

December 2025

Newsletter

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



Celebrating December

Bingo Month

**Spiritual
Literacy Month**

Safe Toys and Gifts Month

Antarctica Day
December 1

Mutt Day
December 2

**Lost and
Found Day**
December 12

Hanukkah
December 14–22

IFCM World Choral Day
December 14

Christmas
December 25

Boxing Day
December 26


Kwanzaa
December 26–January 1

New Year's Eve
December 31

Golden Pond

Welcome to the most wonderful month of the year! December brings us sparkling lights, cherished traditions, delicious outings, and heartwarming events designed to bring our community together. Whether you celebrate Hanukkah, Christmas, or simply enjoy the magic of the season, we have something special planned for everyone.

Special Events & Entertainment

 **St. Joseph's Youth Choir**
December 10th at 6pm – Main Lobby
Enjoy an evening of beautiful music as the talented youth choir fills our lobby with holiday cheer.

Symphony at the Mines Outing

December 14th – Depart at 2:15pm
Experience a magical afternoon of symphony music. Seats are limited, so please sign up early!

Holiday Gift Wrapping Station

December 16th from 10am–12pm – Front Lobby
Drop off your gifts and let our helpers wrap them for you—festive paper and ribbon included!

Sing Me a Story

December 19th at 1pm – Cody Room
Enjoy a fun and interactive storytelling program filled with music and laughter.

Christmas Carol Sing-Along

December 23rd at 6pm – Main Lobby
Warm cocoa, twinkling lights, and joyful voices—come sing your favorite carols with us!

Ringin' Out 2025 with Larry O'Connor

December 31st from 4pm–5pm – Main Lobby
We close the year with live music from Larry O'Connor! Join us as we celebrate the final hours of 2025 with great music and great company.

Monday Lunch Outings (Depart 11am)

Join us each Monday for a delicious lunch adventure!

Olive Garden – Dec. 1

Los 2 Potrillos Mexican Restaurant – Dec. 8

Saigon Landing (Evergreen) – Dec. 15

Outback Steakhouse – Dec. 22

Rib City – Dec. 29

Please sign up at the front desk to reserve your spot.

Wednesday Outings (Depart 10am unless noted)

Get your shopping done and enjoy some fun day trips!

Hobby Lobby – Dec. 3

Dollar Tree – Dec. 10

Season's Buffet & Lodge Casino – Dec. 17 (Depart at 10:30am)

Denver West – Dec. 24

Wal-Mart – Dec. 31

Be sure to sign up at the front desk.

Holiday Lights!

Christmas scenic drive through Downtown Denver Dec. 13 at 4:45pm

Christmas Scenic Drive through Downtown Golden and surrounding areas – Dec. 22 at 4:45pm

Shades of Calm

Looking for that perfect gift for someone on your “nice” list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon’s Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford’s intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.

Ringin' Through History

Everyone singing “Jingle Bells” this holiday season may be surprised to learn it’s a Thanksgiving song. The vice president of the Medford Historical Society in Massachusetts explained that the song’s 19th-century composer, Medford resident James Pierpont, based it on a local tradition of one-horse open sleigh races through the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much they sang it again a month later on Christmas. Today, residents of Savannah share their ancestors’ passion for the tune. They dispute that Pierpont wrote the song in Medford, and they claim it as their own.



Resolutions with a Twist



The holiday season is sometimes one of indulgence. After all, food and drink are a major part of many holiday events. By the end of the month,

many people are thinking of their New Year's resolutions. Recent surveys show that the most common resolutions include saving more money, spending less, exercising more, and eating healthier. These are also often among the most broken resolutions, so this new year, think beyond the ordinary. Try a wild, wonderful, or just plain weird resolution—something fresh and fun to help you stick with it (for a few months at least).

This year, quirky resolutions are having a moment. One example: the “buy nothing” challenge, inspired by the Buy Nothing Project. Participants vow to buy only necessities, reuse and borrow items, and shop secondhand. It's a creative, wallet-friendly resolution that also builds community spirit—lending books via Libby, swapping items through local groups, or borrowing instead of buying new.

