

July 2023

Grossmont Gardens

5480 Marengo Ave. La Mesa, CA 91942 | Phone: 619.463.0281 | Fax: 619.461.4807



Meet the Team of Directors

Reggie Jones

Executive Director

Lane Hermosillo

Assistant Executive Director

Stacy Tinoco

Health Service Director

Gemma Espinoza

Community Relations Director

Ruth Davalos

Business Office Manager

Fernando Mendez

Food Services Director

Olamide Obasesan

Activity Program Director

Marsha Terrell

Maintenance Director

Resident Spotlight



Robbie Williams

Robbie Williams was born in Chattanooga, Tennessee. An extraordinary woman who will do anything to put a smile on your face. At the age of 6, Robbie and her family moved to San Diego, and has lived here since. While in high school, Robbie decided to join the band class and took up drumming. She was in her high school's drumette team for two years.

Robbie isn't just an excellent drummer but also an amazing seamstress. She started sewing in middle school, and since then, she's fell in love with fashion. She's made plenty of attires and occasional costumes. Every year for Halloween when her kids were little, she would make their costumes. Till this day, she continues to practice her sewing.

One quote Robbie lives by is "Always be truthful."

YOU ARE INVITED TO



BBQ CELEBRATION

HOSTED BY GROSSMONT GARDENS

TUESDAY | JULY 4TH | 11:30AM - 2:30PM

FOOD * DRINKS * LIVE MUSIC * POOL * WATERSLIDE * CONCESSION STAND
All proceeds to be donated to the Alzheimer's Association



\$15 PER GUESTS | KIDS 12 & YOUNGER ARE FREE

PLEASE RSVP AT THE FRONT DESK BY JULY 3RD 7PM
(619) 463-0281

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ALZHEIMER'S ISN'T STOPPING. NEITHER ARE WE.

Walk to END Alzheimer's

Saturday, October 7th at 8:00am

Location: NTC Park Liberty Station
2455 Cushing Rd. San Diego, Ca 92106

Help Us Reach Our GOAL
of \$5,000 to end Alzheimer's



Scan QR Code to join our team or to Donate!



Health Talk

On July 26th at 3:00 pm there will be a Health Talk presented by the onsite therapy department regarding "Hydration and You" in the auditorium

Grossmont Gardens Presents

16

Family Bingo Night

Games • Fun • Prizes

WEDNESDAY, JULY 26th 6PM

Gardens Dining Room

TICKETS \$5 ADULTS

AWESOME PRIZES AWAITS YOU!

All proceeds to be donated to the Alzheimer's Association

RSVP at the front desk (619) 463-0281



A Walk Through History

On July 1, 1979, the Japanese technology company Sony introduced its Walkman portable cassette player to the world, an innovation that would forever change the way we enjoy music.

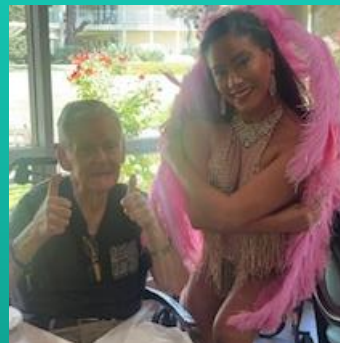
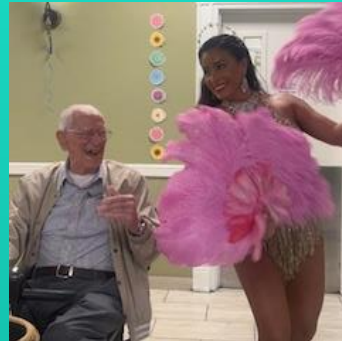


Plenty of portable cassette-tape players were available in 1979, but none of them were designed to be used by individuals walking around. The cassette tape, developed in 1963, allowed people to listen to tapes in their cars or on large cassette players. Sony itself sold the bulky TC-D5 cassette player, but company cofounder Masaru Ibuka was not satisfied. He wanted a truly personal and portable system optimized for playback while he was out and about, especially when he was traveling on long business flights.

Succulent Potting



Father's Day Luncheon



July 1st: International Joke Day

International Joke Day is the perfect day to let out all of the guffaw producing, or groan-inducing jokes you've collected over the years, sharing them with friends or any passerby you can get to listen to you.

Get out there and do your worst, and see if you can't get a few laughs.

Community Events

- 7/4 Fourth of July Celebration
- 7/7 Activity Planning Meeting
- 7/9 La Mesa Scenic Tour
- 7/11 Lunch at Speckles Park
- 7/12 Tonya Talks
- 7/13 Aqua Aerobics
- 7/14 Resident Council Meeting
- 7/16 Mission Bay N. Scenic Tour
- 7/18 SD Museum of Art Outing
- 7/19 National Hot Dog Day
- 7/20 Birthday Celebration
- 7/21 Living to 100 Club
- 7/23 Lyons Valley Scenic Tour
- 7/25 Lunch Outing to ...
(Bj's Restaurant & Brewhouse)
- 7/26 Health Talk
(Hydration and You)
- 7/26 Bingo Night!
- 7/27 Aqua Aerobics
- 7/28 Big Bang Bingo
- 7/28 New Resident Welcome Party!

July Birthdays

Nancy Collins 7/1
Maria Evetovich 7/3
Peeter Voogd 7/4
Marilila Jensen 7/5
John Senediak 7/6
Harold Hensle 7/6
Yolanda Stonebraker 7/10
Patricia Wood 7/11
Colleen Kelsey 7/12
Roy Elliott 7/12
Marilyn Bierer 7/14
James Vorwald 7/15
Barbara Clark 7/18
Josephine Rizzo 7/18
Marcia Rutledge 7/19
Dorothy Wimberly 7/19
Virginia Graham 7/20
Douglas Nelson 7/20
Raul Aguilar 7/22
Darnella Johnson 7/23
Irving Jacobs 7/23
Colleen Burkett 7/26
Patricia Koppman 7/26
Gertrude Strukel 7/26
Joan Wormwood 7/27
Joan Crotteau 7/28

What's Lucky in July?

Birthstone: Ruby
Lucky Color: Yellow
Lucky Animal: Kangaroo
Lucky Letters: E and M
Lucky Day: Tuesday
Lucky Flower: Larkspur
Lucky Plant: Watermelon