

July 2019

Summertime at the Pond

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



Celebrating July

Canada Day

July 1

Independence Day

Yankee Doodle Dandy Party

July 4

Entertainment w/ Skip Morgan

July 13

Birthday Celebration

w/ Frank Sorci

July 17

Fun in the Sun

(Gazebo)

July 19

Bagelfest Day

July 26

Culture Night - Independence Night

July 29

Yankee Doodle Dandy Party

The United States of America gained its independence on July 4th, 1776. These days we celebrate by lighting fireworks in the street, barbecuing, having family over, and having fun. We must also remember to acknowledge the soldiers and the veterans we've lost, because without them we may not be as free as we are now.

Join Golden Pond as we celebrate American Independence on Thursday, July 4th @ 1:30 in the Performing Arts Room. Enjoy the amazing Sacramento Banjo Band as they play away with their bright banjos and have an ice cold coka cola or beer to go with it. This event is open to all residents and family. Come early to get a good seat! Music starts at 2pm.



Fun in the Sun

When is the last time you slid down a slip n' slide? Now's your chance! Fun in the Sun is on Friday, July 19th from 10am - 12pm in the Gazebo lawn area. Enjoy a snow cone and mini hot dog and take a turn sliding down the slide.



Resident Birthdays

#112 Ellen Zitelli	July 11 th
#50 Helen James	July 15 th
#5B Anita Langer	July 26 th
#93 Andrew Kim	July 27 th
#11A Nancy Andrews	July 15 th

Staff Birthdays

(Kitchen) Tommy Vang	July 2 nd
(Front Office) Jessica Ramirez	July 3 rd
(Care Staff) Jacob Hunt	July 4 th
(Reflections) Darielle Booth	July 7 th
(Care Staff) Monica De Ramirez	July 10 th
(Kitchen) Grace Cook	July 13 th
(Care Staff) Inez Mooror	July 31 st



Birthdays Celebration

Join us for the Birthday Celebration on Wednesday, July 17th @ 2pm in the Performing Arts Room w/ special guest Frank Sorci. Cupcakes and ice cream will be served. Come enjoy the show!



Cocktail Hours

Cocktail Hour is every Friday @ 2pm in the Performing Arts Room. Entertainment, food and drinks are provided and guests are always welcome! Come on down, listen to some awesome music and have a good time.

Resident Corner

"In my mines ear I wax to have left over drain cells. Then I scoot left along until me recognizes watts left or is it right? Behind or ahead whoot knoles where I'm at, I loinely relieve that me have discovered peece." - Jim Crockwell

Resident Corner ideas can be submitted to Joseph or Jim #43.

Theme Days

July 5 th	Wear Red Day
July 12 th	Flamingo Day
July 19 th	Beach Day
July 26 th	Tourist Day

Resident Council

The Resident Council is all about improving your stay at Golden Pond. If you have serious questions or concerns, the council is the place to go. They currently meet on the 2nd and 4th Wednesdays of every month in the Family & Friends Room (above the Dining Room, by the Pub).



Skip Morgan

Our good friend Skip Morgan is back! He will be here on July 13th to entertain us. Come on down to the Performing Arts Room at 3:00pm and check him out! Drinks and snacks will be served.

Did you know?

1. July 4, 1776 is the day that we celebrate Independence Day even though it wasn't the day the Continental Congress decided to declare independence (they did that on July 2, 1776), the day we started the American Revolution (that had happened back in April 1775), the date on which the Declaration was delivered to Great Britain (that didn't happen until November 1776), or the date it was signed (that was August 2, 1776).

2. After the War of 1812, the Federalist party began to come apart and the new parties of the 1820s and 1830s all considered themselves inheritors of Jefferson and the Democratic-Republicans. Printed copies of the Declaration began to circulate again, all with the date July 4, 1776, listed at the top. Celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1938 and 1941.

3. The 56 signers of the Declaration did not sign on July 4, 1776, nor were they in the same room at the same time on the original Independence Day. The official signing event took place on August 2, 1776 when 50 men signed the document. Several months passed before all 56 signatures were in place. The last man to sign, Thomas McKean, did so in January of 1777, seven months after the document was approved by Congress. Robert R. Livingston, one of the five original drafters, never signed it at all since he believed it was too soon to declare independence.

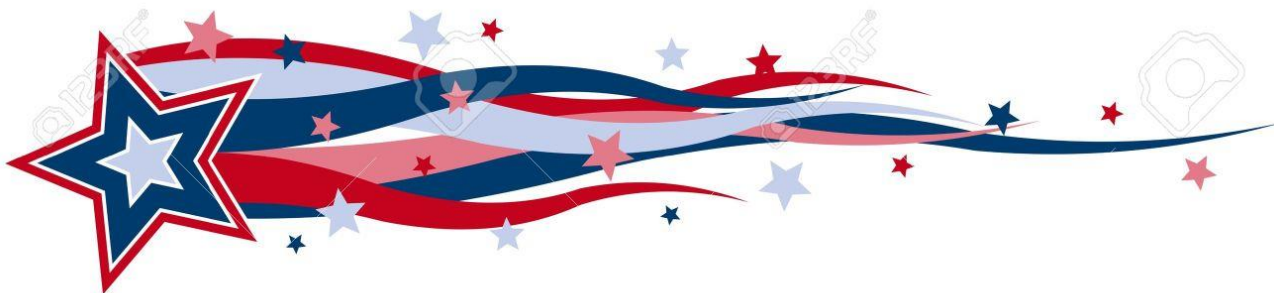
Culture Night

Join us for our monthly Culture Night on Monday, July 29th for a special Independence Day dinner. The last Monday of every month is Culture Night. If you have any suggestions for the Activities Department or Kitchen about a culture we can celebrate, please do not hesitate to share that suggestion with either Jill, Joseph, Lupe or Bernadette.



The Readers Club

We've got a new club! The Readers Club meets every other Thursday at 10:30am in the Golden Pond Library. All residents and readers are welcome to join. As of now, questions about the club can be directed towards Robert in apartment 100.



Management Team

Steve Sarine

Executive Director

Jill Nakagawa

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 & Clemente Lopez

Maintenance

Attention Residents

Happy Hour @ The Pub has changed from 2pm to 3pm. The Pub is open everyday except for Friday due to our Cocktail Hour in the Performing Arts Room. We serve soft drinks, cocktails, beer, wine and bar snacks. Come kick back and enjoy the company.

New Additions

The Nintendo Wii, a video game console, is a great tool for brain stimulation and social connection. Video games are often associated with young children but they are in fact a very valuable resource for seniors. We've added two new games to the Calendar, Wheel of Fortune, with a virtual Pat Sajak and Vanna White, and Arcade Zone. Check the Calendar for details.



Friendly Reminders

Summertime is Here

The harsh summer heat is coming! Drink lots of water and keep your apartment cool to avoid dehydration.

Painting Class

Painting Class is every Sunday @ 2pm in the Sun Room (between rooms 96 and 98). It is free of charge but space is limited. All materials are provided, all you've got to do is show up and paint! Visit the instructor Ann, to discuss joining the class. Beginners are always welcome!

Exercise

Golden Pond provides some sort of physical exercise every morning at 9:30am from balance training to light weight lifting or just taking a morning walk. No matter your physical condition, exercise can help you feel and look younger, relieve stress, and improve your balance.



Bill hanging out at the Pub

