



A Message from the Executive Director



While I do enjoy summer as much as the next person, with as hot as this summer has been here in LA, I am ready to shift into a cooler, brisker Autumn. We'll start off September right with our special annual Labor Day BBQ that I think everyone of us, from employees to residents alike, will enjoy.

Most of you know that I've lived here in Los Angeles for most of my life so I am a pretty big LA Dodger's fan. And with September such a huge month for baseball fans, we'll be featuring a Dodgers game on select days of the week (primarily Sundays). We'll provide all the essentials like the peanuts and hot dogs to make sure your baseball game viewing experience is complete.

September also represents a very special and busy month for those of the Jewish faith, beginning with Rosh Hashanah, the Jewish New Year, ending with Sukkot, the Feast of Booths, with the Day of Atonement, Yom Kippur, smack in the middle. We will be offering additional services for all three of these important holidays for those who are interested.

Be sure to join us in honoring all of our grandparents, which I'd imagine most of our residents are, on Sunday September 9, which happens to be National Grandparent's Day. Entertainers Mike and Mandy will put on a miniature *Broadway at Melrose* performance to celebrate this special day. Invite your family members and have them stay for lunch or dinner too!

I would also like to personally wish a **Happy Birthday!** to our residents celebrating their birthdays in September. From youngest to oldest they are Aleila Akigbe who will be 85, Bebe Griffith who will be 86, Betty "Kitty" Robbins who will be 91, and Pax Riedel who will be 93!

Welcome to a new month for all, and a New Year for some ~ hello September!

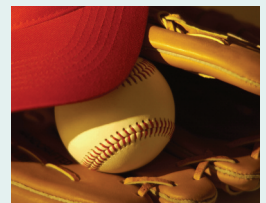
~ Eli Goldman

What's Inside...

Art of Cooking



Dodgers Baseball



Shana Tova!



Labor Day BBQ

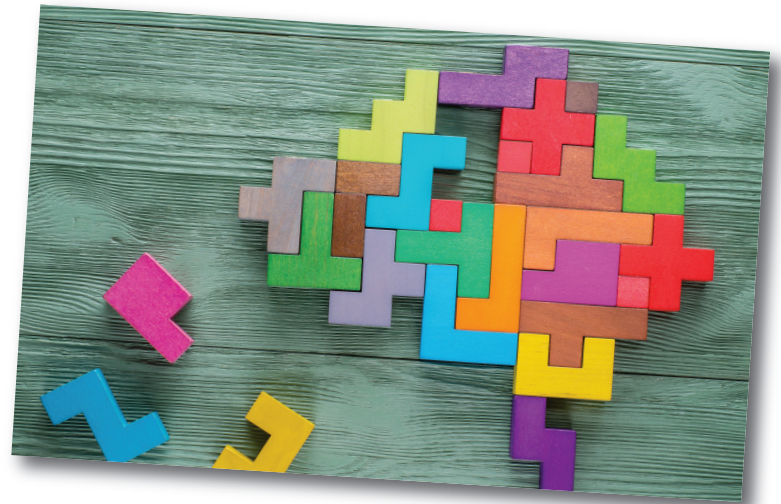




Please be sure to attend our Special Music Concerts & Events in September.

9/01	Accordion Concert w/Vlad	2:00 p.m.
9/02	Piano Concert w/Mathew	2:00 p.m.
9/08	Concert w/Yolly	2:00 p.m.
9/09	Grandparent's Day Show w/Mike and Mandy	2:00 p.m.
9/15	Rock-n-Roll w/Greg	2:00 p.m.
9/16	Folk Music w/Vladimir	2:00 p.m.
9/22	Guitar Concert w/Michael Quest	2:00 p.m.
9/23	Violin Concert w/Yasha	2:00 p.m.
9/29	Concert w/Julie	2:00 p.m.
9/30	Singing Piano w/Larysa	2:00 p.m.

Training your brain WITH MARY



Memory Brain Fitness with Mary is always a very entertaining, stimulating event. Think of Mary as your own personal brain fitness instructor, and her program helps to enhance both your brain reserve and your brain plasticity. Brain reserve, sometimes used interchangeably with cognitive reserve, is the hardware that makes up your brain, while cognitive reserve is the software that runs it. So be prepared to stimulate your brain and not miss out on Mary's classes held every Monday and Wednesday at 2:30 p.m.



Resident Birthdays

Celebrate on Thursday, September 21 at 1:00 p.m.

Melrose Gardens

Aleilia Akigbe	9/06
Bebe Griffith	9/10
Betty Kitty Robin	9/18

The Cottages

Pax Reidel	9/01
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The Art of Cooking a Submarine

Who doesn't just love a yummy submarine sandwich, stuffed with meat, cheese, crunchy vegetables and dressing on soft deli roll bread? If that sounds good to you, join us on September 5th at 2:30 p.m. for another "Art of Cooking" class. Please join our small cooking group and create your very own delicious fresh ingredient sub sandwich just how you like it.

Some credit the Italians with having brought the submarine sandwich to the U.S. through Dominic Conti who came to New York in the early 1900s. He is said to have named it after having seen the recovered 1901 submarine called *Fenian Ram* in the Paterson Museum of New Jersey. He had a grocery store there, and he sold traditional Italian sandwiches very much like the sandwiches we call submarine sandwiches today.

