



September 2017 Newsletter

melrosegardens.com

A Message from the Executive Director

by Ron Villacis, Executive Director



“The falling leaves drift by my window ...” So begins a memorable autumn song made famous by Nat King Cole. At Melrose Gardens we’re fortunate to be surrounded by lovely trees that please our eyes, and weekly musical concerts that delight our ears.

The end of summer means a Labor Day BBQ, and here at what some might call “party central,” we’ll be doing it in style. Labor Day was signed into law in 1894 to honor the many contributions workers have made to the strength and prosperity of our country. Don’t worry, we know you’re retired and won’t ask you to work,

but we do hope you’ll come and bring guests for a playful afternoon and gourmet cheeseburgers.

Have you ever heard of the TED talks? September has always been a time for going “back to school,” a learning tradition we intend to continue. Our first offering, “Dancing with Light,” is by a group called Quixotic Fusion. This is an ensemble of artists that brings together aerial acrobatics, dance, theater, film, music and visual effects. All of the performers are supremely accomplished and the effect is truly mesmerizing. Don’t miss it, September 5 at 6pm! And on September 21 we’ll show “Your Body Language May Show Who You Are.” Social psychologist Amy Cuddy explains the way our bodies unconsciously communicate important information. For a sneak peek, take a minute to think about how you’re sitting at this very moment and what it might convey about whether you feel powerful or not, happy or sad, even whether or not you’re a nice person! We know that our minds change our bodies. Could it also be true that our bodies change our minds?

We look forward to learning and celebrating with you in September!

Warmly,

Ronald Villacis, Executive Director

What’s Inside...

Resident of the Month



Monthly Outings



Comedy Show



Ooh La Luau!





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

9/02	Piano Recital w/Dallas	2:00 p.m.
9/03	Mike & Mandy Concert	2:00 p.m.
9/09	Harp Performance w/Katrina	2:00 p.m.
9/10	Vocal Performance by Yolly	2:00 p.m.
9/16	Piano Recital w/Mathew	2:00 p.m.
9/17	Piano Concert w/Larysa	2:00 p.m.
9/21	Comedy Show w/Jackie Lawrence	3:30 p.m.
9/23	Spanish Guitar Concert w/Stan	2:00 p.m.
9/24	Rock-n-Roll Concert w/Irby	2:00 p.m.
9/29	Sound Healing w/Jahrazhen	2:00 p.m.
9/30	Guitar Performance w/Michael Quest	2:00 p.m.



John Drake Our Resident of the Month

John Drake was, in his heyday, not only an actor but also what is known in the show biz industry as a “triple threat,” meaning he excelled at several distinct performing skills. Not only did he sing and dance, he was a darn good actor, and he particularly shone in comedy roles. In the 1970s and '80s you might have caught John on the *Dukes of Hazzard* or the *Wonder Woman* television series. He still loves to sing and is a big fan of Frank Sinatra. He also enjoys classical music, particularly the work of French composer Claude Debussy.

John celebrated his 90th birthday in July with us at Melrose, when friends of all ages came to honor his life and accomplishments.

TED Talks

TED Talks can have a life-changing impact and are a wonderful and painless way for us to grow at any age. They are generally on these themes:

Education! TED Talks are educational, always giving the audience something to take away from them. Their videos cover many interesting topics and many of the people who present them are familiar: former US Presidents, famous businessman and icons.

Good laugh! TED Talks can be not just informational, but also are often uplifting or funny.

Inspiration! TED Talks inspire people to engage and socialize in their communities.

Motivation! TED Talks can motivate you to improve your health and can enlighten your life.

Monthly Birthdays

Celebrate on Thursday, September 22
at 1:00 p.m.

Melrose Gardens

Alelia Akigbe	9/06
Bebe Griffith	9/10

The Cottages

Ursula Pax	9/01
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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, September 11

Scenic View Outing w/Abe

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



Monday, September 18

Visit to the Farmer's Market

This world famous outside 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, September 25

A Visit to Plummer Park

Join us for a visit to this West Hollywood park on the eastern side of the city. Every Monday morning also features a farmers' market. The Los Angeles Audubon Society had also been headquartered in Plummer Park, but had to move in 2011 as a part of a \$41 million park renovation.



Comedy for Seniors with Jackie Lawrence

September 21 at 3:30

Jackie Lawrence makes the senior the star of the show. Believing that "laughter is the very best medicine," he combines music and laughter, inviting his audience to sing along to familiar tunes by Frank Sinatra, The Beatles and Elvis Presley, as well as well-known country, jazz and blues tunes that are familiar to so many. And for those who excel at trivia, "Jackie's trivia is my prescription for seniors to stay focused and challenged... and he makes it all very entertaining," writes Dr. Barry Bernfeld, associate director of the Primal Institute in Los Angeles. Come for a laugh and stay for a song!

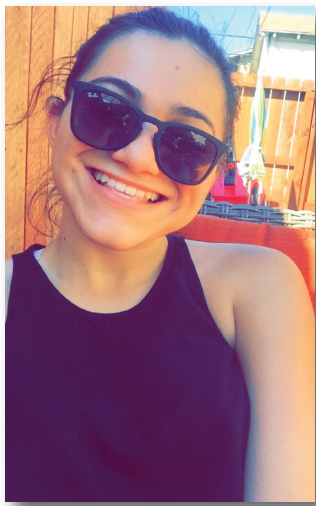


Monday, September 4

LABOR DAY BBQ Celebration

11:30 a.m.

Join us for gourmet cheeseburgers, potato salad, mixed greens



Ashley Acero
Our Employee of the Month

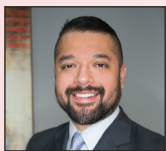
We welcome Ashley Acero to our Melrose Gardens family. Ashley just started but her compassion, caring, and outgoing personality have already made her a very welcome addition to our staff. The only child of a single mom, Ashley is currently a student at Cal State University of Los Angeles studying political science. Her long-term dream is to work for the Board of Education helping low-income communities and communities of color to receive a better education. When she's not working or studying, Ashley loves reading, painting and listening to music.



Ooh La Luau

Last month's luau had a great turnout with a festive group and an array of delicious Hawaiian treats and beverages including BBQ pineapple meatballs, Hawaiian kebabs, tropical party punch, Hawaiian piña coladas, grilled pineapple with honey drizzle, piña colada cupcakes, exotic fruit skewers and Hawaiian sliders. A ukulele player/singer entertained us with Hawaiian music and we had hula dancers in grass skirts, fire dancers and games. Enjoy the photos here and on our website: www.MelroseGardens.com.

Introducing... Our Staff



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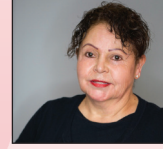
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