

February 2025

Grossmont Gardens

Grossmont Gardens Memory Care 4960 Mills St. La Mesa, Ca. 91942 Phone: 619.644.1100



Meet Our Team

Natalie Carlborg

Executive Director

Francis Medina

Activities Director

**Denise Rougeau-
Brunson**

Food Service Director

Lima Taiti

Resident Care Coordinator

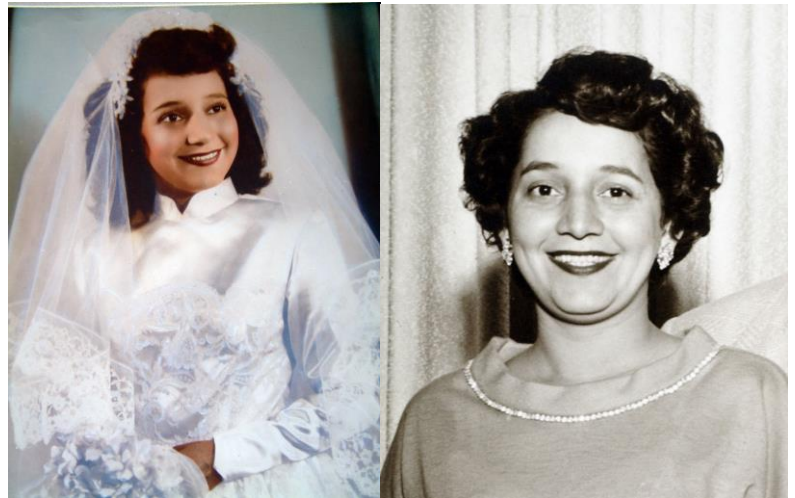
Marsha Terrell

Maintenance Director

Gabriel Flores

Maintenance Assistant

Resident Spotlight: Zoila Aguilera



Born in 1924, Zoila's incredible 100-year life began in Guayaquil, Ecuador. In 1947, she moved with her mother and siblings to start a new life in the United States. She settled in National City, Ca., where she spent time working in the tuna canneries on San Diego Bay. Deeply religious, Zoila was active in the Catholic Church for many years.

In 1950, Zoila married Manuel Aguilera of National City and they were husband and wife for 55 years. They proudly raised four sons and with hard work and determination put each of them through college. Although she did not have any daughters, she is blessed with three daughters-in-law, four granddaughters and one great-granddaughter. She also has a grandson whom she loves dearly.

She loved to cook for her family over the years, putting her heart and soul into her traditional Hayacas at Christmas, as well as delicious enchiladas and arroz con pollo, among many favorites.

Zoila loves her family above all else, and is always proud to share stories about her life with them. Her family enjoys visiting her at GGMC and reminiscing about her wonderful life of a century!

Lunch Bunch



The Many Faces of Valentine



While February 14 is widely celebrated as Valentine's Day, there is some confusion as to which Saint Valentine this day refers to. According to the Roman Catholic Church, 14 different saints are named Valentine. Some believe Valentine honors the

bishop of Terni, in central Italy, who was condemned by Roman Emperor Claudius. Others believe Valentine was a Roman priest who secretly married Christian couples until he was discovered by the Roman authorities and sentenced to death. Perhaps the real identity of Saint Valentine is unnecessary since what is truly important is his enduring legacy of love.

Curtains Up on Opera

With an explosion of media outlets available on the internet, some think the days of opera as an art form are numbered. Operas have been entertaining audiences for 400 years, so why not give one a chance on Opera Day, February 8?



In its heyday, opera was the most exciting and dramatic form of entertainment imaginable. The greatest composers, musicians, and singers performed in elaborate music halls. No expense was spared on the grand sets and fine costumes. The perfect

marriage of music and theater, opera was a thrill, even in America. During the 1920s, throngs of young fans would stop traffic in New York City just to catch a glimpse of their favorite soprano. The kids screamed, threw flowers and ribbons, waved American flags, and acted in a manner typically associated with fans of the Beatles. Yes, 100 years ago, opera was like rock 'n' roll.

