

MELROSE GARDENS

Where You Live Matters

HEARTS ALIVE

FEBRUARY 14

*Pairing a
romantic night
with New
American Cuisine*

FREEDOM RIDERS

February 7
CELEBRATE BLACK
HISTORY MONTH

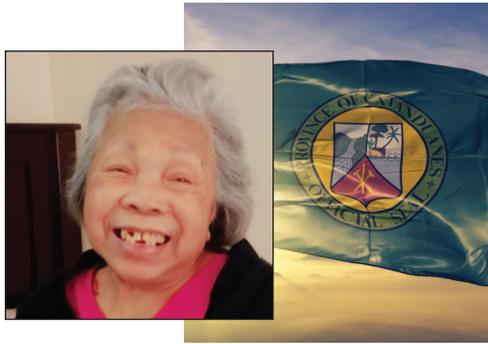
SUPER
Bowl Sunday
COMES
TO LA!

A DAY OF LOVE

On February 14, keep romance alive all day with Heart Smart fitness, punny Cupid humor, a "Shot to the Heart" Happy Hour, love story reminiscence of romantic couples through the ages, and (a)more!

RESIDENT SPOTLIGHT

EMILY C.



Emily was born in Catanduanes, The Philippines. Catanduanes, also known as The Happy Island, is an island province located in the Bicol Region of Luzon in the Philippines.

To meet and learn more about Emily, please join us at our **New Resident Happy Hour** on Weds, February 23 at 4:00 pm.



New Resident Happy Hour

Meet and Get to Know
ALL OF OUR NEW RESIDENTS!

Learn more about our
Resident of the Month,
Emily!

WEDNESDAY, FEBRUARY 23RD

RESIDENT BIRTHDAYS

Dorothy P. 2/08
Michael M. 2/08
Nora G. 2/18

HOLIDAY CELEBRATIONS

2/01 Black History Month
2/01 Chinese New Year
2/03 Groundhog Day
2/04 Opening Ceremony of Winter Olympics
2/13 Super Bowl Sunday
2/14 Valentine's Day
2/21 Presidents' Day
2/28 Floral Design Day

RELIGIOUS SERVICES

faith

Shabbat Services w/Mitzi Schwarz
Friday at 11:00 a.m.
Saddleback Church Services
Saturdays at 10:00 a.m.

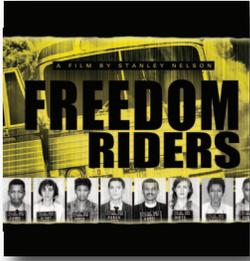
Transportation & Concierge Information

In our communities, complete peace of mind is our priority. Enjoy the journey of senior living starting from the comfort of concierge transportation services.

Monday, Thursday, and Friday will have advertised outings and shopping trips.

Tuesday and Wednesday are available for Medical Appointments. Please make your reservations with our Concierge at (323) 876-1746 today!





SOUTHERN FRIED HISTORY The Freedom Riders

Monday, February 7 | 2:00 pm

Celebrate black history month as we explore the history of the South, particularly the Freedom Riders.

SUPER BOWL SUNDAY

Sunday, February 13 | 3:00 pm

Watch football's biggest game of the year, complete with jaw-dropping halftime performances and hilarious Super Bowl commercials hosted this year right here in LA!



A DAY OF LOVE

Monday, February 14 | All Day

Keep romance alive with Heart Smart fitness, punny Cupid humor, a "Shot to the Heart" Happy Hour, love story reminiscence of romantic couples through the ages, and (a)more!

HEARTS ALIVE

Monday, February 14 | 5:00 pm

Join us for a romantic atmosphere paired with a chef-driven menu that focuses on New American cuisine with a sweet finish.



Winter Olympics

Begins Friday, February 4
Ends, Sunday, February 20



Cheer on and admire the athletic prowess of the winter games athletes who ascribe to the Olympic motto of faster, higher, stronger - together!

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The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

~ Helen Keller



Lady Thistledown's SOCIETY PAPERS

February 2022

EXTRAORDINARY PEOPLE, EXTRAORDINARY NEWS

The secret is out! Who knew that our very own vivacious Barbara L. used to party with 70's blond cinema icon Cybil Shepherd (*The Last Picture Show*) who also was renown for her starring role in television's with Hollywood Hunk Bruce Willis. And across the pond, everybody's favorite Cambridge duchess, Kate (we won't mention Prince Harry's bride!) just turned a ultra-fabulous 40 last month!

Hot off the presses! Melrose Gardens' newly-minted top brass Ayalla Levy will take her place in March behind the executive director's gilded desk. And also climbing the ranks is our own ambitious and talented Jennifer who was just awarded a plum promotion!



