



A Message from Susan, *Regional Director*



You may not think about it much, but **we've all got rhythm**. Our hearts beat in rhythm, our breath flows rhythmically in and out, ocean tides fluctuate with the moon's orbit and our lives are orchestrated by the rising and setting of the sun. Rhythm is essential to our lives.

This may help explain why so many people throughout the ages have enjoyed drumming... in addition, of course, to the pure joy of banging with abandon on an instrument. The beat will go on at Garden of Palms when we host a drumming circle April 22.

Our drum leader will bring instruments for everyone and no drumming experience is required, so please come and experience it for yourself!

Rhythm is also an essential ingredient in dance. Our Zumba program is rooted in dance moves from the Latin culture, and is led by the daughter of resident Miriam Levy. You can shake your Zumba tail-feather with us every Tuesdays and most Sundays at 9:30 a.m.

Art, too, has a rhythm. When we view the artistic endeavors of a time period, we tune into the energy of that era. You'll notice it April 11 when we visit the Getty Villa, modeled after an ancient Roman country house from the first century C.E.

You can also explore your own artistic rhythm when you watercolor paint with us at 3 p.m. most Thursdays, and on Tuesdays in the Gardens.

Nature's rhythm is springing forward once again. Take a walk around our lovely neighborhood and enjoy the blossoming trees and chirping of baby birds. There's nothing like spring to make us all feel young.

Susan Glaser

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Concerts in April



The Joy of Dance



Out on the Town



Drum Circle





Introducing Bernice Shandelman

New York City native Bernice Shandelman moved to the L.A. area to stay close to her daughter who relocated nearby. Early in life Bernice studied commercial

courses in high school, and later worked at Yeshiva University. She was a fastidious staffer who was careful to complete all her tasks, no matter how long they took, and has fond memories. “I truly loved the environment and the interaction I had with all the staff,” she recalls. Clearly a team player, Bernice particularly enjoys the “great entertainment” at Garden of Palms, particularly the sing-alongs. “I feel very fortunate to be part of the GOP family,” Bernice says, “and I appreciate the care I receive from all the staff.”



Dance, Dance, Dance

Miriam Levy always loved to dance, so dance has been a logical way for her daughter Soraya Maman to maintain a vital connection with her. Every Tuesday morning (and some Sundays)

Soraya teaches Zumba at Garden of Palms. Zumba combines all elements of fitness—cardio, muscle conditioning, balance and

flexibility—in a series of dance moves that includes elements of samba, salsa, merengue and mambo. The Zumba Gold level, which Soraya is certified to teach, is designed for seniors and focuses on balance, range of motion and coordination. It also builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms. But the best part of Soraya’s classes is how much fun everyone has. She brings scarves to dance with, maracas and other rhythm instruments for people to play, and sometimes teaches words in Spanish. An avid dancer herself (she does Zumba almost daily) and a caring person by nature, Soraya makes sure everyone is engaged and has a good time. If people have difficulty moving parts of their bodies, she helps them. “They call to me with their eyes,” she says, and when she dances with them “they hold me tight.” Soraya started teaching Zumba at Garden of Palms so her mom could enjoy “fun stuff,” but the joy has spread in every direction.



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

4/01	DJ Music w/Winfeal	2:00 p.m.
4/08	'60s Music w/Marc	2:00 p.m.
4/11	Jukebox Music w/Brian'	2:00 p.m.
4/12	Country Music w/Michael	2:00 p.m.
4/15	Frank Sinatra Music w/Mark Rosen	2:00 p.m.
4/18	Oldies but Goodies w/Matt	2:00 p.m.
4/19	Classic Music w/Yakua	2:00 p.m.
4/22	Family Drum Circle w/Alan Bruni	2:00 p.m.
4/25	Sing along w/Carol Kelly	2:00 p.m.
4/26	Karaoke Music w/Mario	2:00 p.m.
4/29	Jazz '60s Music w/Jennifer Woods	2:00 p.m.

Religious Services and Study

Shabbat Services
Fridays at 2:00 p.m.
Saturdays at 9:30 a.m.



Monthly Birthdays

Celebrate on
Thursday, April 26 at 2:00 p.m.

Rita Lavery	4/01
Rhonda Daniels	4/03
Jennie Brown	4/07
Ruth Silberstein	4/25

Wednesday, April 4

It's always bargain hunting time at the 99¢ Store

You'll find all your favorite brands from the big store chains, but at prices anyone can afford. Founded by David Gold, most of these stores are located here in Southern California. The stores were initially founded to liquidate slow-selling wine from his liquor stores, and from there, they eventually grew into the bargain outlets they are today.



Wednesday, April 18

Jeff's Gourmet Sausage Factory

Join us at this lunch visit with its classic Jewish fare, including kosher hot dogs, pastrami sandwiches and corned beef. Everything is made from scratch here, including their finely cured and cooked meats. Savor the flavor of classic age-old traditional recipes and experience the richness of nouveau sausages fashioned with modern sensibilities.



Wednesday, April 11

Antiquity hunting at The Getty Villa

The Getty Villa was actually built because J. Paul Getty had run out of room in the gallery next to his home in Pacific Palisades. He then built this museum, the architectural design for it inspired by the Villa of the Papyri at Herculaneum. It opened in 1974, but it was never visited by Getty, who died in 1976. There is also the much larger Getty campus now in Brentwood, the Getty Center. The Getty Villa features collections of Greek, Roman and Etruscan antiquities. It was closed for renovation in 1997, and then reopened in 2006. The new architectural plan is designed to simulate an archaeological dig, and the *Architectural Record* has praised it as “a near miracle.”

Wednesday, April 25

Catch it on the big screen

Coco

Pixar has triumphed again with this multi-award winning film including the Academy Award for Best Animated Feature and Best Original Song of 2017. The story is about a 12-year-old boy who is accidentally transported to the land of the dead, and he seeks the help of his deceased musician great-great-grandfather to help him return to his family among the living. The concept of the film is based on the Mexican holiday of the Day of the Dead.



Staff Spotlight Wendy Perez Franco

Wendy was born Esquintla, Guatemala on the border of the central highlands and the Pacific coastal plain. She came to the U.S. in 2004 to reconnect with her dad, and with the dream of a better life. Garden of Palms is a great fit for Wendy, because she's far from her parents and enjoys caring for our residents as if they were her own, as she was taught by her family and her religion. It gives her great satisfaction to feel useful and help others. Wendy earned a bachelor's degree in computer science in Guatemala and hopes at some point to be able to continue her studies. She and her husband, "the love of my life," met in 2007 and are now married with two children, ages 6 and 3, with a third on the way. Happily Wendy likes to cook for her growing family, and they have fun camping and discovering new places, people, customs and flavors together.



We Got Rhythm

Whether you're shy or bold, introverted or a natural comedian, drumming is an excellent way to communicate. Drum circle leader Alan Bruni is skilled at working with many different kinds of people, offering them an opportunity to express themselves non-verbally, release frustration and anger, feel joy and build confidence. He's also credentialed by the Alzheimer's Association. Studies show positive results from drumming for anxiety, depression and even inflammatory immune response. Music creates new brain connections in children and stimulates memories in those who are memory impaired. In addition to all these benefits it's great fun and a physical and emotional release. Please join us April 22. We're going to have a blast!

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