



## A Message from the Executive Director

by Ronald Villacis



Happy New Year 2018! There's nothing like starting a new year to turn over a new leaf, get a new start, or simply adopt an attitude of renewal. Is there any way you'd like this year to be different?

January is known as the "darkest month of the year" because the sun is low in the sky and days are shorter. Fortunately we'll have many wonderful musical presentations in both buildings to help soothe any rough edges and create harmony. You'll hear a rock 'n' roll concert (Jan. 7), guitar (Jan. 27) and numerous classical and solo concerts throughout the month. If you're yearning to make

your own music, join us for karaoke or a singalong. There's nothing like breathing deeply and expressing your emotions to put a smile on your face.

If the Earth completing another cycle around the sun has brought up questions, on Jan. 19 at 6pm you can tune in to the Dalai Lama speaking on the "Nature of the Mind," or on the 27th for the "Healing Power of the Mind." Perhaps the world's most internationally respected political leader, the Dalai Lama is always inspiring.

Living as we do in one of the most creative cities in the country, we offer a variety of non-traditional but often effective healing modalities at Melrose Gardens. This month we offer Healing Touch Jan. 16, Touch Therapy Jan. 23, and Sound Healing Jan. 26.

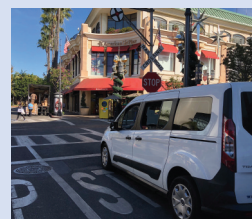
Of course, many people swear by yoga. Join us Tuesday mornings and give your body a welcome stretch.

We look forward to spending a healthy and satisfying year with you!

Ronald Villacis

## What's Inside...

### Scenic Drives



### Outings



### Healthy Joints



### Staff Holiday Party





Please be sure to  
attend our  
**Special Music  
Concerts**  
in January.

Concert w/Ronnie	1/06
Rock-n-Roll w/Greg	1/07
Solo Concert w/Julia	1/13
Violin Concert w/Yasha	1/21
Comedy Show w/Jackie Lawrence	1/25
Sound Healing w/Jachrazheen	1/26
Guitar Concert w/Michael Quest	1/27
Classical Piano w/Larysa	1/28



## Tour Greystone Park

The Doheny Greystone Estate is considered to be among California's most luxurious residences south of Hearst Castle. Much of it has been restored to its original 1928 glory, including a museum in the library room, three magnificent kitchens, breakfast room, billiard room and bar (replete with a Prohibition Era hidden bar accessed by a button that retracts a wall), doorknobs, marble fireplaces and hardwood floors, and wall sconces. Join us Jan. 22 when we visit this architectural and historic architectural treasure.



## Resident Birthdays

Michael Messiha	1/01
Minnie Russell	1/09
Carl Grant	1/24



Our spacious van offers  
style and comfort.



## 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, January 8th**

### Scenic Drive to Rodeo Drive w/Abe

This Beverly Hills three block shopping district is famous for its designer label stores and haute couture fashions. The name "Rodeo" dates all the way back to 1769 when California was part of Mexico. The site was actually considered a holy site due to the precious water found there, and the abundant food supply it provided. The name for the site was called "the Gathering of the Waters" which translates to Spanish as "El Rodeo las Aguas."



**Monday, January 22nd**

### Excursion to Greystone Park w/Abe

Enjoy a delightfully scenic drive through Beverly Hills to the Greystone Mansion and it's surrounding grounds. The City of Beverly Hills purchased the property in 1965, and primarily uses the grounds for its reservoir of water. They have also dedicated it as a public park, and it is listed in the National Register of Historic Places. It is Beverly Hills Local Historic Landmark No. 4.



**Monday, January 29th**

### Trip to Chinatown

Let's explore Chinatown for the day as there are a great many cultural things to do and see. Go inside of the Central Plaza, and visit some of the areas around it including bargain shops, galleries, restaurants, temples, and museums.

## Healthy Joints with Cesar



When children play-act at being grandparents, they often say, "Ooh, my aching back," and hobble around clutching themselves. Do you remember Jackie Gleason saying it in the old [Honeymooners](#) episode from 1956? These days it's more common to hear "Ooh, my aching joints." Did you know that staying in motion is the golden rule of joint health? That's because the more you move, the less stiffness you'll have. In our Healthy Joints with Caesar exercise sessions we focus on flexing and improving the flexibility and range of motion in our joints.

Arthritis makes you want to curl up under a warm blanket, but staying moving is truly the best remedy. Lack of exercise can make your joints even more painful and stiff, so keep your muscles and surrounding tissue strong to maintain support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints. Special bonus? You'll probably sleep better.

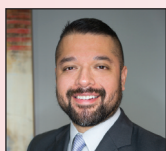


# Staff Holiday Party

Generous family members contributed to our staff fund. Special thanks to them for helping to make this year's holiday a little merrier.



## Introducing... Our Staff



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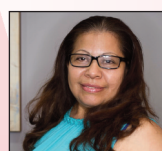
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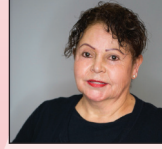
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