

Reflections on the Pond

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.

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. Reflections residents are already for this celebration.





LIVE MUSIC LINE UP

February 3rd ~ EMBY
1pm

February 7th ~ Chas
1pm

February 10th ~ Vanessa
1pm

February 13th ~ Midtown Jazz
1pm

February 14th ~ Drum Circle
10am

Come and drum alone with us

February 17th ~ Ciprian
1pm

February 20th ~ Chas
1pm

February 21st ~ Mark
1pm

February 22nd ~ Christopher
Marionettes ~ 1pm

February 27th ~ Alvin
1:30 pm

February 28th ~ Drum Circle
10am

Come and drum alone with us

We have lots of music lined up for the month of February, come and join in with your loved one.

ART REVEALS W/ARTISAN MIND

This is a wonderful opportunity for the residents to look at artwork from around the world and share stories and share about their lives and things they have done and places they have traveled to.

The discussion supported the residents' emotional well-being and encouraged socialization as they discussed their admiration of the arts and theater. Many residents, including George, Linda and Mary all exclaimed how beautiful they found the photographs of Paris architecture to be and it gave Mary the opportunity to share her experiences traveling in Europe. She shared that she had traveled with a group tour and how much she enjoyed learning from the other people in the group who had insights into the meaning of the art. As we discussed this painting by Manet, which features a young girl watching the trains go by, George and Al both shared their love of trains as a child. George said he played with them a lot as a child and Al described how much he "loved the mechanics" of trains and felt "fascinated" when he saw them.



This painting by Degas began a rich discussion about the dedication it takes to excel in the fine arts. Many of the residents were surprised to learn that Jackie used to be a professional ballerina and she shared her experience by saying, "It takes a lot of work, but it's worth it because it's something you've always wanted to do." Gerry described how each of the orchestra musicians are "busy playing, everyone has something in their hand or mouth and are focused the whole time," to which Linda added, "They have to be!" Dorothy shared that she has been to both the opera and the ballet and enjoyed the "pretty dancing." She said there's no better form of dancing than ballet when you get to see "someone who really knows what they're doing." Gerry admired all of the work and skill she saw in the paintings and shared that she used to enjoy painting landscapes from photographs, adding that "it's hard to make it look real" but that she enjoys the challenge of making art because it "gets your mind off of things."

ACTIVITIES IN REFLECTIONS

Every one of our staff members helps out with the wonderful activities that happen in Reflections. Whether it is making hearts, coloring pictures, putting puzzles together, singing to the music, stretching, exercises, or playing with the pool noodles...we all have fun with the residents. The smiles on their faces says it all. Come and join in on the fun.

