

April 2026

NEWSLETTER

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



Celebrating April

Straw Hat Month

Physical Wellness Month

Defeat Diabetes Month

Passover

Begins Sundown April 1

Handmade Day

April 4

World Health Day

April 7

Siblings Day

April 10

Dolphin Day

April 14

World Amateur Radio Day

April 18

Earth Day

April 22

Talk Like Shakespeare Day

April 23

International Jazz Day

April 30

Golden Pond Retirement Community

Welcome to April at Golden Pond! As spring begins to bloom around us, we embrace a season of renewal, fresh beginnings, and brighter days. The longer sunshine-filled afternoons invite us to get out, stay active, and enjoy all the wonderful opportunities our community has to offer.

With the warmer weather upon us, we kindly remind everyone to stay hydrated. Drinking water regularly throughout the day helps keep you energized, healthy, and feeling your best as we transition into the new season.

April is filled with exciting activities, social gatherings, and special events designed for everyone to enjoy. Be sure to check the daily schedules and flyers posted around the building for the most up-to-date information so you don't miss out on any of the fun!

We are especially excited to celebrate Easter this month. We wish each and every one of you a very Happy Easter, filled with joy, laughter, and meaningful time spent with your loved ones.

Also, we are thrilled to welcome a very special guest this month, Tess Johnson, an accomplished Olympic mogul skier and the proud granddaughter of our very own Kathy Frangos. Tess will be joining us to share her incredible journey, offering a glimpse into her experiences at the Olympic Games, along with stories, photos, and insights from her inspiring career. This is a wonderful opportunity to come together as a community and celebrate not only her achievements, but also the special connection she has here at Golden Pond. We hope you'll join us for this memorable and inspiring visit.

Let's make this April a month full of connection, positivity, and wonderful memories here at Golden Pond!

 Stay active. Stay connected. Stay inspired. 

Health & Wellness

Podiatry Clinic – Tuesday, April 7th
Take care of those feet and schedule your visit early!

Blood Pressure Clinic – Thursday, April 21st at 10:00 AM
Stop by for a quick and important check-in on your health.

Hearing Clinic – Thursday, April 23rd at 10:00 AM
Ensure your hearing stays in great shape with our monthly hearing checks.

Summit Orthopedics – Tuesday, April 14th at 9:30AM location will be posted closer to the date.

Health & Wellness Class – Tuesday, April 28th at 10:00am in the Cody room.

Monday Lunch Outings (Depart 11am)

Join us each Monday for a delicious lunch adventure!

Olive Garden – April 6th

Heaven Dragon – April 13th

Bonos Italian Restaurant – April 20th

Rib City – April 27th

Snooze an A.M. Eatery – Wednesday, April 29th at 8:00am.



April Reminders

Starting in April, we are excited to introduce a few wonderful additions to our Sunday schedule! Join us for Scenic Drives every Sunday at 1:00 PM. Be sure to sign up at the front desk to reserve your spot, we'd love to have you along for the ride!

Also on Sundays, we've added Sit & Be Fit at 10:00 AM in the Cody Room, a great way to start your day with gentle movement and fun.

Mark your calendars for a special event, our 4th Annual Meadows Prom will be held in Memory Care on April 17th at 2:00 PM. We look forward to celebrating this meaningful and joyful tradition together.

And don't miss out on our new Wellness Class with Erin on April 28th at 10:00 AM, a great opportunity to focus on your health and well-being.

Be sure to check the daily calendars and flyers for updates on our bulletin boards. We hope to see you at these exciting events!.

Wednesday Outings (Depart 10am unless noted)

Get your shopping done and enjoy some fun day trips!

Trader Joe's /H-mart – April 1st

Hobby Lobby – April 8th

Dollar Tree – April 15th

Wal*Mart – April 22nd

Denver West – April 29th

Snooze an A.M. Eatery – April 29th at 8:00am

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

Tess Johnson



Tess Johnson has carved out a unique place in the world of freestyle skiing, blending early talent with years of dedication to become one of the United States' top mogul competitors.

