

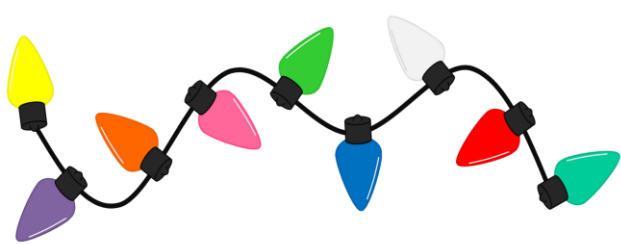
Resident Birthdays

- #24 Helen Hardy ----- December 4th
- #81 Patrick Byrnes ----- December 8th
- #11B Francine Combs ----- December 17th
- #27B Kermit Costa ----- December 26th



Staff Birthdays

- Erica McGinnis (MC Care) ----- December 6th
- Adriana Calderon (Kitchen) ----- December 8th
- Riley Downing (Kitchen) ----- December 12th
- Carolyn Harris (Med Tech) ----- December 15th
- Winter Johnson (Care) ----- December 15th
- Breanna Batts (MC Care) ----- December 18th
- Lupe Ramirez (Management) ----- December 21st
- Kelley Trezvant (MC Care) ----- December 23rd
- Takyla Bruner (Care) ----- December 30th



Birthday Party

The December Birthday Party will take place in the Performing Arts Room on Wednesday, December 18th at 2:00. Rick Turnage will be here to play the guitar and sing. Please join us for the fun! Cupcakes and ice cream will be served.

December Birthdays

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and money.

- Monica Seles (tennis star) – December 2, 1973
- Walt Disney (animator) – December 5, 1901
- Marie Tussaud (artist) – December 7, 1761
- Sammy Davis Jr. (entertainer) – December 8, 1925
- Bobby Flay (chef) – December 10, 1964
- Frank Sinatra (entertainer) – December 12, 1915
- Beethoven (composer) – December 16, 1770
- Ray Romano (actor) – December 21, 1957
- Clara Barton (nurse) – December 25, 1821
- Tiger Woods (golfer) – December 30, 1975

Christmas Caroling

"The best way to spread Christmas cheer is singing loud for all to hear."
- Will Ferrell, 'Elf'

Tis the season for Christmas caroling! Golden Pond expects some carolers to stroll through so keep your ears open so you don't miss them! Scheduled carolers will appear in the monthly calendar.



Christmas at the Pond

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



Celebrating December

Antarctica Day
December 1

Cookie Day
December 4

Birthday Party
w/ Rick Turnage
December 18

Entertainment
w/ James Phillips
December 21

Winter Solstice
December 21

Hanukkah
December 22-30

Christmas Party
December 23

New Year's Eve Party
December 31



“One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly.”– Andy Rooney

It's that time of year again! Christmas time... when the smell of pine, the sight of bright lights, and the taste of egg nog bring back memories like none other.

So, with Christmas time comes a Christmas Party! Join us on Monday, December 23rd to celebrate the holidays with all the people you share your home with. We will have carollers singing in the Performing Arts Room from 2 to 3pm and a horse and carriage that you can take a ride in, from 3 to 5pm. Not only that but Santa's coming to town too! Keep your eye out for the Merry man himself.

The New Year is here!

Golden Pond is welcoming the new year on December 31st from 6 - 8pm. Join us as we welcome 2020 with live entertainment from the Sactown Swing Dancers (6:00 - 6:30) and the Stompy Jones Dance Band (6:00 - 7:30). Come on down to the Performing Arts Room in your best New Year's Eve outfit!



**Your
Management
Team**

Steve Sarine
Executive Director

Heather Murdock
Marketing Director

Ligia Rodriquez
Director of Care

Melina Dearing
Wellness Director

Bernadette Soliz
Culinary Director

Kelli Hendrickson
Transportation

Lupe Ramirez
Joseph Enriquez
Jill Betz
Activity Staff

Jessica Ramirez
Office Manager

Lorine Ricardos
*Housekeeping &
Laundry Director*

**Russell Thomas &
Clemente Lopez**
Maintenance

We Love Referrals!

Did you know that Golden Pond loves referrals? Refer Golden Pond to a friend or family member and we will provide a credit of \$750 to you! Meet with Heather Murdock, our Marketing Director, to further discuss the details of our referral program.

Reservations

Is your birthday coming up? Do you want to celebrate with family & friends in a private setting without having to leave your home? Well the Family and Friends room is the place for you! Please contact Joseph, Jill or Lupe to reserve the room. It can also be reserved for holidays, like Thanksgiving or Mother's Day for example.

Guess Who!

Check out the Guess Who board in the dining room. There are 15 pictures of staff members and your job is to guess who they are! Take a slip, fill it out and turn it in to the front office. Good luck!

Christmas Caroling

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Brain Boosting

We often talk about the importance of exercising the body, but exercising the brain is equally as critical. And there's no better time to start giving your brain a daily workout than now. Formerly associated with children, brain teasers are now known to have brain-boosting benefits for adults of all ages, too.

Brain Gym, hosted by Michael of Solutions for Seniors, is held every other Monday at 1:15 in the Family & Friends Room. These one-hour sessions are sure to benefit your brain.

Brain Puzzlers, hosted by Joseph, is held every Saturday at 3:15 in the PAR. This is a more laid-back approach to working on brain puzzlers. You work at your own pace and then the answers are discussed as a group at the end of the hour.

Check them out!



December Theme Days

Dec. 6



**Christmas
Socks**

Dec. 13



Santa Hat

Dec. 20



Ugly Sweater

Dec. 27



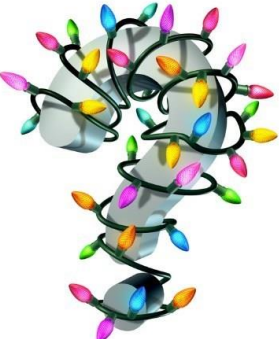
Red / Green

All residents, staff and even family members are encouraged to dress up for our theme days. Just remember to keep it appropriate!

Christmas Trivia



1. In the song "Frosty the Snowman," what made Frosty come to life?
2. What Christmas decoration was originally made from strands of silver?
3. Who played George Bailey in the Christmas classic "It's a Wonderful Life?"
4. What Christmas beverage is also known as "milk punch?"
5. One of Santa's reindeer shares a name with a famous symbol of Valentine's Day. Which reindeer is that?
6. What Christmas-themed ballet premiered in Saint Petersburg, Russia in 1892?
7. What animated 2004 film is about a train that carries kids to the North Pole on Christmas Eve?
8. What much-reviled Christmas edible is known for its long shelf life?
9. In Charles Dickens' "A Christmas Carol," what was Mr. Scrooge's first name?
10. What Bing Crosby song is the best-selling single ever?
11. In the early 1800s, the first gingerbread houses were reportedly inspired by what famous fairy tale?
12. "Miracle on 34th Street" centers on what real-life department store?
13. What traditional Christmas decoration is actually a parasitic plant?
14. What beverage company has been using Santa Claus in its advertising since 1931?
15. According to the folklore of Austria and other countries, what horned figure punishes naughty children at Christmastime?



**Christmas Trivia
Questions**

**Join us for Christmas Trivia on
Wednesday, December 4th @ 3:15
for the answers. Christmas prizes
will be awarded to those who
answer correctly!**