So which opera should one see, or hear, to feel this exuberance of yesteryear? Many believe that the greatest opera is Mozart's *Don Giovanni*, a masterpiece that is serious, frightening, and funny all at the same time. Mozart's *The Marriage of Figaro* and Rossini's *The Barber of Seville* are two parts of the same story. Rossini's opera, a prequel to Mozart's, gives more detail to the life of the wily comedic hero Figaro. Verdi's *La Traviata*, one of the most performed operas in the world today, has come a long way from when it was first condemned as scandalous in 1853. Then there is always Bugs Bunny's *What's Opera, Doc?* Elmer Fudd is hunting wabbits again, but this time he is in full Viking gear in a parody of Wagner's *The Ring of the Nibelungen*.

If the human voice is indeed "God's most beautiful instrument," then there may be no better way to enjoy it than listening to the opera.

Upcoming Events

- 2/1 - National Dark Chocolate Day 10am
- 2/2 – National Tater Tot Day 2pm
- 2/3 – National Carrot Cake Day 2pm
- 2/5 – Lunch Bunch 11:30am
- 2/6 – National Frozen Yogurt Day 2pm
- 2/7 – National Fettucine Alfredo Day (11:30am: lunch)
- 2/9 – National Pizza Day 2pm
- 2/10 – National Cream Cheese Brownie Day 2pm
- 2/11 – Birthday Celebration w/ Musicstation 2pm
- 2/12 – Resident Council Meeting 10am
- 2/13 – Valentine's Sweetheart Dance (Candlelight Dinner) 4:30pm
- 2/18 – National Stuffed Flounder Day 2pm
- 2/19 – Arts for All Ages 10am Lunch Bunch 11:30am (conference room)
- National Chocolate Mint Ice Cream Day 2pm
- 2/23 – National Banana Bread Day 2pm
- 2/24 – National Tortilla Chip Day 2pm
- 2/27 National Strawberry Day 2pm
- National Chili Day 4:30pm (dinner)



Chines New Year



Oi'Mei



Maggie & Family

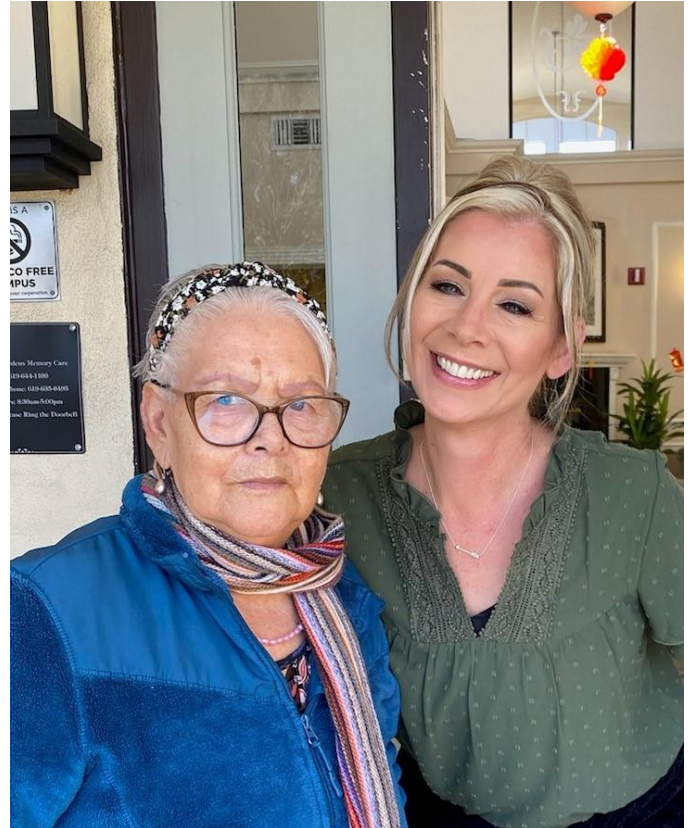
Fredrick



February Birthdays

- Kadisha C. – 2/2**
- Jeanne H. – 2/3**
- Nuong D. – 2/15**
- Delores R. – 2/17**
- Arthur E. – 2/19**
- Eugenia K. – 2/20**
- Daniel S. – 2/24**
- Kasshan C. – 2/26**
- Claudia V. – 2/27**
- Visitacion B. – 2/27**
- Michael D. – 2/28**

**Time may have forgotten about you, but We sure have not.
Happy Birthday!!!
CHEERS!!!**



Maria & Natalie