

## A Message from the Executive Director



Who doesn't "love" February? It has so much fun stuff to celebrate and offer. This month kicks off with a Super Bowl Party on the 3rd. Support your favorite team while munching on your favorite football party snacks. On the 7th, we've got a S'Mores Social at 3:00 p.m. followed by a new activity. At 4:00 p.m., we'll be featuring our Women's Club and Men's Club for residents. These clubs are a fun way to get to know one another better, discuss interesting subjects, and get a snack if you're hungry.

Create your own Heart Art on Valentine's Day, and then enjoy Valentine Cake Pops along with a dance. Let's not forget this month also marks the beginning of the Chinese New Year on the 5th, and we'll celebrate that with a craft and a documentary that evening.

I would also like to introduce and welcome our Activity Director, Sean. He has a lot of fun ideas so I'm sure you'll really enjoy getting to know him. He's also got a variety of new activities including the Latin Chair Salsa (who knew you could salsa in a chair?), Crazy Miniature Golf (with our own in-house, hand-made absurd miniature golf course!), and the Real Estate Shout! game (be the first to shout the value of a property based on a photo).

While most people associate February with Valentine's Day and President's Day, it's also the month when the Oscars are awarded. And as the old saying goes, "When in Rome, do as the Romans do", on February 24th, we'll be doing what everyone in LA does - watching the Academy Awards! We'll be showing Oscar-nominated films starting on the 19th at 6:00 p.m. leading into Oscar Night, and you can vote for your favorite on Oscar night.

*May the memories you make this month be sweet ones,*

~ Eli Goldman

### Melrose Gardens Snapshots

#### Ann Sterling



#### Annette Blaustein



#### Carl Grant



#### Mop Bucket Hockey





## Cha, Cha, Cha!

### LATIN CHAIR SALSA

*4, 3, 2, 1, out, out, tap, tap, shimmy, out, out, in, in...*

What a fun way to workout in a chair! For those who love Latin Dance, but don't want to go all out, the [Latin Chair Salsa Workout](#) offers the means to do it half-way. The Salsa originated from Cuban folk dances and is a combination of Afro-Cuban dance.

Using chairs without arms, we're sure to soon get into the Salsa groove. The basic Salsa dance rhythm consists of taking three steps for every four beats of music. This odd number of steps creates the syncopation Salsa dancing is known for, and ensures that it takes eight beats of music to loop back to a new sequence of steps. So be sure and join us on the 21st as we learn to perfect our Mambo moves. Soon we'll be dancing it out like the professionals!

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

2/02	Sinatra Swing w/Mark Rosen	2:00 p.m.
2/09	Jazz w/Marc Bosserman	2:00 p.m.
2/16	Rock 'n' Roll w/Greg	2:00 p.m.
2/14	Valentine's Cake Pops & Dance	4:00 p.m.
2/21	Birthday Celebrations	3:00 p.m.
2/23	Guitar Concert w/Michael Quest	2:00 p.m.



INTRODUCING  
*Shonzael Faye*  
OUR ACTIVITIES  
DIRECTOR

## Resident Birthdays

Celebrate on Thursday, February 21st at 3:00 p.m.

Majorie McBride	2/08
Nora Grigoruk	2/18
Nathella Williams	2/20

### 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.

Please be sure to welcome a recent addition to our Melrose Gardens management team, Shonzael (most call him "Shon") Faye. Shon is a Southern California local having grown up in the Woodland Hills area. Shon is a PT Aid and is certified and licensed as a Massage Therapist. He also began a non-profit organization called The Imagination Connection, in which he took the Arts out to Seniors, Alzheimers patients, At-Risk Youth, Developmentally Disabled Adults and Veterans. He found he especially enjoyed working with seniors in this program, as he loved connecting with them and learning all about their lives. He enjoys working with seniors and loves encouraging them to get involved in activities. While at work, Shon looks forward to seeing the residents also looking forward to each day, and the anticipation of what it will bring to them. In his spare time, he likes to stay active, and in doing so, Shon plays basketball and flag football. He also enjoys singing, and will do so every chance he gets.



## WOMEN'S CLUB

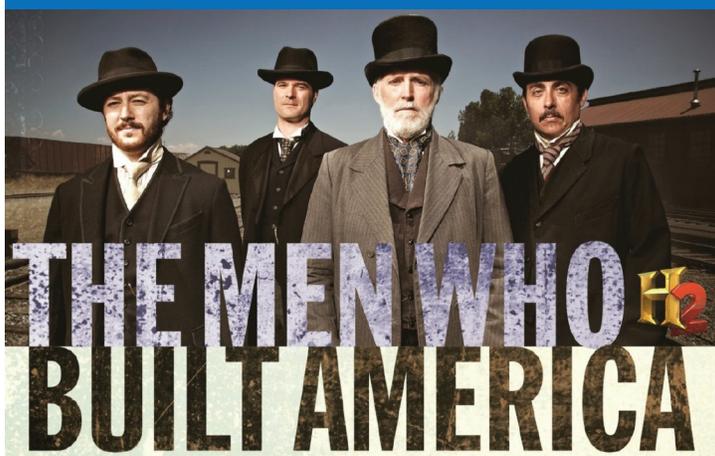
*Tea Times w/ Yolly*

February 7th and 28th, 4:00 p.m.

