

Golden Pond Senior Living

Golden Pond Senior Living *RCFE 347000985



Celebrating February

Black History Month

Groundhog Day

February 2

Super Bowl LVII

February 12

Valentine's Day

February 14

Mardi Gras

February 21

RESIDENT'S BIRTHDAYS

Ray Ann Travis	02/02
Duane Rohrer	02/04
Tomoko Ayers	02/07
Joyce Selby	02/10
Lois Wood	02/15
Donna Brown	02/19
Gregory Christiansen	02/20

STAFF'S BIRTHDAYS

Narend Prasad	02/01
Marcellus Wiggins	02/01
Monique Clark	02/02
Jack Pruitt	02/02
Zonia Estrada	02/12
Faffaella Lettini	02/16
Tanisha Rao	02/21
Elsa Cartagena	02/28
Raukiya Kirk	02/28

FEBRUARY ~ HISTORY, LOVE, PARTY

This is Black History month and there is a lot to be thankful for in this history. We must also learn from this History, the value this history holds, not only to understand what has transpired over centuries, but to move forward in a better future for all mankind, no matter the color of your skin.

Super Bowl LVII ~ if you are a 49er fan you are so very disappointed that they did not win this past Sunday's championship game and will NOT be going to the Super Bowl. The Philadelphia Eagles and the Kansas City Chiefs will be going head to head for the Super Bowl title on February 12th. We will be hosting a Super Bowl party in the Pub from 3-4:30pm, come on in and watch the game, play some super bowl bingo, eat some goodies, have a drink and enjoy some company at the pub.

Valentine's Day is another beautiful day to celebrate. This is for everyone, no matter, race, greed, religion or sexuality. This is a day to celebrate the one whom you have chosen to love. Every culture celebrates special days differently, so however you celebrate the person you love, remember to honor them on February 14th.

Mardi Gras ~ a time of celebration with music, dance and all sorts of libations that warm you from the inside out. Dancing in the streets, singing at the top of your lungs and celebrating life to its fullness. Richard March will be live in the Pub from 1:30-3pm on this fun filled day. Come and join us for a drink and some music.

ART REVEALS W/ARTISAN MIND

Come join the conversation with Risa as the group discusses paintings from around the world of museum art.



This exploration of French masterworks of art allowed the residents to share their knowledge about art as we discussed how different painting styles change the way we relate to the subjects. Greg shared that he was a commercial art major and that Renoir was always his favorite artist because of the “softness” of his style. This painting by Cezanne prompted him to add, “I’m a fan of Cezanne because of the colors and the lack of detail in the way he paints, the simplicity of it. He was the father of modern art.”



Monet’s Rouen Cathedral series was fascinating to the residents because it highlighted how his unique style captured the light and color of a particular time of day. By painting the same subject almost thirty times but in different ways, he encourages the viewer to notice the subtle differences. Sabra explained how she could figure out the position of the sun based on the relative highlights and colors of the peaks and towers. Joan articulated the effect that his style has on our feelings about the subject by saying, “I want to go into the one on the right, but not the one on the left,” agreeing that the atmosphere he creates can add either a welcoming or foreboding aura to the cathedral. After the presentation, Greg complimented me on an “excellent show,” saying, “I learned something. I never knew the difference between Manet and Monet.”

TOWN HALL MEETING

You are invited to attend our very first Town Hall Meeting of 2023. This is an opportunity for you to come and hear from all the Managers with what is taking place in each of their respective departments. All residents and Family members are encouraged to come and hear for themselves, to ask questions as they see fit and find out first hand what each department does. Hope to see you and your family there. Don’t forget to RSVP.

Thursday February 23rd, 2023
5:30pm in the Performing Arts Room

Please RSVP by Monday February 20th
916-369-8967

REMINDER FOR HAIR CUTS BY KAORI (CARRIE) Luu

Just a friendly reminder about your hair appointments. Carrie will be leaving on vacation after her appointments here on the 7th. She will be gone the entire month of February and will be returning on March 8th. Don’t forget to get your hair done before she leaves and to make your appointment for when she returns. Make sure you have signed up on her schedule sheet located just outside of her salon upstairs across from Lucky’s Pub.

MONTHLY OUTINGS

We are changing things up a little. I know that change is hard, however, we can add more things when we are open to change.

Sunday Shopping Trips will be every other Sunday. Meet at the Front Lobby at 8:15 am and make sure you have eaten Breakfast before you leave.

February 5th ~ Raley's/.99 Cent Store

February 19th ~ Winco

We will be trying to have one outing every week in February, so keep your eyes open for the daily What's Happening as well as the Front Lobby computer scene and of course this Newsletter filled with all the information in it.

.....
We have a Breakfast outing planned for February 27th we will be going to the Waffle House on Folsom Blvd. Be at the front lobby by 8:15 am. Sign up at the front lobby the week before.



We are going to do a new adventure. We will be doing a tour of the Wide Open Walls of the artwork on the buildings for Black History Month. Come ride on the bus and car as we take a drive through the Sacramento area to view the beautiful artwork of local artist whose talent is so very amazing. After we seen 16 pieces of work we will go have lunch together and we would love to hear your thoughts on the art that we just viewed.

SACRAMENTO CALIFORNIA CAR MUSEUM



Hey guys...come with us on a visit to the car museum, Monday February 13th. We will go out to lunch afterwards. We will take both the bus and the car so there will be plenty of room for you. Tickets can be purchased at the door for \$9. Bring extra money for lunch.



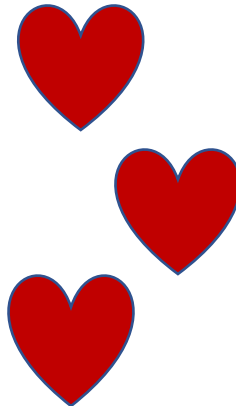
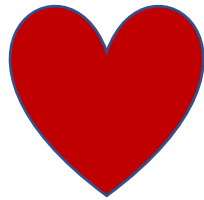
BIRTHDAY CELEBRATIONS

We are bringing back the Birthday Celebrations. Every month on the last Friday during our Cocktail Hour, we will be celebrating everyone who had a birthday in that month. So, on Friday February 24th, during Cocktail Hour with Mark Ruderman, we will celebrate the February Birthdays. Come and celebrate YOU!!!



.WE HAVE SOME VERY TALENTED RESIDENTS

During our Craft time in January, we made some hanging Hearts for Valentines. We only had a few people, but they made beautiful hearts.



Come join us on February 15th as we will be decorating our Mardi Gras masks to wear on the week of February 20th through the 24th, hope to see you there creating your own style of Mardi Gras splash.



LIVE MUSIC LINE UP

COCKTAIL HOUR
February 3rd ~ EMBY
2pm in the PAR

February 10th ~ Vanessa Murphy
2pm in the PAR

February 17th ~ Ciprian
2pm in the PAR

February 24th ~ Mark Ruderman
2pm in the PAR

LIVE MUSIC IN THE PUB
February 7th ~ Skip Morgan
1:30-3 pm in LP

February 21st ~ Richard March
1:30-3pm in LP



PODIATRIST

February 3rd at 8:45am in the PAR
For those of you who would like to have your toenails cut, please add your name to the list at the front desk. If you are a Kaiser patient, your insurance will be billed at \$40.

Happy Feet are Healthy Feet

Another avenue that you could utilize would be Carrie the Hair Dresser. She also does Manicures and Pedicures at a much lower price. Stop by and see her and she will give you all the details and prices. She is located in the Salon on Wednesday's. (Don't forget she will be gone most of the month of February, so catch before she leaves.