINOCARE®

SERVING THE NEEDS OF SENIORS

INDEPENDENT LIVING . ASSISTED LIVING . MEMORY CARE . IN-HOME CARE

Take a look at **www.CiminoCare.com** to view our Communities

Auburn Oaks Senior Living, 916-729-9200 Citrus Heights Terrace - Memory Care, 916-727-4400 Courtyard Terrace - Memory Care, 916-486-1281

Fair Oaks Villas - Residential Care Home, 916-536-9194 WoodRidge Place - Residential Care Home, 530-672-8535 River Fountains of Lodi - Assisted Living, 203-334-3763

Call Today 855-2CIMINO

Caring for seniors is a way of life for the Cimino Family.

Rooted in their warm Italian heritage, two generations of Ciminos have been caring for Northern California's aging population with compassion and dignity. Cimino Care offers affordable home-like communities for seniors whose needs range from independent living, memory care to assisted living support. With a deep respect for elders, Cimino Care is guided by this primary principle to provide: "Dignified Living Blended with Old World Hospitality."

License Numbers: #410508825, #41560756, #415600033, #347001078, #347004243, #097004247, #39700401







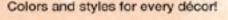




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Kitchen and Bath Surface Restoration at its Finest!

We restore tired bathtubs and tile. Chips repaired, ugly colors changed, and grout sealed!



Our stone look finish will transform your existing countertops from tired to inspired!



Present this coupon upon receiving your estimate

Don't Replace, Refinish!

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For 50-75% less than replacement, Miracle Method can restore your existing countertops and bathtubs to like new - in less than 2 days! Quality and value have made us the preferred refinisher for nearly 30 years. Give us a call today to schedule a free consultation and estimate.

See more at MiracleMethod.com

ALL WORK GUARANTEED

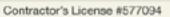


VISIT OUR SHOWROOM!

5750 Roseville Road, Ste. 2, Sacramento



We refinish: • FORMICA® • CORIAN® • CULTURED MARBLE • TILE • FIBERGLASS • PORCELAIN



Your Bathtub Becomes a **Step-Through Shower in One Day!**

Easy Step[™] the step through tub to shower conversion

- Slip Resistant Surface applied
- · Grab bars, curved shower rods





Assisted Living for the Elderly

Why place your loved ones in a nursing home prematurely?

Now there's a quality lower-cost alternative.

Total Assistance With:



- Wheelchair transfers

- Bathing and dressing

- Social atmosphere
- Medication monitoring
- Escorting to meals, activities,
- & medical appointments
- Stimulating Activity Program

Call or visit today for a FREE assessment for your loved one. 966 43rd Avenue, Sacramento, CA 95831 916.394.9400 | www.TheWaterLeaf.com

LIC# 347001970

10 Country Place, Sacramento, CA 95831 | www.TheMeadowsAtCountryPlace.com



Because of our compassionate and dedicated team, your loved one will experience love and compassion each day.

Our new & luxurious home-like environment includes assistance with:

Complex Physical Limitations Bathing, dressing, toileting,

Call today

transferring, eating, incontinence, grooming and medication assistance

Hospice

We work with a professional hospice agency of your choice ensuring compassionate 24 hour care Alzheimer's / Dementia

Provide for special needs unique to your loved one with memory impairment - emphasis on social and personal needs

Respite

Invest in a few minutes of your time today and you could save your family thousands of dollars a year.

Includes temporary care for an elderly loved one who is simply recovering from elective surgery









RCFE License #347004702

The owners of The Meadows at Country Place, Rangi Paula V. Giner and John F. Cimino Jr. are proud to announce

Offering Quick Check Care Service within Land Park, Greenhaven and Pocket neighborhoods for only \$12.95 per visit*

* Price subject to change without notice, 15 minute visits.



As an extension of serving the communities of Land Park, Greenhaven and Pocket neighborhoods we are excited and honored to now offer you help at home.

We are available 24 hours a day to provide care to seniors who need assistance because of illness, injury, recuperation from surgery or active seniors who need some assistance at home.

- Personalized Care And Services
- Meal Preparation
- Incontinent Care
- Light Housework
- Assistance With Pet Care
- Grooming And Bathing Assistance
- Monitor Diet And Eating
- Laundry And Linen Change
- Medication Reminders
- Appointments And Short Errands

Call us today!

- (916) 429-3232
- CareGiversofLandPark.org