

**Your
Management
Team**

Steve Sarine
Executive Director

Tracy McLinn
Marketing Director

Angela Price
Director of Care

Melina Dearing
Wellness Director

Bernadette Soliz
Culinary Director

Lupe Ramirez
Activity Director

Jessica Ramirez
Administrative
Assistant

Lorine Ricardos
Housekeeping &
Laundry Director

**Russel Thomas &
Michael Carag**
Maintenance

January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.



Resident Birthdays

Erna Verbeek #84	January 6 th
Mildred Bashore #101	January 8 th
Thomas Phelps #2	January 10 th
Ricky Hayes #12	January 22 nd
Vivian Oliver #105	January 22 nd
Hazel Tobin #92	January 27 th
Jackie La Cornu #96	January 30 th
Noreen McNulty #76	January 31 st

Staff Birthdays

Michael Carag	January 7 th
Gabriel Rivera	January 12 th
John Feika	January 13 th
Cameron Fainu	January 14 th
Cathy Gouker	January 15 th
Nathan Love	January 18 th
Joseph Enriquez	January 20 th
Christian Rivera	January 21 st
Katelyn Becker	January 27 th
Auctavia Bruner	January 27 th
Kiesha Clay	January 29 th
Airicah Jordan	January 29 th

Riddle Me This?
Can you solve the following riddles?

1. The more I dry, the wetter I get. **What am I?**
2. The more you take away from me, the bigger I get; The more of me you put in something, the lighter it gets. **What am I?**
3. Forward I am heavy, backwards I am not. **What am I?**

Did you enjoy solving these riddles? Would you’d like to solve others?

Join **Mind Benders**, the activity that keeps you guessing. Group meets every **Sunday @ 3:15** in the **Performing Arts Room**.

Answers: 1. Towel 2. Hole 3. ton / not

January 2019

Ripples in the Pond



Golden Pond Assisted Living

RCFE # 347000985
3415 Mayhew Rd.
Sacramento, CA. 95827
916.369.8967

**Celebrating
January**

**Braille Literacy
Month**

Soup Month

**National
Hangover Day**
January 1

**Elvis Presley’s
Birthday**
January 8th

**National
Spaghetti Day**
January 4

Popcorn Day
January 19

**Martin Luther
King Jr. Day**
January 21

Puzzle Day
January 29

**Bubble
Wrap Day**
January 31

**New Year,
Lasting Traditions**

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during holiday celebrations.



A New Year’s Resolution can be anything you want it to be. Eat more fruit, watch less television, drink less coffee... well maybe not that but you get the point. There is always a way we can help ourselves or others through a simple New Year’s Resolution.

Join us on Thursday, January 3rd to talk about our New Year’s Resolutions and what we are going to do in 2019 to be a better person to ourselves and to our family & friends.

Elvis Presley Trivia



Join us on January 8th in the Performing Arts Room to see how well you really know Elvis Presley!

Location Legend

ER - Exercise Room

SR - Sun Room

PAR - Performing Arts Room

TR - Theater Room

F&F - Family & Friends Room

LIB - Library

BH - Bingo Hall

DR - Dining Room

FO - Front Office

1. What was Elvis' first #1 hit on the U.S. Billboard pop charts?
2. What single did Elvis record after suing Priscilla for divorce on January 8th, 1973?
3. Elvis memorized every line from what George C. Scott movie?
4. What was the name of Elvis' twin brother who died at birth?
5. What was Elvis' favorite sandwich?
6. How many encores did Elvis usually give?
7. Why was Elvis' mansion called "Graceland"?
8. What Elvis hit single was based on an 1861 classical piece entitled "Aura Lee"?
9. Which of the following did Elvis earn in 1960?
10. What was the name of Elvis' daughter?
11. What did Elvis receive from Richard Nixon?
12. What was the first National TV show that Elvis appeared on?
13. What two U.S. presidents was Elvis related to?
14. What was the name of Elvis' chimpanzee?
15. What musician once broke into Graceland?



"I don't care if you are a podiatrist!
We can't have THAT in our living room!"

The Podiatrist is back! They will be in the Performing Arts Room @ 9:00 AM on January 3rd. It's first come first serve so get in line early!



As a doctor, Roget studied tuberculosis and the effects of laughing gas as an anesthetic.

A Life in Words

Amazing. Stupendous. Astounding. Those are just a few ways to describe Thesaurus Day on January 18. This day honors the birth of Peter Mark Roget, who published the world's first thesaurus in 1852. Roget enjoyed making lists as a young boy but then moved on to a life of medicine and science. However, he never forgot his passion for words. In 1840, Roget retired from medicine and spent

the rest of his life on his dictionary of synonyms, which he called *Roget's Thesaurus of English Words and Phrases Classified and Arranged so as to Assist in Literary Composition*. His thesaurus was originally organized not alphabetically, but by concepts like *Space, Matter, Intellect*, and *Existence*. His handy tome has never been out of print and has sold more than 40 million copies.

Puzzle Day Competition (January 29th, 2019)

We are all born with a sense of competitiveness inside us. It's human nature to want to win. It makes us feel good! Competition makes us stronger and it can increase our self-esteem. Even losing can teach us valuable lessons. You must be able to except the feeling of losing to really enjoy the feeling of winning.

January 29th is puzzle day so for you avid puzzle-put-togetherers we will be having a Puzzle Competition! In the Performing Arts Room we will have many tables set up with the puzzles on them - don't worry, they won't be 1000 piece puzzles. So come on down on January 29th to the Performing Arts Room and see how fast you rally are at putting a puzzle together.

Competition open to everyone. Prizes will be awarded for 1st, 2nd, and 3rd place competitors. And remember to wear your lucky puzzle socks!

