



Golden Pond Reflections

Golden Pond Senior Living *RCFE 347000985

Celebrating April

Habitat Awareness Month
Jazz Appreciation Month

April Fools' Day
April 1

Easter
April 4

Ramadan Begins
April 12

Scrabble Day
April 13

Earth Day
April 22

Kiss of Hope Day
April 24

International Dance Day
April 29

Resident Birthdays

Mary Nicolino 04/03

Ruth Korner 04/07

Jacqueline Humphrey 04/07

Staff Birthdays

Jill Nakagawa 04/17

Martha Cardenas 04/18

Kelli Hendrickson 04/22

Alexis Harris 04/30

Spring ~ Easter ~ New Beginnings

Spring is about New Beginnings, Rebirth, New Life. If you not noticed the new logo for Golden Pond, it is a Lotus flower, which makes its' home in a pond. It symbolizes New Beginnings. Spring brings about the freshness of the season and we begin to plant our gardens, flowers and trees. Spring in Activities will also bring about more things to do, games to play and adventures to take.

As a resident you can participate how and when you want to or you stay in your own space and do you own thing. We will always encourage you to participate, but we will RESPECT your wishes if you choose not to.

Moving forward into the Spring season we will be providing more activities, more Live music with some of your favorite performers and introducing you to new performers that we hope you enjoy as well.

We will have to keep wearing our masks, especially inside however, when we have performers outside and we are serving snacks & beverages, you may take your masks off. We are working towards having a more "normal" life again. One step at a time.

Easter is another huge part of Spring. Easter Sunday is the most important holy day in the Christian calendar as it marks the resurrection of Jesus.

Eggs have nothing to do with the religious Easter story, but like the day itself, eggs are synonymous with spring and together with newborn CHICKS they represent the beginning of a new life.

Rabbits are associated with the fertility of spring because of their ability to produce so many off-springs, hence a beginning of a new life as well as continuance. The idea that rabbits lay and bring all those colored Easter eggs originated in Germany and was introduced to America by immigrants.

LIVE MUSIC IS BACK



April 2nd 2 pm ~ Jerry Lopes

April 9th 3 pm ~ Evening Star Band
Outside on the Patio weather permitted

April 10th 1:30pm ~ Skip Morgan

April 14th 3:15 pm ~ Linda Bracamonte

April 23rd 1:00 pm ~ Greg & Mike Duo

More performers to come

**The residents really love their music
Come and enjoy the music
All family is welcome**



Family is so very important These sisters can't be separated



Every Day Is Earth Day



On April 22, 1970, Senator Gaylord Nelson of Wisconsin was so concerned about the deteriorating natural landscape of the United States that he organized the first Earth Day, a day of teach-ins on college campuses to raise awareness of air and water pollution. America's passionate response to Earth Day surprised Nelson. Millions of Americans, regardless of political affiliation, race, or creed, banded together to support protecting the environment. By the end of 1970, Congress passed the Clean Air Act and Clean Water Act. It's been over 50 years since that first Earth Day, and environmental action has never seemed more urgent. While it is up to major corporations to reduce their carbon footprints, individuals can still do their part by eating more plant-based foods, buying less, composting, and supporting local businesses. Earth Day is April 22nd this year, what will you do to help out the environment in celebration of Earth Day?