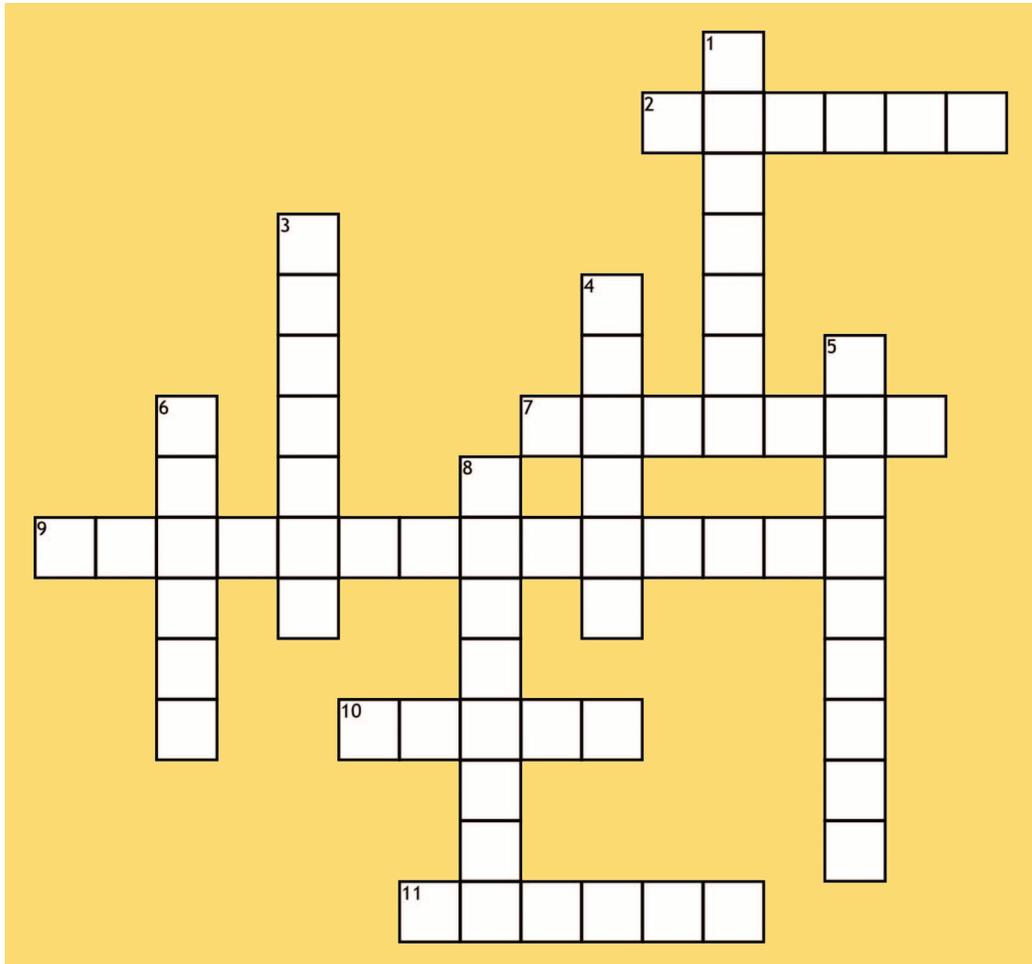
EMPLOYEE OF THE MONTH XIOMARA L.

Xiomara is a cook in our community and has been a welcome asset to our us for many years. She offers a great support to her coworkers, both in and out of the kitchen.

Xiomara has really come through for Melrose Gardens through thick and thin, and we are so glad to have her here with us!

THE HUMAN HEART

CROSSWORD



ACROSS

- 2 Eating healthy diet. Try to limit saturated fats, goods high in _____ and added sugars.
- 7 Every year, heart disease and _____ cause the most deaths. Compared to all diseases and cancers together.
- 9 _____ disease is the leading cause of death globally.
- 10 Make sure you get enough _____.
- 11 To prevent high. blood pressure maintain a heathy _____.

**Crossword answers will be available at the concierge on the 15th of the month.*

DOWN

- 1 Using _____ products increase your risk of cardiovascular disease.
- 3 Aim for over 150 minutes of _____ exercise per week.
- 4 Reduce your chance of having heart disease or a heart _____ by exercising regulary and eating healthy.
- 5 Some of the warnings signs for a heart attack include chest pain, nausea, vomiting, cold sweats, and _____ symptoms.
- 6 _____ is linked to heart attacks.
- 8 Avoid excess salt and _____ in your diet.

Check out
community photos
on our social media.



REACH OUT TO OUR
FAMILY SPECIALIST

Teea Risley

TO ARRANGE FOR A
LUNCH TOUR TODAY!
(323) 876-1746

MEET OUR TEAM

Anita Csukardi, BSW
Susana Villalta
Teea Risley
Jennifer River
Guadalupe Mejia

Executive Director
Wellness Director
Family Specialist
Business Office Manager
Housekeeping Director

960 North Martel Avenue, Los Angeles CA 90046 / (323) 876-1746 / license: 197609830/197609896

www.melrosegardens.com