

September 2025

Newsletter

Golden Pond Retirement Community | 1270 N. Ford St. Golden, CO 80403 | 303-271-0430



Celebrating September

Intergeneration Month

World Alzheimer's Month

Labor Day
September 1

Eat an Extra Dessert Day
September 4

International Day of Charity
September 5

Bald Is Beautiful Day
September 13

Balance Awareness Week
September 14–20

Respect Day
September 18

Centenarian's Day
September 22

**Women's Health
and Fitness Day**
September 23

Good Neighbor Day
September 28

Golden Pond Retirement Community

Hello Golden Pond Residents & Families,

As the summer winds down and the crisp air of fall begins to roll in, we have a month full of exciting activities planned to keep spirits high, friendships blooming, and fun at the heart of our community.

September Highlights

Broncos Tailgate Party

Sunday, September 7th at 2:00pm | Cody Room
Kick off football season with us as we cheer on the Denver Broncos! We'll have snacks, drinks, and plenty of team spirit. Wear your orange and blue to show your support!

Women's Lunch

Thursday, September 11th at 11:00am | Table Mountain Room
A special lunch just for the lady's good food, great company, and lots of laughter. Don't miss this opportunity to enjoy time together.

Scenic Drive & Lunch in Estes Park

Wednesday, September 17th | Departing at 10:00am
We're heading to beautiful Estes Park for a scenic mountain drive. Our destination? Lunch at the delightful Bird & Jim restaurant. Seats are limited, so be sure to sign up early!

Fall Wreath Crafting

Tuesday, September 30th at 10:00am | Cody Room
Welcome the season by creating your very own fall wreath. This fun and festive activity is the perfect way to bring autumn charm to your door.

We're looking forward to celebrating September with all of you—full of laughter, creativity, and community spirit.

Assisted Living Week

September 7th – 13th | Daily Theme Fun
Join us all week long as we celebrate Assisted Living Week with exciting dress-up days and activities!

Sunday, Sept 7 – Jersey Day (show off your favorite team)

Monday, Sept 8 – Western Day (cowboy hats welcome!)

Tuesday, Sept 9 – Tie-Dye / Hippie Day

Wednesday, Sept 10 – Twin Day (pair up with a buddy)

Thursday, Sept 11 – Disney Character Day

Friday, Sept 12 – 80's Day (neon, leg warmers & big hair!)

Saturday, Sept 13 – Pajama Day (comfy & cozy!)

Recurring Activities

Sit & Be Fit: Every day (except Sundays) at 9:00am

Better Balance: Mondays & Thursdays at 10:00am

Lunch Outings: Every Monday – check the sign-up sheet for destinations!

Podiatry: First Tuesday of the month, 9:00–11:00am

Sensory Garden with Kim!

Join us for a fun, hands-on class where creativity blooms! 🌸 Kim will guide us through engaging crafts that awaken the senses and spark imagination. 🌸🧠 Thursday, September 18th

Don't miss this interactive experience—come ready to create, explore, and enjoy! ❤️

Golden Pond Activities & What to Expect

Sit & Be Fit – Gentle seated exercises designed to improve strength, flexibility, and circulation. Perfect for all fitness levels.

Better Balance – A class focused on posture, stability, and core strength to help prevent falls and boost confidence when moving.

Lunch Outings – Weekly trips to local restaurants for good food, fresh air, and socializing with friends.

Podiatry Clinic – On-site foot care provided the first Tuesday of every month, keeping residents comfortable and healthy.

Crafts & Creative Projects – Hands-on activities like painting, seasonal crafts, and DIY projects to spark creativity and fun.

Themed Dress-Up Days – From Jersey Day to Disney Characters, enjoy laughter and camaraderie while showing off your festive outfits.

Educational Classes – Informative sessions like Fraud Prevention to stay safe, prepared, and informed.

Happy Hours & Socials – Gather with neighbors for drinks, snacks, and live entertainment in a relaxed setting.

Special Performances – Music, dance, and cultural shows brought right to our community for lively afternoons.

Gardening & Outdoor Fun – Enjoy nature with light gardening, fresh air walks, and seasonal patio activities.

🌺 What a Luau to Remember! 🌺

Last month, Golden Pond came alive with the sounds of island music, colorful leis, and the joyful spirit of aloha! 🌴🌟 Residents and staff enjoyed a fun-filled afternoon with dancing, tropical treats, and lots of laughter. The hula dancers stole the show, and the festive atmosphere truly made it feel like paradise right here at home.

A big mahalo to everyone who joined in and helped make our Luau Celebration so special.



Employee of the Month



Bre Medina

Bre has been part of the Golden Pond family for 1 year. She continually goes above and beyond—not only fulfilling her job responsibilities but also doing extra for the community.

Bre is a dedicated employee who willingly picks up shifts and jumps in wherever she's needed.

Outside of work, Bre enjoys spending time with her 2-year-old daughter. She also has a love for decorating—especially for fall and Halloween!



When asked why she loves working at Golden Pond, Bre said it's because of the residents, managers, and her co-workers.

Her personal goal is to buy a house for her family with a big backyard—a place where her daughter can play and grow. 🏡💖

Please join us in celebrating Bre for her hard work, positivity, and dedication to Golden Pond!

September Birthdays

Residents:

Barbara Biesterfeld 9/01
Marlene Dresch 9/01
Moe Oller 9/03
Caesar Benjamin 9/03
Anita Weaton 9/11
Jonathan Storer 9/15
Barbara Peterson 9/21
Harriette Maloney 9/23
Don Maloney 9/25
Janice Weaver 9/28
Steve Burnam 9/30

Staff:

Josephine Drobnick 9/04
Paige Bradley 9/05
Carly Reed 9/24
Theresa MacKenzie 9/26

Golden Pond is excited to celebrate all our wonderful residents and staff with September birthdays! 🥳🎉

Your special day is the perfect reminder of how much joy and light you bring to our community. May this year be filled with love, laughter, and unforgettable moments. 💛

Please join us in wishing a very Happy Birthday to our September stars! ✨🍰🎁

