

June 2025

Grossmont Gardens

Grossmont Gardens Senior Living | 5480 Marengo Ave. La Mesa, CA 91942 | (619) 463-0281 |



Meet The Team of Directors

Reggie Jones
Executive Director

Lane Hermosillo
*Assistant Executive
Director*

Gemma Espinoza
*Community Relations
Director*

Ruth Davalos
Business Office Manager

Janett Medrano
Food Services Director

Olamide Obesesan
East Activity Director

Sommer Martin
*Gardens, South, West
Activity Director*

Marsha Terrell
Maintenance Director

Resident Spotlight



Norman Marocco

Norman is in our spotlight for the month of June. Norman was born in Illinois. Growing up Norman would watch the Chicago Cubs on the TV. He was a huge fan! One of Norman's favorite activities is Name That Tune. He says music is what fills his soul. Audrey mentioned that wherever there is music you will find Norman. It is his life. Norman was in the Navy for 25 years as a Master Chief. Thank you for your service! When he got out of the Navy, he delivered mail for ten years. When asked what Normans favorite thing about the Gardens is, he says "Meeting Audrey and getting to know her." Norman's advice is "No matter what you do, always be a hard worker."

WATER AEROBICS

WITH SARAH



**Saturdays
@ 3:00 pm**

SIZZLE & SIP WITH DAD FOR FATHERS DAY!

**SATURDAY, JUNE 14 AT
11:30AM \$15 FOR GUESTS**



STEAKS | COLD BEER | LIVE ENTERTAINMENT

LAKE MURRAY PICNIC



*June 11 at 11:00am
Sign up at the front
desk!*

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Concert IN The Gardens

Music
Snacks
Drinks
Fun Memories

June 10
6-7pm



**Location: Grossmont
Gardens Park by the
Pool**

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Enjoying the Cancun Birthday Celebration!



Memorial Day BBQ Celebration!



Clowning Around at our Clown Happy Hour!



Happy Hour Beverages and Great Conversations!

Row Your Boat



Some of the best natural places in the world are accessible only by boat, and few boats are better suited for adventuring than canoes. Perhaps this is why canoes get a holiday all to

themselves. June 26 is Canoe Day.

Although there is some evidence that canoes originated north of Japan in Siberia (where the Amur River empties into the sea), they are generally considered native to North America. The word *canoe* comes from the word *kenu*, which means “dugout.” The Indigenous peoples of the Caribbean islands fashioned canoes by hollowing out massive tree trunks. In this way, people could travel from island to island.

Indigenous North Americans are responsible for the most popular and recognized version of the canoe. These first canoes were built out of wooden ribs covered with the bark of birch trees. Birch bark was light, smooth, waterproof when sealed with pine resin, very resilient, and abundant. The design has changed little since those early days. Canoes are still the best way to explore the many lakes, rivers, and waterways of North America. Early French-Canadian fur traders found canoes so invaluable to daily life that they founded the first canoe factory in Quebec in the year 1750, even employing local tribespeople in construction. Some canoes were up to 40 feet long, capable of carrying 12 people and 6,000 pounds. These were the perfect vehicles for venturing into the vast new world of North America.

Today a canoe is most likely used for a placid trip down a stream or along a lakeshore. If you want to hearken back to how the pioneers traveled in the days of yore, a canoe might be the best way to do it. However, since we can outfit modern canoes with backrests, cushioned seats, and other amenities, our trips may be a bit more comfortable than those of the pioneers.

June Birthdays

Paula Coffey 6/03
Michael Fedor 6/09
Ann Fuerst 6/20
Zorayda Jacobsen 6/28
Ronald Kling 6/17
William Ziehl 6/20
Mildred Werner 6/30
Paullet Vaca 6/04
Ruth Thomas 6/24
Lois Marriott 6/04

Canine Coworkers

Though the Friday after Father’s Day (June 20 this year) is widely celebrated as Take Your Dog to Work Day, not every workplace is welcoming to furry companions. Then again, large companies like Procter & Gamble, Amazon, and Google have more lax rules about allowing pets in the office. Why? Pets in the office can boost morale and lower stress. Bringing your dog—or cat, bird, fish, or hamster—makes many people healthier and happier at work.

Companies can make bringing animals to work easier by making work pet friendly. Grassy areas give dogs a place to relieve themselves. Some offices even provide special dog water fountains and free biscuits. Owners just have to remember to bring their leashes, treats, beds, and bowls. Of course, not every dog is meant for the workplace. Poorly trained or barking pooches might have to stay home. On the other hand, bringing your dog to the office might be good for its health, too. Perhaps a nine-to-five routine is just what the veterinarian ordered.