Born on June 19, 2000, and raised in the mountain town of Vail,

Johnson's connection to skiing began almost as soon as she could walk. She clicked into her first pair of skis at just two years old, growing up surrounded by the rugged terrain and vibrant ski culture that would shape her future. What began as a childhood pastime quickly evolved into something more serious, as her natural ability and fearless style became evident at a young age. By 14, Johnson made history by becoming the youngest athlete ever named to the U.S. Freestyle Ski Team. This milestone marked the beginning of a career defined by perseverance and growth. Specializing in moguls—a demanding discipline that requires athletes to race down a steep, bump-filled course while executing aerial tricks—she quickly proved she could compete with the best in the world.

Johnson stepped onto the Olympic stage at the 2018 Winter Olympics as one of the youngest competitors in her field. While she did not medal, her performance demonstrated poise beyond her years and offered a glimpse of her potential. In the years that followed, she continued to refine her technique, earning World Cup podium finishes and capturing a bronze medal at the FIS Freestyle World Championships in 2019. Her return to the Olympics at the 2026 Winter Olympics showcased just how far she had come. Competing with greater experience and confidence, Johnson delivered stronger performances, solidifying her place among the sport's elite.

Meet & Greet Tess

We are excited to announce a very special visit to Golden Pond!

On **April 6th at 2:00 PM in the Cody Room**, we will be welcoming Tess Johnson for an engaging and inspiring afternoon. Tess will share a short speech about her journey and experiences, along with videos and photos that give a closer look at her story.

This is a wonderful opportunity to hear from an accomplished athlete and enjoy a unique presentation you won't want to miss.

We hope you will join us for this special event!



Off the slopes, Johnson has pursued academic interests, including coursework through Harvard Extension School, and has expressed aspirations of one day working in psychiatry. Her ability to balance elite athletics with intellectual curiosity adds another dimension to her story.

Today, Tess Johnson represents more than just competitive success. She embodies the evolution of a young prodigy into a well-rounded athlete, one who continues to push boundaries while remaining grounded in purpose, resilience, and a deep passion for the sport she has loved since childhood.

Her grandmother, Kathy Frangos, a proud resident of Golden Pond, beams with pride as she watches her granddaughter's journey continue to inspire others.

Employee of the month!



Alexis Mejia-Garcia


Alexis has been an outstanding addition to our care team and truly embodies what it means to go above and beyond for our residents. Her dedication, compassion, and willingness to lend a helping hand never go

unnoticed. She greets everyone with a bright smile and brings a positive energy that uplifts both residents and staff alike. Even with her baby almost due, Alexis continues to show incredible commitment and strength, giving her all each day. We are so grateful for everything she does, Alexis, you are truly exceptional, and we are proud to celebrate you as our Employee of the Month!

April Trivia Questions


Which famous ship sank on April 15, 1912?

- A. Lusitania
- B. Titanic
- C. Britannic
- D. Queen Mary

 Answer: B. Titanic


What U.S. tax deadline typically falls in April?

- A. April 1
- B. April 10
- C. April 15
- D. April 30

 Answer: C. April 15

What famous playwright was born in April and also died in April?

- A. Charles Dickens
- B. William Shakespeare
- C. Mark Twain
- D. Oscar Wilde

 Answer: B. William Shakespeare

April Birthdays

Residents:

John Kenyon 04/03
Deb Kendall 04/07
Reva Hamm 04/08
Marilyn Crafa 04/10
Richard Bureson 04/12
Louise Widelman 04/13
Gay Hinnen 04/15
Coral Tedford 04/19
Janeth Thurling 04/23

Staff:

Zack Crowfoot 04/01
Michelle Denise 04/06
Haley Aldon 04/08
Daniel Murray 04/11
Kenzo Friedle 04/17

General April Birthday Fun Facts

April is named after the Latin word “aperire,” meaning “to open,” symbolizing blooming flowers and springtime.


People born in April are often described as energetic, passionate, and adventurous.

April babies are said to be natural leaders with strong determination.


About the Month of April


April is the 4th month of the year and has 30 days.

Its name likely comes from the Latin word “aperire,” meaning “to open,” representing flowers blooming in spring.

In many places, April is known for unpredictable weather, “April showers bring May flowers!” 

Nature & Seasonal Fun

Spring is in full swing in the Northern Hemisphere 

Many animals become more active, and birds are busy building nests and laying eggs 

It’s a popular time for gardening and planting flowers.