Another trend gaining traction is turning your resolutions into a bingo game. A popular TikToker shared how she gamified her goals using a bingo card—mixing easy “base goals” and tougher “stretch goals,” and rewarding herself for each completed square. The gamelike format makes resolutions feel fun, manageable, and less intimidating.

Still craving silliness? A UK study found that lots of people are embracing resolutions like laughing more, setting “no lists” instead of to-do lists, taking a monthly spontaneous adventure (like exploring a nearby town), and putting their own happiness center stage. Whatever resolution you choose—saving money, laughing more, or playing bingo with your goals—the key is to keep it playful and personal. The best resolutions are about adding a little more joy to the year ahead.

Quiet Wins the Day

We live in the Digital Age, where computers allow us access to vast amounts of information and copious social networking. It's a nearly endless amount of distraction. Gloria Mark, University of California professor of informatics (the science of computer data), likens it to a candy store with unlimited offerings. As we know, an endless stream of candy is bad for our health.

What better way to ring in the new year than with No Interruptions Day on December 31? Research conducted by Mark and her colleagues shows that work interruptions cost us hours in productivity each day. But what of those who believe work itself is an interruption? Then you, too, can participate. Take time on the 31st to unplug and spend quality time with someone special—face-to-face, heart-to-heart.

Cable Cars That Could



San Francisco's cable cars are recognized the world over. The modern three-line system debuted on December 22, 1957, when car No. 51 rang its bell, exited the Washington-Mason cable car barn, and pulled onto Washington Street.

But the story of San Francisco's famous cable cars really began when Andrew Smith Hallidie witnessed a horse struggling to carry a horse-drawn tram up a slippery, steep cobblestone street in 1869. Hallidie conceived a system using thick steel cables powered by massive steam engines. The trams would grip cables embedded in the roadway. As the engines moved the cables, the tram would be pulled up and down San Francisco's steep city streets. It's a system that has changed little from its first incarnation in the 1800s. Today, cable cars endure as a symbol of hilly San Francisco and a romantic slice of California history.

Employee of the month



A Shining Example of Dedication, Teamwork, and Heart

We are thrilled to announce Cheryl Brisco-Jones as our Employee of the Month! Cheryl is an extraordinary asset to our team, and her dedication shines through in everything she does. Whether she is stepping in to support coworkers, assisting residents with warmth and patience, or going above and beyond to ensure our community runs smoothly, Cheryl approaches every task with a positive attitude and a genuine spirit of service.

Cheryl's willingness to help in all areas—no matter how big or small—sets her apart. She consistently demonstrates reliability, professionalism, and compassion, making her an invaluable part of our company. Her presence brings comfort to residents, support to her teammates, and a sense of calm to even the busiest days.

Please join us in congratulating Cheryl Brisco-Jones on this well-deserved recognition. Thank you, Cheryl, for your hard work, your kindness, and your unwavering commitment to excellence. We appreciate everything you do!

December Birthdays

Residents:

Carol Reed 12/09
Judy Shriner 12/09
Libby Gregor 12/12
Thelma Brock 12/16
Louise Hirsch 12/24
Margaret Way 12/29

Staff:

Chaz Osen 12/01
Mikaela Dodson 12/01
Julie Leadbetter 12/04
Ashly Gutierrez 12/10
Trevor Hardwood 12/12
Randi Davis 12/15
Gloria Hall 12/27

Dial a Smile

Some would argue that Ding-a-Ling Day on December 12 is a day to celebrate the kooky, off-the-wall ding-a-ling in your life. Well, those ding-a-lings probably don't know the real meaning of Ding-a-Ling Day. According to the *Chicago Sun-Times* newspaper, the Ding-a-Ling Club was started in 1971 by Franky Hyle of Chicago, Illinois. Hyle believed that city dwellers needed to be friendlier to one another. His solution was to spread cheer through the telephone lines. The mission of the club was to pick up the phone and dial a friend you haven't seen or spoken to in a long time. Why the name *Ding-a-Ling*? Hyle looked up the word and found the meaning to be "one who hears bells in his head." The name stuck, and so did his heartwarming method of "ringing" up old friends.

