

# 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

# 112 Mary Nicolino	04/03
#111 Ruth Korner	04/07
# 47 Jacqueline Humphrey	04/07

### Staff Birthdays

Jill Nakagawa Office...	04/17
Martha Cardenas-MC Care...	04/18
Kelli Hendrickson-Transport.	04/22

## 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 2<sup>nd</sup> 3 pm ~ Jerry Lopes**  
Performance in the PAR

**April 9<sup>th</sup> 2 pm ~ Evening Star Band**  
Performance outside on the Slab

**April 10<sup>th</sup> 2:30pm ~ Skip Morgan**  
Performance in the Bistro

**April 14<sup>th</sup> 2 pm ~ Linda Bracamonte**  
Performance in the PAR

**April 23<sup>rd</sup> 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 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup> ~ PAR

**Brain Gym**  
1 pm April 5<sup>th</sup> & 19<sup>th</sup> ~ TR

**Bible Study**  
Every Tuesday at 1:30 pm ~ TR

**Travel, Nature, Other Topics**  
Every Wednesday at 1pm ~ TR  
AND April 3<sup>rd</sup> 17<sup>th</sup> 24<sup>th</sup> 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 22<sup>nd</sup> 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.

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

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

1<sup>st</sup> & 3<sup>rd</sup> Wednesday 10am ~ Bistro  
Food Committee Mtg with Bernadette

1<sup>st</sup> & 3<sup>rd</sup> Thursday 10:30am ~ Library  
Readers Club

## THE MEETING FOR ALL RESIDENTS RESIDENT COUNCIL

2<sup>nd</sup> & 4<sup>th</sup> 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 10<sup>th</sup> 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

## Calling All Residents

If you are willing to lead an Activity that interests you, please let Tandy know.

We are excited that Charlene is willing to lead Board Games on some Saturday mornings and for Sue C who will lead Board Games on a Sunday afternoon.

## ALSO

If you would like to start a club or begin an old club that has been silent for a while, let Tandy know so we can create a flyer and spark up the interest for other residents to get involved. Don't be shy and share with us your wonderful gifts that we know you have. Have some ideas that you'd like to see happen...just share with Tandy by a dropping off a note at the front office, or have a conversation with Lupe. We love your suggestions and this is your home.

## 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



**MOVIES ~ MOVIES ~ MOVIES**  
**In the new Theater Room**  
**Located above the Dining Room**  
**(Opening date TBA)**

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.