



A Message from Susan, *Regional Director*



What was your favorite childhood summer activity? If you answered “the beach,” you’re going to love August 22, cause we’re headed to the Annenberg Community Beach House! And if you think your bathing suit might be a little snug, this is the perfect time to come to morning exercise class at 9:30. Come anyway; studies show that 150 minutes of moderate exercise each week can add 3.4 years to your life. That’s just 20 minutes a day for six days out of seven, time you’ll actually enjoy when you get active with us.

Baseball is another favorite activity at Garden of Palms; we don’t play it but we love to watch. Join us Thursday nights for Dodger games and a cool drink on the house.

Here’s a special event, the Wheelchair & Walker Wash. C’mon down to the Center Courtyard August 10 at 10:30am when staff will suds our trusty transportation tools. You can cheer them on while you sip lemonade or enjoy an all-time summer favorite — a popsicle.

If you’re humming a summertime tune, join Sonia for singalong August 5, 2pm. Rather be serenaded? You won’t want to miss Sherill August 2. The hills are alive with the sound of her music.

We have other great adventures coming up this summer so please join us: LACMA (always [something new](#) to see), The Peterson Automotive Museum (woohoo, cars and fashion for [The Porsche Effect](#)), and the Natural History Museum (don’t miss the exquisite [Butterfly Pavilion](#)).

Plus schools are still on summer break, so when those 10–12-year-old LA City Kids arrive August 7 & 21 to paint or play Bingo with us, they’ll have tons of energy. There’s nothing like kids to keep us young!

Wishing you a sweet and summery August,
Susan Glaser

In this issue...

**By the Sea,
By the Sea...**



Art Adventure



Create with Color



Fun & Festive 4th





Introducing Fay Shatzkin

New York native Fay Shatzkin was never much of a traveler, but happily made it as far as Los Angeles. She has immediate family here, and generally finds Angelenos to be “nice and friendly.” In her former life Fay worked as a bookkeeper, writing checks and balancing financial records, which is a kind of detail work she enjoys. Married for 50+ years, she and resident Richard Shatzkin have two children who were lucky enough to get a mom who’s a pretty good cook. She’d have to be, cause she also loves good food. What Fay most enjoys at Garden of Palms is the great variety of live music and our stimulating discussion groups.



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

8/01	Concert in the Gardens w/DJ Winfeal	2:00 p.m.
8/02	Sound of Music w/Sherill	2:00 p.m.
8/03	Musical Journey through Time w/Gerry Corn	3:00 p.m.
8/05	Sing-a-long w/Sonia	2:00 p.m.
8/08	Concert in the Gardens w/Brian	2:00 p.m.
8/09	Country Concert w/Michael Quest	2:00 p.m.
8/12	Jazz Concert w/Daniel	2:00 p.m.
8/15	Romantic Concert in the Gardens w/Carolos B.	2:00 p.m.
8/16	Songs to Remember w/Bobby Levy	2:00 p.m.
8/19	Swing Concert w/Mark R.	2:00 p.m.
8/22	Concert in the Gardens w/Carol Kelly	2:00 p.m.
8/23	Concert w/Yakov	2:00 p.m.
8/26	Frank Sinatra Concert w/Phill Jefferey	2:00 p.m.
8/29	Piano Concert in the Gardens w/Matt	2:00 p.m.
8/30	Birthday Celebration w/Mario	2:00 p.m.



Paint a Bright Tomorrow

Every Tuesday at 2pm in the activity room we do a different type of artwork. Sometimes it’s knitting, while at others it might be coloring or painting. Painting is so popular among our residents that we also have a group on Monday mornings at 10am painting with acrylics. Come explore your inner Picasso!

Religious Services and Study

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



August 1

Go Wild at the 99

There's always a great bargain to find when you do the 99. If you're into gardening, there are 99 green thumbs waiting for you there. If you want to load up on snacks, you'll find 99 ridiculously great deals there on Pringles, Reese's, Doritos, and many more. And if you feel more like something healthy, the deals on fresh produce at the 99 are practically growing on trees!



August 8

On View at LACMA

If you are serious about museums, LACMA needs to be on your to-do list. Collections range from Japanese cherry blossoms to a set of amazing international contemporary jewelry to contemporary art inspired by the Middle East.



August 15

Auto Lovers' Dream

Are you a fan of the movie *Back to the Future*? Do you remember *Herbie, the Love Bug*? How fun is it that now you can see those cars and more right in front of you at the Petersen Automotive Museum?



August 22

Doing the Beach Right

What we need on a hot summer day is a beach house, and that's exactly what we'll get at the Annenberg Community Beach House in Santa Monica.



August 29

Butterflies Galore at the Natural History Museum

Of course, there is so much to see here, and for a short while, that also includes butterflies at the Butterfly Pavilion. With hundreds of free-flying butterflies inside, be sure not to miss this incredible exhibit.

4th of July Fun



Esther Simon



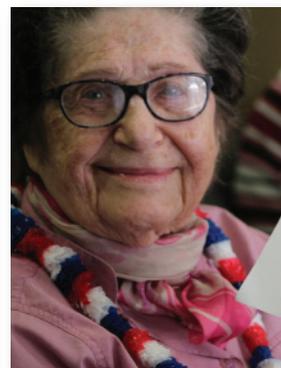
Jeanette Bran



Richard Shatzkin



Ruth Pomerantz



Rose Self



Staff Spotlight
Juan Garcia
Maintenance

Juan Garcia came to Los Angeles from Durango, Mexico seeking better opportunities, and found what he was looking for: a great job he enjoys. "Maintenance is fun," Juan told us, and when asked what he specifically likes about it, he answered "Everything."

Juan has four children, eight grandchildren and a dog named Chocolate, and his biggest dream is to spend more time with them. He also loves sports, particularly soccer, and roots for Barcelona. Being an avid exerciser, particularly walking or running, he is grateful for our good weather in Southern California. Maybe our clear skies can explain his favorite color: blue.



Monthly Birthdays

Celebrate on
Thursday, August 30 at 2:00 p.m.

8/01	Izrail Pilch
8/03	Gwen Martin
8/07	Gertrude Weinraub



Bingo!

Bingo is a deceptively simple game that offers health benefits for seniors. It enhances hand-eye coordination because players must respond quickly as numbers are called. It also boosts cognitive abilities and offers opportunities to socialize and relieve stress. And according to recent studies, elderly individuals who played games like bingo during recovery periods had shorter hospital stays and faster healing times. Please join us Wednesdays and Fridays at 3:30pm in the activity room.

Our Staff



Susan Glaser
Regional Director
director@gardenofpalms.com



Ashley Acero
Activity Director
activitydirector@gardenofpalms.com



Jonathan Isaacs
Assistant Executive Director
jonathanisaacs@gardenofpalms.com



Romeo Angeles, LVN
Wellness Director
aldirector@gardenofpalms.com



Luz Justiniani
Assistant Administrator



Berta Dubon
Dietary Director
dietarydirector@gardenofpalms.com