



A Message from the Executive Director

by Ron Villacis, Executive Director



We've had such toasty temperatures in the past week that one might almost think it's still summer, but in fact we're headed for cooler temperatures soon, especially at night. The weather has been unpredictable so it's possible we'll have some surprises, but daylight savings time notwithstanding, evenings will be cozy and warm here at Melrose Gardens, while most days will see sun continue to pour in through our ample living room windows.

We've added sunshine to our list of things to be thankful for this Thanksgiving, a list that prominently includes you! Our residents are literally our reason for being and we're grateful for your presence and your trust.

Speaking of Thanksgiving, it seems that after turkey and stuffing that day's most popular menu item is pumpkin pie. We'll be serving homemade pumpkin pie to finish off our traditional holiday luncheon in style, but you don't have to wait. You can sample a sneak peek at our Pumpkin Pie Social, 3:30 pm on Thursday, November 9. Consider it training for the big day.

There's no need to worry about adding extra pounds because we offer plenty of exercise opportunities. Cesar Rivas, who regularly leads our Healthy Joints class, has such genuine good nature that it encourages others to be engaged.

In addition, the vibrant and incredibly positive Fransini Giraldo continues to lead our Zumba Gold! sessions. This program, specifically designed for active older adults, introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. You'll get a good workout and finish feeling empowered and strong.

Wishing you and yours a very Happy Thanksgiving. Please feel free to stop by my office if you or your family have any questions or concerns. Your well-being is my priority!

Ronald (Ron) Villacis, Executive Director

What's Inside...

Zumba Gold!



Oktoberfest



Thursday Afternoon Get Togethers



Thanksgiving





Please be sure to attend our Special Music Concerts in November.

11/04	Piano Recital w/Ronnie	2:00 p.m.
11/05	Classical Piano Concert w/Dallas	2:00 p.m.
11/11	Vocal Performance w/Mathew	2:00 p.m.
11/12	Singing Violin Concert w/Yasha	2:00 p.m.
11/16	Music Around the World w/Nick & Ayeme	2:00 p.m.
11/18	Solo Concert w/Yolly	2:00 p.m.
11/19	Piano Concert w/Larysa	2:00 p.m.
11/23	Thanksgiving Luncheon & Concert w/Yasha	12:30 p.m.
11/25	Country Music w/Michael Quest	2:00 p.m.
11/26	Rock-'n'-Roll Concert w/Irby	2:00 p.m.
11/30	Comedy Show w/Jacque Lawrence	3:30 p.m.



Zumba Gold!

Endurance training that helps keeps the heart healthy and the circulatory system strong.

Zumba is more than a class; it's a whole lot of fun, especially when it's lead by Fransini Giraldo. A creative and energetic teacher, Fransini is currently studying for her Registered Nurse's license and holds a Bachelor's in Science degree in Health Education and Kinesiology, so she really knows what she's doing. She uses her talents teaching samba, salsa, Zumba!, strength and personal training throughout Southern California, and also serves as a recreational therapist at Kaiser Permanente. Please join us at our next Zumba Gold! class and break a sweat... if you want! Sometimes it's good to push yourself, but you can also take it at your own pace, resting when you need to and stopping if you've had enough.

Welcome to our New Residents



Annette Blaustein



Alfhart Geffcken



Harold Lloyd



Don Moor

Monthly Birthdays

Celebrate on
Wednesday, November 17 at 1:00 p.m.

Melrose Gardens

Jonathan Blumberg	11/03
Ruth Drown	11/06
Phyllis Stern	11/29
<i>The Cottages</i>	
Ken Nelson	11/04

Religious Services and Study

Catholic Mass - Sundays at 9:00 a.m.
Shabbat Services - Fridays at 4:15 p.m.
Church Services - Saturdays at 10:00 a.m.



Monday, November 6

It's a Food-Lovers Delight at Farmers Market

This world famous outdoor market and historic LA landmark offers over 100 vendors including gourmet grocers, produce vendors, restaurants, tourist shops, and ready-to-eat foods including many ethnic foods.



Monday, November 13

It's time for a scenic cruise around town w/Abe

Enjoy a scenic drive outing with Abe where residents get to pick their favorite places to visit. You'll appreciate this opportunity to get out and enjoy the best the city has to offer.



Thursday Afternoon Get-Togethers

at 3:30 p.m.

On selected Thursdays, residents can get together and hang out while noshing on a delicious treat or two at the same time. We welcome you to join us for a chance to get to know your fellow residents even better!

November 2 Harvest Spice Cookie Social

November 9 Pumpkin Pie Social



Oktoberfest



Gemütlichkeit and good cheer prevailed at last month's Oktoberfest!

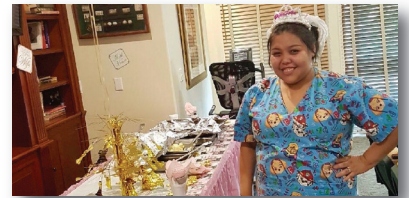
2016 Thanksgiving



Healthy Joints with Cesar!

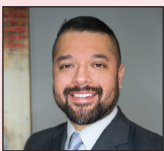
Cesar Rivas, who has extensive history working with seniors through Jewish Family Services and the Arthritis Foundation, joined the Melrose Gardens family five months ago. Originally he served our seniors through the Arthritis Foundation's Matter of Balance therapy class, and transitioned into leading our Healthy Joints with Cesar! therapy class. His dedication to seniors and always-carrying-a-smile attitude is contagious.

*You're invited to our
Thanksgiving Luncheon
November 23
at 12:30 p.m.
& Concert with Yasha*



The staff shared a happy bridal shower for our very own housekeeper, Monica, who is getting married this weekend. She is a well-loved employee at Melrose Gardens and we wish her a lifetime of happiness as the new Mrs.-to-be!

Introducing... Our Staff



Ronald Villacis
Executive Director
director@melrosegardens.com



Ivan Saa
Health & Wellness Director
wellness@melrosegardens.com



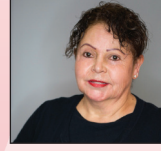
Kira Yakubovich
Activity Director
activitydirector@melrosegardens.com



Susan Glaser
Regional Director
susang@cityview.care



Lorena Ilesia Linares
Dining Manager
kitchen@melrosegardens.com



Guadalupe Mejia
Maintenance Supervisor
info@melrosegardens.com