

**Your
Management
Team**

Steve Sarine
Executive Director

Heather Murdock
Marketing Director

Ligia Rodriquez
Director of Care

Melina Dearing
Wellness Director

Bernadette Soliz
Culinary Director

Leon Borges
Transportation

Lupe Ramirez
Joseph Enriquez
Jill Betz
Activity Staff

Jessica Ramirez
Office Manager

Lorine Ricardos
*Housekeeping &
Laundry Director*

Russell Thomas
Maintenance



Resident Birthdays

Max Williamson ----- May 4th
James Valdez ----- May 5th
Marie Thomas ----- May 10th
Mary Lou Nadler ----- May 14th
Leona Crownover ---- May 21st

Staff Birthdays

Angelica De La Rosa ----- May 9th
Misty Wilson ----- May 12th
Madeleine O'Brien ----- May 16th
Heather Murdock ----- May 24th
Ariel Littman ----- May 26th

May Birthday Celebration

This month's birthday celebration will be on Wednesday, May 22nd @ 2:00pm in the Performing Arts Room. Cupcakes and ice cream will be served and Your Musical Memories will be entertaining us. Come check it out!

May Horoscopes and Birthdays

In astrology, those born May 1–20 Jack Paar – May 1, 1918 are Bulls of Taurus. Bulls are stable, Bing Crosby – May 3, 1903 reliable, patient, and determined. Audrey Hepburn – May 4, 1929 They will work hard and finish the Nellie Bly – May 5, 1864 job no matter what gets in their way, Orson Welles – May 6, 1915 but they expect to be rewarded! J.M. Barrie – May 9, 1860 Those born May 21–31 are Gemini's Salvador Dali – May 11, 1904 Twins. Twins seem to have two Florence Nightingale – May 12, 1820 personalities and can blend into any Liberace – May 16, 1919 situation. They have an energetic Lorraine Hansberry – May 19, 1930 and fun-loving side that is the life of Bob Dylan – May 24, 1941 the party but also a deep and Peggy Lee – May 26, 1920 emotional side that needs nurturing. Bob Hope – May 29, 1903

May 2019

Springtime at the Pond



Golden Pond Assisted Living
3415 Mayhew Rd. Sacramento, CA. 95827
916.369.8967 RCFE #347000985

**Celebrating
May**

**Ladybug
Release**
May 2

Cinco de Mayo
May 5th

**Be Kind to
Animals Week**
May 5–11

Teacher Day
May 7

Shrimp Day
May 10

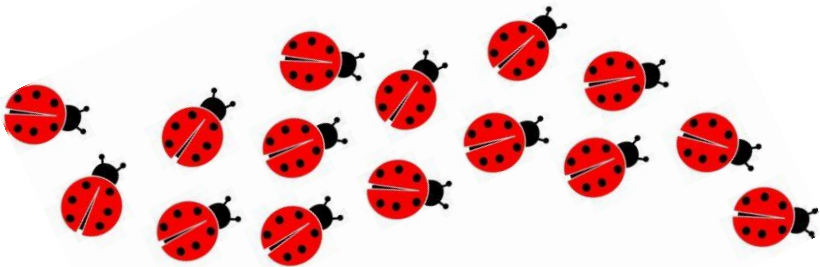
Mother's Day
May 12

Memorial Day:
U.S.
May 27

Mother's Day

May 12th is Mother's Day, a day in which we honor and show gratitude toward all of the beautiful Mother's out there.

The Mother's Day Brunch will be held on Sunday, May 12th in the dining room. The first seating will be at 11:00am and the second seating will be at 12:30pm. Reservations can be made at the Front Office with Jessica or Elizabeth.



Ladybug Release

The Garden & Nature Club Presents: Ladybugs! On May 2nd @ 10:30am we will be releasing ladybugs in the Garden & out by the Gazebo. Come and join us and watch the ladybugs crawl up your arm!

Did you know?

Ladybugs are capable of consuming up to 50 to 60 aphids per day but will also eat a variety of other insects and larvae including scales, mealy bugs, leaf hoppers, mites, and various types of soft-bodied insects. Ladybugs, also called lady beetles or ladybird beetles, are a very beneficial group of insects.

A Fan Calls Foul

By May 16, the Major League Baseball season is well underway. If you have ever attended a game and caught a foul ball, you know how exciting that can be. May 16 marks the beginning of Foul Ball Week in honor of Reuben Berman, the man who fought to allow fans to keep foul balls. Berman was attending a New York Giants game at the Polo Grounds back on May 16, 1921, when he caught a foul ball. As was customary, an attendant showed up to retrieve the ball from Berman. Berman tossed it into the crowd, at which point he was forced from his seat, reprimanded in a ballpark office, and ejected from the park! Berman felt humiliated and so sued the Giants. The court ruled that Berman should have been allowed to keep the ball. "Reuben's Rule" was instituted, allowing fans to keep baseballs as souvenirs.



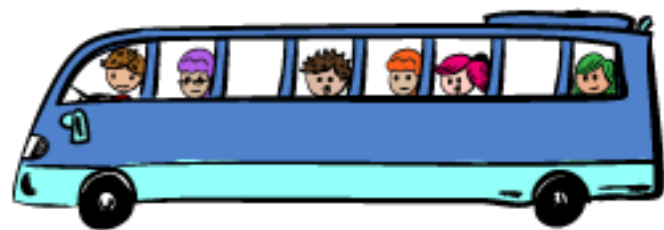
Kentucky Derby Party

The 2019 Kentucky Derby will be the 145th running of the Kentucky Derby, and will take place on Saturday, May 4, 2019, in Louisville, Kentucky. The Pub will be open from 2-4pm that day so come and join us for the races!



Garden & Nature Club

Do you love gardening? Or maybe you just love being outdoors amongst the trees, bees and butterflies? Well the Garden & Nature Club is the club for you. Go and check out the Garden, down by the library, to see what the club has accomplished thus far. Any questions or concerns can be addressed to Joseph.



Transportation

Do you have a doctor or dentist appointment that you need transportation to? Leon may be able to help. Contact him at (916)586-4796 to see when he is available.

Outtings

Last month we took a trip to McDonald's. This month, on May 31st, we will be going to either Round Table, for their pizza buffet, or Panda Express. If you wish to join us then sign up at the front office. Seats are limited, so sign up soon!



Memorial Day

Memorial Day is a day in which we honor the lost lives of our loved ones that put it all out on the line for our freedom. America is a country in which anything is possible, where dreams can come true and where the unachievable becomes achievable, but it wouldn't be like this if it wasn't for our brave soldiers.



Cinco De Mayo

Cinco de Mayo is an annual celebration held on May 5th. The date is observed to commemorate the Mexican Army's victory over the French Empire at the Battle of Puebla, on May 5, 1862, under the leadership of General Ignacio Zaragoza.

We will celebrate Cinco de Mayo by enjoying some sweet and mouthwatering Pan Dulce, or sweet bread. Join us at the Mexican Bread Social on May 5th at 10am to try some of this delicious bread.

