

August 2025

# NEWSLETTER

Golden Pond Retirement Community | 1270 N. Ford St. | 303-271-0430



## Celebrating August

**Read a Romance  
Novel Month**

**What Will Be Your  
Legacy Month**

**Homemade Pie Day**  
*August 1*

**Farmers Market Week**  
*August 3–9*

**Coast Guard Day**  
*August 4*

**Bowling Day**  
*August 9*

**Vinyl Record Day**  
*August 12*

**Mail Order Catalog Day**  
*August 18*

**Poet's Day**  
*August 21*

**Kiss and Make Up Day**  
*August 25*

**More Herbs, Less Salt Day**  
*August 29*

## Golden Pond

### ☀️ RECURRING FAVORITES

**Sit & Be Fit** – Start your day strong! Join us every day (except Sundays) at 9:00 AM in the Cody Room for a gentle full-body workout.

**Better Balance Classes** – Stay steady and strong with our balance-focused sessions every Monday & Thursday morning.

**Podiatry Clinic** – Friendly foot care available the first Tuesday of every month. Don't miss it this August 5th from 9:00 AM – 11:00 AM.

**Fraud Prevention** – Learn how to spot scams, protect your personal information, and stay safe from fraud. Each month we'll cover helpful tips, real-life examples, and what to do if you think you've been targeted. August 6<sup>th</sup> at 1:00 PM in the Cody Room.

**Monday Lunch Outings at 11:00 AM** – Mark your calendars:

🌿 August 4 – Olive Garden

🍷 August 11 – Genesee Pub & BBQ

🍷 August 18 – Angie's Restaurant

🍔 August 25 – Rib City  
Sign up early at the front desk – seats fill up fast!

**Active Minds:** August 21st at 2:00 PM in Table Mountain Room.

**Iran:** In June 2025, first Israel and the United States launched attacks targeting Iran, and particularly its nuclear facilities. While Iran maintains that its nuclear program is for peaceful purposes, much of the world believes they are ultimately seeking nuclear weapons capability. Join Active Minds for an in-depth look at the country of Iran, its history, current challenges, and what the future may hold as recent events play out.

## WELLNESS SPOTLIGHT

### Free Blood Pressure Clinic by Bloom

Join us on Tuesday, August 19 at 10:30 AM for a quick and free check-up.

## SPECIAL EVENTS & EXCITING VISITORS

### Tied Together for a Cause – Tye-Dye T-Shirts for Alzheimer's

Show your colors and support our fundraising efforts for the Alzheimer's Association. We'll be making tye-dye t-shirts on Wednesday, August 20 at 2:00 PM in the back patio.


\$25 per person, includes t-shirt & tye dye all proceeds go toward our fundraising goal!


### Kangaroo Visit Returns!


The baby kangaroos are back by popular demand! Come cuddle, feed, and meet our adorable furry friends on Tuesday, August 26 from 1:00 PM – 3:00 PM.

Sign up at the front desk to reserve your time slot – this event fills up quickly!

### Luau Happy Hour with Live Performances Let's end the month with tropical flair! Join us on Friday, August 29:

 3:00 PM – Luau Happy Hour with Polynesian hula dancers

 4:00 PM – Live music by Prestige  
Dress in your island best!

Let's make August colorful, active, and unforgettable together! 



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## When Tomatoes Fly



The story goes that during Buñol's traditional parade featuring Giants and Big-Heads figures (costumed characters prominent in Spanish festivals,

dating back to the 16th century), a playful scuffle broke out among some young people. When a participant lost his temper and started hitting things, nearby vegetable stalls became the battleground. Tomatoes flew, and a chaotic food fight erupted, which police had to stop. The following year, the youngsters deliberately brought their own tomatoes to recreate the fun, and La Tomatina was born.

Though the festival was banned in the early 1950s by the Spanish government for lacking religious significance, the locals protested passionately. In 1957, they held a "tomato funeral," carrying a coffin with a giant tomato through the streets accompanied by funeral music. This clever demonstration convinced the authorities to allow the festival again, and it officially became part of Buñol's annual festivities.

