



Golden Pond Senior Living

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 3 pm ~ Jerry Lopes
Performance in the PAR

April 9th 2 pm ~ Evening Star Band
Performance outside on the Slab

April 10th 2:30pm ~ Skip Morgan
Performance in the Bistro

April 14th 2 pm ~ Linda Bracamonte
Performance in the PAR

April 23rd 2:15 pm ~ Greg & Mike Duo
Performance in the PAR

Put those dancing shoes on or just come to listen to some good ole music from some of our favorite performers and some new gigs to our community.



More Activities are returning:

Sunday Church Services
1:30 pm April 11th 18th 25th ~ PAR

Brain Gym
1 pm April 5th & 19th ~ TR

Bible Study
Every Tuesday at 1:30 pm ~ TR

Travel, Nature, Other Topics
Every Wednesday at 1pm ~ TR
AND April 3rd 17th 24th at 2pm

Memory Loss Support Group
Every Thursday at 10:30am ~ TR

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?

OTHER ACTIVITIES TO ENJOY



This is the Sing Along ~ every Thursday at 3:15 in the Performing Arts Room (PAR), music is provided for you, come and sing our just listen.

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You may not know that we have a full bar and Tuesday, Wednesday & Thursday you can request one of your favorite drinks OR you can have a Coke or maybe a tasty A&W Root Beer so come see us at the Lucky Pub on the 2<sup>nd</sup> floor

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Want some fun exercise that will make you laugh and get your body moving? Well come enjoy Beachball Volleyball in the PAR, Wednesdays' at 3:15pm. You will work up a great appetite. 😊



COMMITTEE MEETINGS

1st & 3rd Wednesday 10am ~ Bistro
Food Committee Mtg with Bernadette

1st & 3rd Thursday 10:30am ~ Library
Readers Club

THE MEETING FOR ALL RESIDENTS RESIDENT COUNCIL

2nd & 4th Wednesday 10am ~ PAR
This is a meeting for every Resident to share concerns, wants, ideas and hear from the Leadership team as well as Guest Speakers

NEW RESIDENT ORIENTATION

Saturday 10th at 10am ~ PAR
Recap of things you learned when you toured and may have forgotten
A time to ask questions and re-acquaint yourself with all the amenities & things offered at Golden Pond



MOVIES ~ MOVIES ~ MOVIES In the new Theater Room Located above the Dining Room

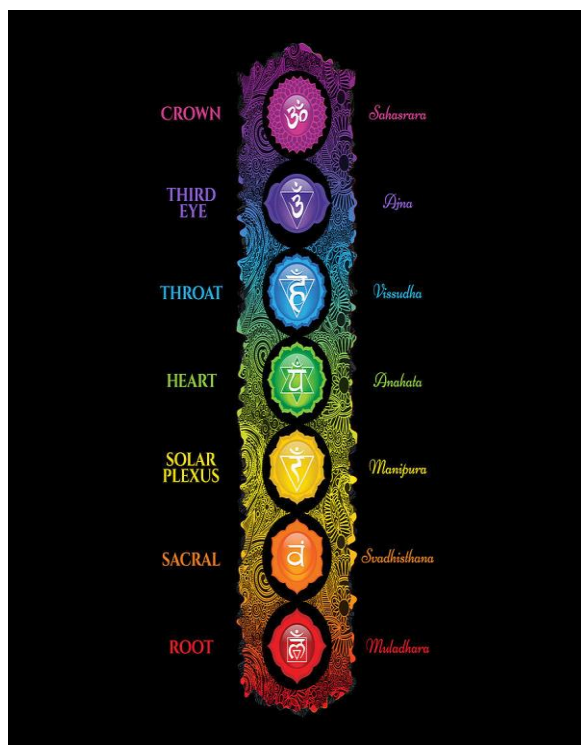
Don't forget to put the extra flyer with the list of movies that will be offered during the month of April in a place that you will be able to see it. Then make your plans to attend the movie or movies of your choice.

Enjoy the **new** Theater room.

MEDITATION & CHAKRAS

Mondays at 2 pm & Fridays at 1 pm
keep an eye on the What's Happening for
details of where we will be meeting.

7 weeks of learning about your Chakras
Breathing Techniques, Chakra placements
Chakra sound and vibrations



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