

August 2022

# Gladding Ridge



Gladding Ridge Assisted Living & Memory Care | 1660 Third Street Lincoln, CA 95648 | (916) 645-0106 | RCFE# 317000780



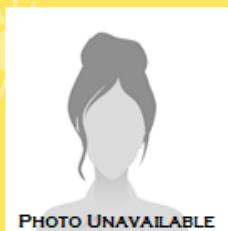
Norman Meyers



Marian Blount



Marjorie Whisenhunt



Gladys & Mary Bryant





#### Shopping Trips

- Dollar Tree Store - 8/10/22 @ 10:00am
- Walmart - 8/24/22 @ 10:00am

#### Music

- Tom Boyd – Wednesday, 10<sup>th</sup> @ 2:30pm
- Pocket Change – Friday, 12<sup>th</sup> @ 2:30pm
- Music by Alvin- Thursday, 18<sup>th</sup> @ 10:30am
- Cowboy Curt- Friday, 19<sup>th</sup> @ 2:30pm
- Michael G – Wednesday, 24<sup>th</sup> @ 2:30pm
- Collins Hobbs- Friday, 26<sup>th</sup> @ 2:30pm
- Pianist Aurora- Thursdays 4<sup>th</sup>, 11<sup>th</sup>, & 25<sup>th</sup> @ 2:15pm

#### Special Occasions Parties

- Luau Party 8/18 @ 2:30pm
- August Birthday Party 8/19 @ 2:30pm

#### Happy Hour Events

- Every Friday @ 2:30pm
- Ice Cream Bar Happy Hour 8/12 @ 2:30pm

#### Religious Services

- Bible Refresher-Sundays @ 2:00pm
- Catholic Services- Fridays @ 10:00pm

#### Cooking/Food

- Make Your Own: Ice Cream Sandwich 8/2 @ 2:30
- Snack Time: Watermelon salad 8/3 @ 2:30pm
- Treat Yourself: Root Beer Floats 8/6 @ 3:30
- Cooking & Baking Demonstration - 8/17 @ 2:30pm
- Make your own: Pizza 8/23 @ 2:30pm
- Cooking & Baking
- Banana Pudding & Milk Shakes Social 8/27 @ 2:30
- Cooking & Baking Demonstration 8/31 @ 2:30pm

#### The Garden Club

**Every Saturday @ 11am**

## COUNCIL MEETING



Want to have your voice heard and know what's going on in your community? Come to the Resident Council Meeting and we can...

- Chat about issues you may have.
- Discuss community events/activities, menu and quality of care.
- Make suggestions.
- Ask questions.
- Create change within the community.



( Monday August 18<sup>th</sup> @ 1:30pm)

## Hole in One

The first Saturday of August is Disc Golf Day. On the holiday last year, it is estimated that thousands of golfers threw 732,152 shots on 209,113 tournament holes. So, if you decide to play a round of disc golf today, you certainly won't be alone.

August has always been a banner month for disc golf. The first national disc golf tournament, the American Flying Disc Open, was held on August 2, 1974, in Rochester, New York. Organizers hoped to attract both disc golfers and Frisbee enthusiasts by offering a brand-new car to the tournament champion. The success of the Open established disc golf as a new national pastime.

August 12, 1997 marks another important date in disc golf history. Famed toymaker "Steady" Ed Headrick, inventor of the Frisbee and founder of the Professional Disc Golf Association, invented the chain basket device that acts as the "hole" in disc golf. Upon Ed's death in August 2002, his ashes were incorporated into a select number of flying discs, ensuring that he would play his beloved game forevermore.



## Star-Crossed Lovers



For over 2,000 years, the Qixi Festival has been celebrated in China on the seventh day of the seventh month, which this year falls on August 4. This holiday is known by several names: the Double Seventh Festival, the Night of Sevens, and the Magpie Festival, but it is perhaps best known in the west as China's Valentine's Day.

The Qixi Festival is based on the romantic folk tale of Zhinu the cloud weaver girl and Niulang the ox herder. Niulang had once saved an old ox when it fell ill. What Niulang did not know was that this old ox was once the God of Cattle, sent from Heaven to live on Earth as penance for a former misdeed. To show his thanks, the ox introduced Niulang to Zhinu, the seventh daughter of the Goddess of Heaven and the Jade Emperor. Zhinu had come to Earth to escape the boring routine of Heaven.

The two fell deeply in love, married, had two children, and set up a life together, with Niulang herding oxen and Zhinu weaving. When the Goddess of Heaven discovered that her daughter had married a mortal, she descended furiously to Earth and took Zhinu back to heaven.

The old ox instructed Niulang to kill him and wear his hide so that the mortal could ascend to Heaven to find Zhinu. Niulang wept for the loss of his ox but did as he was told and took his children to find Zhinu. The Goddess of Heaven, divining the plot, created a massive, uncrossable river to forever separate the lovers.

Niulang and his children wept in their grief. Magpies were so moved that they flew to Heaven and formed a bridge over the river. The Goddess, too, was moved, and so she decreed that once a year, on the seventh day of the seventh month, the two lovers should meet on the Magpie Bridge. During the Qixi Festival, if we look to the night sky, we see Niulang and Zhinu as the stars Altair and Vega, separated by the river of the Milky Way.



**Bernadine Williams**



**Tuesday August 9<sup>th</sup>**

## MLK's Dream



Organizers of the March on Washington for Jobs and Freedom expected 100,000 people to attend their demonstration on August 28, 1963. In the end, 250,000 showed up, making it the largest demonstration in U.S. history. A speech by Martin Luther King Jr. was set to cap the march. King had used the phrase "I have a dream" in several speeches leading up to the event, and his advisors cautioned him against leaning too heavily on the theme. But when the gospel singer Mahalia Jackson said, "Tell them about the dream, Martin," King abandoned his drafted speech and launched into what is now one of the most famous speeches in history.

## Meet The Leadership Team



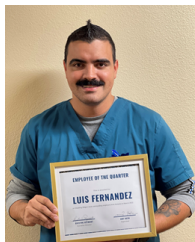
Executive Director  
Kristine Reymont



Marketing Director  
Deb Dougherty



Activities Director  
David Collison



AL Wellness Director  
Luis Fernandez



MC Wellness Director  
Amy Roth



Dietary Director  
Phillip Reilly



Business Office Director  
Mikaela DeWitt



Housekeeping Director  
Tere Gonzalez



## August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

P.D. James (writer) – August 3, 1920  
 Meghan Markle (princess) – August 4, 1981  
 Leslie Odom Jr. (actor) – August 6, 1981  
 Whitney Houston (singer) – August 9, 1963  
 Viola Davis (actress) – August 11, 1965  
 Don Ho (singer) – August 13, 1930  
 Halle Berry (actress) – August 14, 1966  
 Angela Bassett (actress) – August 16, 1958  
 Usain Bolt (sprinter) – August 21, 1986  
 Kobe Bryant (athlete) – August 23, 1978  
 Mother Teresa (nun) – August 26, 1910  
 Richard Gere (actor) – August 31, 1949

## HAPPY ANNIVERSARY



**Karen Hereford**  
**1 Year**



**Daniel Butte**  
**1 Year**

This month marks your anniversary of how long you have lived here at Gladding Ridge. Thank you for choosing us as your home!