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.



EXPERIENCE AMERICA'S
GREATEST PASTIME...

Baseball!



Cal Ripken, Jr. once said, "You could be a kid for as long as you want when you play baseball." With this sentiment in mind, bring out the kid inside you and join us to watch the Dodgers play throughout the month. Whether baseball is your favorite sport, or your favorite season, Melrose Gardens is pitching it up this month.

So get your peanuts, your popcorn, your hot dogs all while experiencing the thrill of the game. Hear the crack of the bat, the roar of the crowd, replay the memories and experience the new ones.

The baseball schedule is as follows:

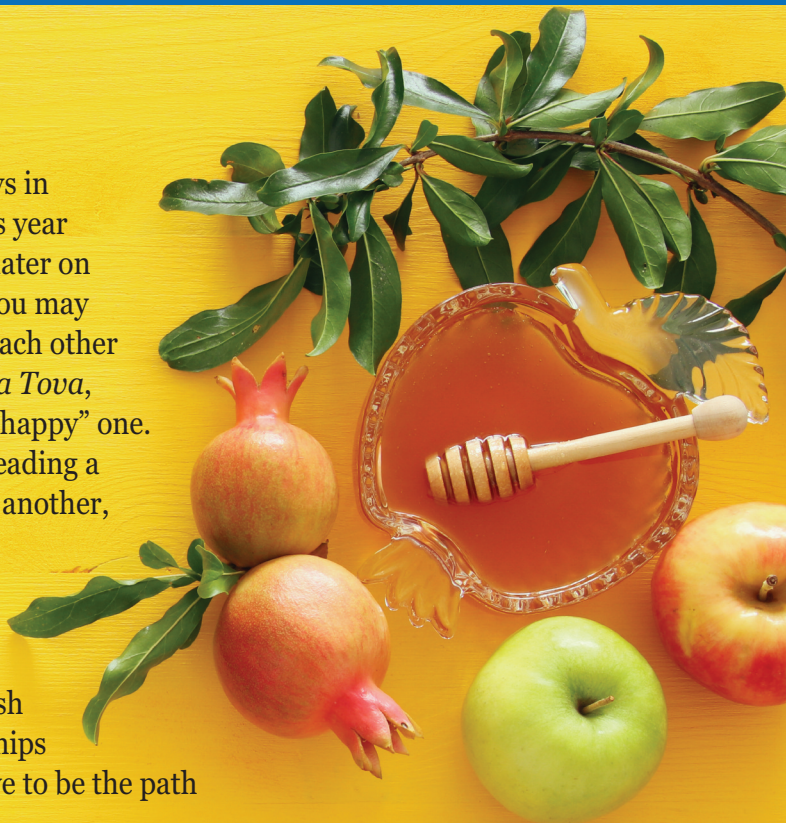
9/02	Dodgers vs. Diamondbacks	1:10 p.m.
9/08	Dodgers vs. Rockies	5:10 p.m.
9/16	Dodgers vs. St. Louis	11:15 a.m.
9/23	Dodgers vs. Padres	1:10 p.m.
9/30	Dodgers vs. Giants	12:05 p.m.

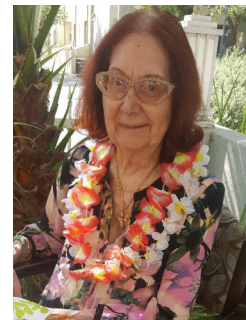


HIGH HOLY DAYS

Shana Tova!

The high holy days are probably the most significant days in Judaism. They start off with Rosh Hashanah, which this year begins on September 9th at sundown, and ends 11 days later on September 19th, when Yom Kippur ends at sundown. You may have noticed too that Jewish people don't usually wish each other a "Happy" New Year, and instead, they use phrase *Shana Tova*, which conveys the "hope for a good year" rather than a "happy" one. There is a significant reason for that difference. While leading a meaningful life and living a happy life often overlap one another, they ultimately are quite different. Leading a happy life can be associated with being a "taker" while leading a meaningful life more often connotes being a "giver." So while being happy is good, being good is even better. Shana Tova wishes someone a "good" year which is a wish for a life that is filled with good, despite whatever hardships one may have to face, and that wish may ultimately prove to be the path to happiness.





Annual Labor Day BBQ

September 3, 2018
12:30 p.m.

outside on patio

Join us afterwards for Labor Day Flashbacks, an entertaining hour with Mary, followed by a fun and well-known Labor Day movie Trading Places.

Introducing... Our Staff



Eli Goldman
Executive Director
director@melrosegardens.com



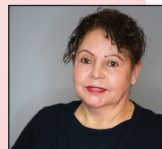
Kira Yakubovich
Activity Director
activitydirector@melrosegardens.com



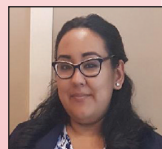
Lorena Ilesia Linares
Dining Manager
kitchen@melrosegardens.com



Susan Glaser
Regional Director
susang@cityview.care



Guadalupe Mejia
Maintenance Supervisor
info@melrosegardens.com



Erika Reyes
Health & Wellness Director
wellnessdirector@melrosegardens.com