

**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 &
Clemente Lopez**
Maintenance

Answers:

- 1.B
- 2.B
- 3.D
- 4.B
- 5.C
- 6.C
- 7.D
- 8.A
- 9.B
- 10.B
- 11.A
- 12.C
- 13.D
- 14.A
- 15.D

September Horoscopes and Birthdays

Those born between September 1–22 are Virgo’s Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and factfinders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

- Lily Tomlin – September 1, 1939
- Louis Sullivan – September 3, 1856
- Queen Elizabeth I – September 7, 1533
- Col. Sanders – September 9, 1890
- Roald Dahl – September 13, 1916
- Agatha Christie – September 15, 1890
- Lauren Bacall – September 16, 1924
- Greta Garbo – September 18, 1905
- Michael Faraday – September 22, 1791
- Victoria Woodhull – September 23, 1838
- Jim Henson – September 24, 1936
- Shel Silverstein – September 25, 1930
- Michelangelo – September 28, 1573

Birthday Party

Ciprian is a violin master and he will be here on September 18th at 10:30am to perform for you! The birthday party is designed to celebrate all the September babies, but we encourage everyone to come on down and enjoy the music, a cupcake, and some ice cream!

Resident Birthdays

- #28 Janice Marceovich ----- Sept. 10th
- #56 Joy Brown ----- Sept. 19th
- #72 LaVonne Dunn ----- Sept. 20th
- #69 Harold Cobbs ----- Sept. 25th
- #37 Darlene (Dee) Scott-Chee --- Sept. 28th



Staff Birthdays

- Melina Dearing (Wellness Director) -- Sept. 1st
- Christopher Boyd (Server) ----- Sept. 6th
- Jessica Powell (Med Tech) ----- Sept. 8th
- Brandy Summers (Caregiver) ----- Sept. 10th
- Steve Sarine (Executive Director) ---- Sept. 11th

Hawaii Trivia (continued)

11. When measured from the base of the mountain, Mauna Kea, which begins at the floor of the ocean, is how tall?

 - A. About 33,500 feet
 - B. nearly 31,000 feet
 - C. Almost 37,400 feet
 - D. Over 38,000 feet
12. How many times did Captain James Cook visit the Hawaiian Islands?

 - A. Once
 - B. Four times
 - C. Twice
 - D. Three Times
13. What dance is designated the official state dance of Hawaii?

 - A. The Huele Kalkali
 - B. The Waka Kalui
 - C. Polynesian Fire Dance
 - D. The Hula
14. Hawaii is the only U.S. state not located in the what?

 - A. Americas
 - B. Northern Hemisphere
 - C. Pacific Time Zone
 - D. Temperate Zone
15. The Kilauea volcano exploded with the deadliest eruption known to have occurred in what is now the United States in what year?

 - A. 1650
 - B. 1697
 - C. 1758
 - D. 1790

Reflections on the Pond

September 2019



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

**Celebrating
September**

**Luau
Theme
Month**

**Labor Day
(U.S.)
September 2**

**Grandparents
Day
September 8**

**Birthday Party
w/ Ciprian
September 18**

**Luau
September 26**

**Walker,
Wheelchair &
Scooter Car
Wash
September 27**

**Culture Night -
Polynesian
September 30**



The Luau, a Polynesian and ancient Hawaiian ritual, is a popular social gathering meant to unite the people of a town in celebration of a significant life event, achievement, war victory, or launching of a new canoe. Originally called ‘aha‘aina, meaning ‘gathering meal,’ this celebration is centered around feasting on traditional cuisine like kalua pig, lomi salmon, poi, and haupia with friends and family with entertainment, including hula and traditional Hawaiian music.

Golden Ponds Annual Luau

Although we may not have all the traditional Polynesian cuisine, our goal is to create an atmosphere that gives you a taste of Polynesian Culture. From the fire dancers to the hula hula, Luau’s are full of fun and excitement. Join us for this year’s Luau on Thursday, September 26th @ 2:30 in the Performing Arts Room.



Golden Pond Annual Car Show



Our Vision

Our goal at Golden Pond is to provide our residents with fun, safe & lively community events that allow them to reconnect with their past or make a connection with someone new. In August we had our annual car show. Seeing hot rods from the 20's and 30's and slick Muscle Cars like the GTO from the 60's brings back so many memories for our residents and that's what we strive for. Golden Pond and all our residents, family members and staff thank the Mean Machines Car Club and the Italian Hot Rod Association for bringing such beautiful cars to our home. Until next year!



Zumba!

Every Saturday and Sunday, Margarita comes to teach our Residents Zumba! Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. It's a great way to stay active while being able to have fun at the same time. Our Residents love it!



Walker, Wheelchair & Scooter Car Wash

As part of their annual "Students Out Serving" day Capital Christian High School will be coming to Golden Pond on September 27th to wash your walker, wheelchair or scooter. They will be here from 10am - 12pm in the Performing Arts Room. This service is completely free so come on down and get that walker disinfected! We often take for granted our mobility devices. I know I do, just look at my car. But, it's important to take care of them as they are an important aspect of our lives. They help us get around our rooms and the rest of the building almost eliminating the risk of falling. There is no sign-up sheet for this event. Reach out to Joseph, Jill or Lupe if you have any further questions.

Hawaii Trivia

- What is the official Hawaiian state flower?
A. Camellia
B. Yellow hibiscus
C. Pasque flower
D. Pink lady's slipper
- What is the tallest mountain in Hawaii?
A. Kamakou
B. Mauna Kea
C. Mount Ka'ala
D. Mauna Kea
- In size, where does Hawaii rank among the US States?
A. 12th smallest
B. 3rd smallest
C. 5th smallest
D. 8th smallest
- What is the official Hawaiian state bird?
A. Black-capped chickadee
B. The nene, or Hawaiian goose
C. Common Loon
D. None of the above
- Hawaii's capital city of Honolulu is located on which island?
A. Maui
B. Moloka'i
C. Oahu
D. Lāna'i
- What is the official Hawaiian state marine mammal?
A. Sperm Whale
B. Right Whale
C. Humpback Whale
D. Blue Whale
- In agriculture, Hawaii is the only state that grows what?
A. Sugar Cane
B. Brown Rice
C. Kiwi Fruit
D. Coffee
- In what year did the state of Hawaii designate black coral as the official state gem?
A. 1987
B. 1957
C. 1997
D. 1977
- What is Hawaii's official nickname? is
A. Pacific Paradise
B. The Aloha State
C. The Lei State
D. The White Sands Beach state
- What is the official Hawaiian state plant?
A. Kooloaula
B. Kalo
C. Maui pamakani
D. Langakali