ACTIVITIES TO ENJOY

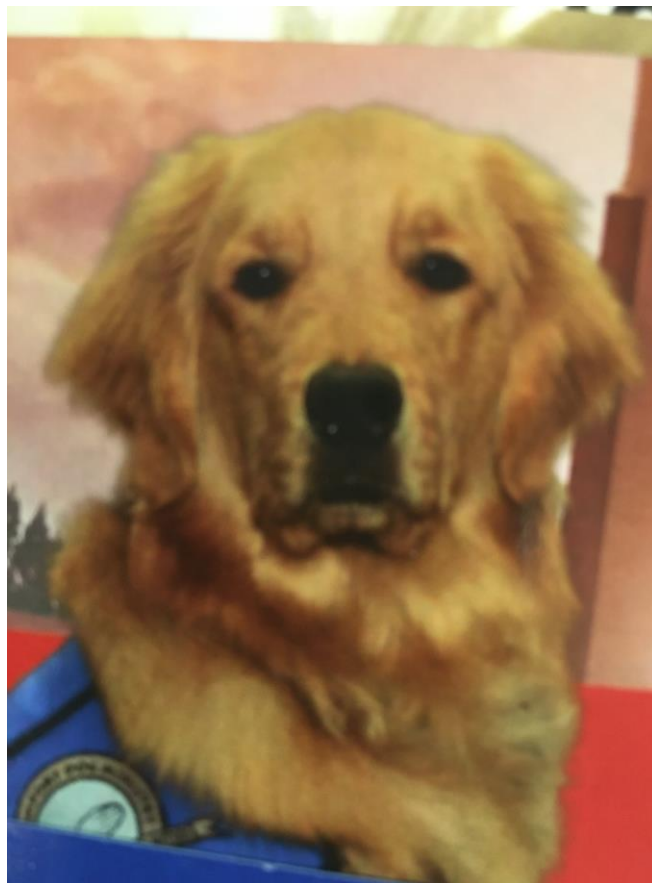
All the residents love doing art, whether it is painting or making something they can display.







MICAH THE DOG



Micah will be visiting our residents every Friday at 10am.



Everyone loves doing crafts, artwork, playing a fun and challenging game, listening to, clapping along with and dancing to music and of course, everyone loves celebrating their birthdays. A visit from Micah the Dog is always a wonderful warm delightful touch to our hearts. Come and participate in the wonderful fun we have.

HOT CROSS BUNS, EATEN ON GOOD FRIDAY, SAID TO WARD OFF EVIL

There are many interesting myths connected with the creation and consumption of Hot Cross Buns. Folk superstition for the Middle Ages indicates that the buns baked and marked with a distinctive cross and eaten on Good Friday was considered very lucky.

Other lore about the bun concerns its miraculous curative powers and its ability to “never grow moldy”, perhaps because of the high spice content, perhaps because of the holy day on which it was baked.

Still another myth claims that Christian missionaries were tempted by the pagan “crossless” buns of Britons. At last, they could stand it no longer and grabbing the buns from the heathen ovens, carved them with a cross, blessed, and ate them.

In 18th century London on Good Friday mornings, as many as 50,000 customers thronged the old Chelsea Bun House chanting “Hot Cross Buns! Hot Cross Buns!” A fierce competition for the bun developed between rival bun houses, with no clear winner. Today’s Hot Cross Buns have a longer and less frantic selling period than the buns of early 18th century London, being available all through Lent. However, it is still the custom to eat them on Good Friday.

HAVE YOU HAD YOUR, HOT CROSS BUNS???

April Birthdays

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

Marvin Gaye (singer) – April 2, 1939
Eddie Murphy (comedian) – April 3, 1961
Sterling K. Brown (actor) – April 5, 1976
Jackie Chan (actor) – April 7, 1954
Al Green (singer) – April 13, 1946
Julie Christie (actress) – April 14, 1940
Charlotte Brontë (writer) – April 21, 1816
Barbra Streisand (entertainer) – April 24, 1942
Ella Fitzgerald (singer) – April 25, 1917
Willie Nelson (musician) – April 29, 1933

AN EASTER CUSTOM

A fun tradition coming from England is that of the “Egg Rolling”. During the middle ages, eggs were considered to be a priceless commodity, thus chasing eggs tumbling down a slope, then claiming their precious winnings of hard-boiled eggs as their very own was a big bonus for their nutriment.

Eventually, a form of this traditional “Egg Rolling” found its way to our nation’s Capital City and become a part of its “Easter fun” for Washington city kids. Originally this was started by the elderly Dolly Madison, widow of our 4th President and the games were held on the “hill” in front of the Capital Building. However, some irate cantankerous Senators complained constantly about the noisy screaming children littering also the ground around the Capital. About 1878 the wife of our 19th President, Lucy Hayes, moved these fun activities to the White House lawn, where these entertaining games are thriving to this day.

HAPPY EASTER EVERYONE