Today, La Tomatina, the last Wednesday in August, attracts over 20,000 participants from around the world. The event kicks off with a slippery pole climb called *palo jabón*, followed by an hour-long tomato battle where trucks unload around 150,000 overripe tomatoes onto the streets. Participants gleefully throw the squishy fruits at each other, turning the town square into a red, messy playground.

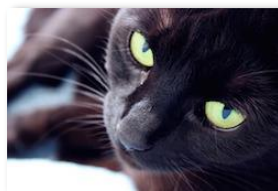
More than just a food fight, La Tomatina celebrates community spirit, spontaneity, and fun. It has grown from a local prank into an internationally famous festival, recognized as a Fiesta of International Tourist Interest. Whether you're young or young at heart, La Tomatina is a joyful reminder that sometimes it's good to let loose and enjoy a little harmless mess.

## Cents and Sensibility

It's one of those things you don't appreciate until it's not there—the Take a Penny/Leave a Penny Tray. What luck when the tray is there, brimming with shiny pennies so you don't have to pocket a handful of change. Do your part and keep those penny trays filled on August 8—Take a Penny, Leave a Penny Day.

There are many who deem the lowly penny a useless denomination of currency. In the United States, it costs 3.7¢ to make one penny. In 2012, Canada decided a penny wasn't even worth minting. Their lowest denomination of currency is now 5¢. Such a change in currency won't help the U.S., however, where it costs a whopping 13.8¢ to mint one nickel. Why does it cost so much to make these coins? It all depends on the price of copper, a component in coins. Even when the price of copper fell in 2014—saving the U.S. Mint \$29 million in overall production costs—it still lost money minting pennies and nickels. It seems that coins are becoming more of a financial burden than a practical currency in today's economy.

## Black Cats in a New Light



Does a shiver run down your spine when a black cat crosses your path? Do you instantly think of witches on broomsticks when you

see one? Black Cat Appreciation Day on August 17 is your chance to revise your superstitious notions. For example, in Scotland, Great Britain, and Japan, black cats are considered good luck and signs of prosperity. Some even believe that a woman who owns a black cat will have many suitors. Long ago, sailors would choose a black cat as their ship's cat to protect their ship and bring good fortune. Shelters offer another reason to appreciate (and adopt) black cats: they go well with any outfit.



## Employee of the Month



### Julie Leadbetter

**DOH: August 30, 2024**

Julie embodies our HART culture

H: Communicates any health changes to the Care team after engaging with the Residents.

A: Takes accountability for her work and receives coaching from her leaders.

R: Creates Great Relationships with Residents and staff.

T: Julie is very honest & informs the team any time there is a concern.

Julie consistently goes above and beyond with a warm smile, a helpful hand, and a heart full of compassion. Her dedication, kindness, and positive attitude make a difference every single day. Whether she's supporting residents or helping her teammates, Julie leads with excellence and care.

**Thank you, Julie, for all that you do — we are so lucky to have you on our team!** 🌸🍌

## August Birthdays

### RESIDENTS:

Shirley McClure Aug 1<sup>st</sup>  
Gerry O'Neill Aug 7<sup>th</sup>  
Victoria Hurst Aug 10<sup>th</sup>  
Gladys Colwell Aug 10<sup>th</sup>  
Frank Royse 16<sup>th</sup>  
Stanley Stewart Aug 18<sup>th</sup>  
Madelene Gozansky Aug 25<sup>th</sup>  
Carolyn Jones Aug 28<sup>th</sup>  
Gordon Stach 31<sup>st</sup>

### Staff:

Cristian Castillo Aug 4<sup>th</sup>  
Midge Brown Aug 6<sup>th</sup>  
Delilah Romero Aug 8<sup>th</sup>  
Stephen Rivera Aug 15<sup>th</sup>  
Ambrosia Archuleta Aug 17<sup>th</sup>  
Kayla Angel Aug 30<sup>th</sup>

Happy Birthday to you all!!

We will have an August Birthday party Celebration on August 13<sup>th</sup> at 3:00pm in the main lobby! Music, light refreshments & cake!

