



A Message from Susan, *Regional Director*



When children head back to school each autumn, it's always with a jumble of emotions: eager anticipation about the new school year collides with sadness that summer is ending. At Garden of Palms we experience only the happy excitement, as City Kids renews their regular visits. This month the young students will be painting watercolors with us, so if you join our Monday and Tuesday afternoon walks, keep an eye out for natural beauty you may want to recreate on paper with your own special touch.

We'll also be visiting both [The Museum of Contemporary Art \(MOCA\)](#) and [The Broad](#) this month, and you may find inspiration from famous artists like [Mark Rothko](#) and [Roy Lichtenstein](#).

Our creative endeavors aren't limited to painting. Every first and third Sunday of the month our jewelry-making workshop is a wonderful opportunity to craft a uniquely beautiful gift for a friend or family member, or a treasure for yourself.

September 9 is the first day of Rosh Hashanah this year, and in our community it's also Grandparents Day. Services start at sundown but expect our afternoon concert of [Frank Sinatra](#) tunes to revive wonderful memories for anyone who is or ever had a grandparent. The renowned crooner sold more than 150 million records worldwide, making him one of the best-selling music artists of all time.

We'll also have services for Yom Kippur starting Sept. 18, and residents are encouraged to invite family and friends to join us. The next afternoon we'll have a Concert in the Garden with "Songs to Remember."

Wishing you all *Shana Tova!*

Susan Glaser

In this issue...

Watercoloring



Museum Outings



Roy Lichtenstein/The Broad, I...I'm Sorry!, Photo by Douglas M. Parker Studio

Daily Exercises



Key to balance





Introducing Abe Gindi

Born in the Middle East — Aleppo, Syria — Abe was raised in Brooklyn. For 35 years of his adult life he made his home in San Jose and worked for IBM. Abe always had a talent for inventing things and was fortunate to find work that he loved, as a computer design engineer. He has 12 patents to his credit, including a running pulse generator used in computers and smart phones.

At Garden of Palms Abe most enjoys our regular entertainment programs. He also takes great pleasure in spending time with his daughter and grandson who live in the area, and in total has eight grandchildren and 11 great-grandchildren. Loving all these children must have stretched Abe's heart, cause when asked what he'd do with his windfall should he win the lottery, he answered, "Donate most to charity for the poor." We're happy to have your big heart at Garden of Palms, Abe!



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

9/02	Concert w/Yakov	2:00 p.m.
9/05	DJ w/Winfeal in the Gardens	2:00 p.m.
9/06	Concert w/Carol Kelly	2:00 p.m.
9/09	Frank Sinatra Concert w/Phill Jeff	2:00 p.m.
9/12	Guitar w/Brian in the Gardens	2:00 p.m.
9/13	Country Concert w/Michael Quest	2:00 p.m.
9/16	Piano Concert w/Marc Cole	2:00 p.m.
9/19	Songs to Remember w/Bobby in the Gardens	2:00 p.m.
9/20	Karaoke Concert w/Mario	2:00 p.m.
9/23	Jazz Concert w/Daniel	2:00 p.m.
9/26	The King & I w/Sherill in the Gardens	2:00 p.m.
9/27	Broadway Birthday Concert w/Maria	2:00 p.m.
9/30	Piano Concert w/Jennifer Woods	2:00 p.m.



Spotlight on the Press

If you follow current events you've probably noticed that some people are questioning whether or not the press reports facts or "fake news." Freedom of the press is guaranteed by the First Amendment to our Constitution, and while a few TV "news" shows are largely opinion, most do their best to hold to a higher standard. Newspapers, as our oldest form of news delivery, have an honorable tradition of fact-finding and presenting both sides of an issue. The film *Spotlight* takes us behind the scenes to see some of what is involved in exploring and revealing the news — even when it's unpopular — and it's a powerful film you won't want to miss. Sept. 12, 6:30pm.

Religious Services and Study

Shabbat Services

Fridays at 2:00 p.m.

Saturdays at 9:30 a.m.



September 5

Fall from Summer into Autumn at the 99

There's always a great bargain to find when you do the 99 cent store. 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!



September 12

Get Your Contemporary on at The Broad

The Infinity Mirrored Room - The Souls of Millions of Light Years Away offers a quick 45-second view into Yayoi Kusma's mirrored and LED-lit exponentially expanding world. Be sure to obtain an admission ticket in advance by booking on line.



September 26

Déjà Vu Denim at MOCA

69: *Déjà Vu* is the brainchild of an anonymous LA designer. Having developed a cult following, the Lifestyle brand 69 focuses on transforming the everyday fabric of denim into deeply elegant garments that defy easy categorization.

Shake a Leg

Research has linked sitting too long with a host of problems, including weight gain, poor circulation, heart disease, weakened muscles, diabetes, hormonal imbalance, depression and even cancer (perhaps because prolonged sitting can boost production of insulin in the body, which encourages cell growth), but many of us have difficulty getting motivated to move and stretch. Fortunately we have an exercise group that meets every morning at 9:30 right here in the building, and it's not only good for your health, it's fun. Research shows that exercising has an antioxidant effect on the body, so it's like taking a giant dose of vitamins.





*Staff
Spotlight*

Evelyn Pena
Med Tech

A middle child who was raised in the San Fernando Valley with four sisters, Evelyn now has a daughter of her own, age 6, as well as a German Shepherd. She and her husband would like to have more children but that may have to wait until Evelyn finishes nursing school, which she hopes to complete this year or next. She enjoys her work in the building as a med tech, and appreciates her friendly co-workers and supportive environment, and all the residents seem to love her. Evelyn is an avid hiker, especially in challenging Runyon Canyon, and also likes to dance and spend time with her family. Since she's such a sunny person, you may be surprised to learn her favorite color is black.



Monthly Birthdays

Celebrate on Thursday, September 27 at 2:00 p.m.

Bernice Shandelman	9/02
Larry Nesis	9/09
Helen Gruber	9/11
Rochelle Olifson	9/18
Jeannette Bran	9/20
Charles Corn	9/24
Irene Kasmer	9/24

Balance starts at the bottom

Balance is defined as “an even distribution of weight enabling someone or something to stand upright or steady.” As we age and need to work harder to maintain agility, it also becomes more important to focus on balance, because falls are the leading cause of injuries among older adults. Good balance is rooted in two places: our core — all the muscles in our midsection, and our feet. Take advantage of our regularly scheduled podiatrist and schedule an in-house visit.



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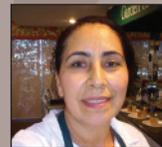
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