Melrose Gardens is introducing a Women's Club, and for added fun, we're modeling it somewhat after a national women's group called the "[Red Hat Society](#)". Every time a Red Hat Society group gets together, they wear their red hats. This "playgroup" of women come from all walks of life and they get together to support one another through all of life's challenges and celebrations. They are committed to joyful living,

growing, exploring new interests, having fun and creating new friendships. So when you come, be prepared to pursue all of that, and if you have a red hat, or any colored hat, feel free to wear it too!

Our Women's Club will get together twice in February, and we'll have various teas available along with scones and jam. Yolly will serve as the hostess, and in keeping with the Academy Awards airing later this month, our monthly theme will be "All Things Hollywood." To get things started, we'll cover "Hollywood Gossip" on the 7th, and on the 28th, movies in general. The topics may evolve into other topics, which is fine too. The purpose of our Women's Club is for our ladies to get together, get to know one another better, and have fun while they're doing it. See you in your hats!



## MEN'S CLUB

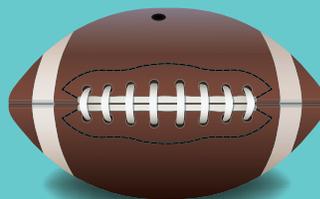
February 7th and 28th at 4:00 p.m.

In keeping with the Women's Club, we're also developing a Men's Club activity designed to encourage camaraderie and discussion amongst our male residents. The topic for this month will be based on the History Channel series, *The Men Who Built America* and will focus on the lives of these well-known men: Cornelius Vanderbilt, John D. Rockefeller, Andrew Carnegie, J.P. Morgan, Thomas Edison, and Henry Ford. We'll watch one series each session and then talk about it. Can you think of other men who were integral to the building of America that the series doesn't cover? We look forward to seeing you there!

YOU ARE INVITED

# FOOTBALL PARTY

SUNDAY 2/03 | 3 PM



DOWN SET PARTY

Put on your favorite team jersey for the biggest football game of the year! The Super Bowl pitting the New England Patriots and the LA Rams kicks off at 3:00 p.m.! Chicken fingers, chips and dip, and refreshing drinks will be served.



## CHINESE NEW YEAR *The Year of the Pig*

2019 is the year of the pig, and represents the twelfth of all the zodiac animals. According to one myth, the pig overslept and was the last to arrive to the Jade Emperor’s party. If you were born in 1935, 1947, 1959, 1971, 1983, 1995, 2007, and 2019, you were born in the year of the pig. The pig is energetic, and always enthusiastic. Men born in the year of the pig are optimistic, gentle, very focused, quiet and trusting. The women are full of excitement, easygoing, highly organized, and love children.

In celebration of the Chinese New Year, we’ll be taking part in a fun Chinese New Year craft, and then later that evening, we’ll feature the popular YouTube show, [\*Discovering China, Chinese New Year!\*](#) Learn about the Lion Dance, the Sleeping Dragon, Fireworks, red banners and red packets.

Enjoy and Happy Chinese New Year!

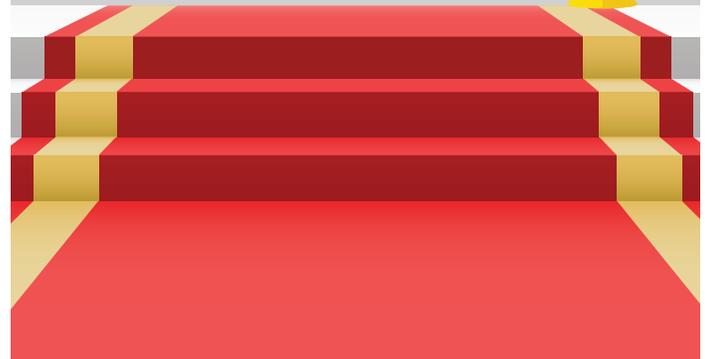
# Oscar Day!

*A Red Carpet Event*

February 24th at 2:30 p.m.

Join us for a day of movie fun and madness as we gear up to watch the star-studded 91st Academy Awards live. We plan to roll out our own exciting red carpet event complete with a media wall background for Oscar photos and selfies, Hollywood finger food including popcorn and M&Ms, and even an Oscar Voting Contest.

Vote for your favorite contenders for each category on our Oscar ballot sheet. We’ll award prizes and a statuette to the top three Oscar winners with the most correct Oscar category choices!



## Introducing... *Our Staff*



**Eli Goldman**  
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**Shonzael Faye**  
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