

July 2021

Reflections on the Pond

Golden Pond Senior Living *RCFE 347000985



Celebrating July Birthdays

Residents

Pat Thomas #57 ~ 07/08

Florence Harmor #28~07/16

Beverly Young #101~ 07/19

Mary McAllister #107~07/21

Margaret Barton #26~07/25

Anita Langer #5 (MC)~07/26

Donald Naylor #94~07/27

Wanda Miglietto #95~07/27

Margaret Michelini #33 07/29

Paul Wood #49 07/31

Staff

Gage Hartsock (KIT) 07/01

Jessica Rivera (HR) 07/03

Jacob Hunt (AL Care) 07/04

Demya Brodnax (KIT) 07/06

Alycia Bustillos (KIT) 07/10

REFLECTIONS ON THE POND

Golden Pond would like to give a shout out to Miia Fakalata, Reflections Director, and her entire Staff of wonderful caregivers, some who have been with Golden Pond for a while and others who are brand new to the team, for their continued hard work and steadfastness. For caring for, energizing and keeping all the residents happy and engaged. WE APPRECIATE YOU!!!!!!!

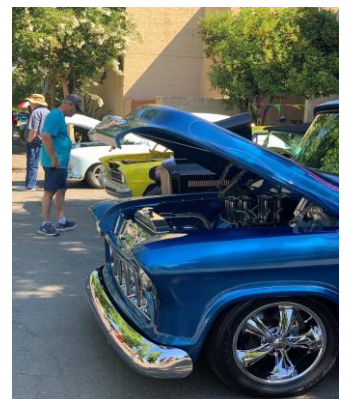


WHAT A WONDERFUL DAY WITH THE CLASSIC CAR SHOW & LIVE MUSIC WITH CLUSTER PHUNK



AS SUMMER REALLY BEGINS...

What a way to start the summer season with a WONDERFUL performance by Cluster Phunk and the Mean Machines Car Club. There were 27 Mean Machines that were in our parking lot so the residents and the community could come and check out the "sweet ride". The staff at Golden Pond did an amazing job of setting up for the days' event and getting residents out to enjoy the day. THANK YOU TO ALL THE STAFF FOR MAKING THIS EVENT A SUCCESS. THANK YOU MEMORY CARE STAFF FOR SITTING THE RESIDENTS UP TO ENJOY THE SHOW. Thank you, LUPE RAMIREZ for making this day happen, the staff and residents truly appreciate all that you do to make Golden Pond a great place to live!



Painting with Martha Is wonderfully amazing



Everyone has an opportunity to paint



Resident Art Work displayed in the hallways
and in the Activity Room...check them out



MONDAY MORNING PAINTING WITH MARTHA

Every Monday morning at 10 am the residents enjoy painting with Martha. Painting is a very relaxing and creative outlet for all the residents to just enjoy.



The Science of Sunsets



The third week in July is Capture the Sunset Week, a week to appreciate the gorgeous hues of the setting sun.

The colors of a sunset are the result of a process called scattering. Particles in the atmosphere alter the direction of sunlight. When the sun is low on the horizon, such as at sunset, light has farther to travel and more opportunities to scatter. Sometimes, short-wavelength light that produces blue or violet colors is so scattered that it is lost altogether, leaving only warmer light colors such as brilliant reds and oranges. These are the dramatic colors we love in a sunset. Dust, pollution, moisture, wind, and clouds often scatter the entire spectrum of light, causing colors to dull. Clean air is the best ingredient for beautiful sunsets.

Live Music Line Up for July

2pm ~ 7/2 ~ Jerry Lopes

1pm ~ 7/6 ~ Skip Morgan

10:30 am ~ 7/9 ~ Richard Turnage

3:30 pm ~ 7/14 ~ Alvin the Musician

3:15 pm ~ 7/15 ~ Linda Bracamonte

10:30 am ~ 7/22 ~ Art Reveals
A conversation about Art



We will be having more entertainers coming in the next few weeks.

**EXERCISES WITH ANDREA HAS
CHANGED ~ NEW DAY & TIME
9:45 AM every Wednesday**



**Don't forget to hydrate while you
working out.**

July Birthdays

In astrology, those born July 1–22 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends. Those born July 23–31 are Leo's Lions. These "kings of the savanna" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

Thurgood Marshall (justice) – July 2, 1908
Frida Kahlo (artist) – July 6, 1907
Satchel Paige (ballplayer) – July 7, 1906
Tom Hanks (actor) – July 9, 1956
Henry David Thoreau (writer) – July 12, 1817
Harrison Ford (actor) – July 13, 1942
Regina Belle (singer) – July 17, 1963
Carlos Santana (guitarist) – July 20, 1947
Ernest Hemingway (writer) – July 21, 1899
Amelia Earhart (pilot) – July 24, 1897
Vivica A. Fox (actress) – July 30, 1964

Rock-Hard Artwork



July 3rd is International Drop a Rock Day, a simple act of painting rocks and leaving their small pieces of artwork in places for others to find and enjoy. These small acts of public art are like small, warm hugs for those passing by. During the first week of July, we will be painting a rock that we will place around the community near the local park and in the Garden areas of Golden Pond. Let your creative juices flow and let someone find your beautiful artwork as they pass by. You never know who needs a smile to make their day or a kind word to lift their spirits. All the materials needed will be provided for you to create that piece of art that will make the day for someone else and it will make you feel good while painting it. Paint the entire rock, paint a scene or just put encouraging words on the rock as it is. Check out the calendar for the date, time and place and we will be creative together.