

*Everyone Deserves  
a Great Life*

**April 2017**



# CROWN COVE

3901 EAST COAST HIGHWAY · CORONA DEL MAR, CA 92625 · (949) 760-2800  
WWW.MERIDIANSENIOR.COM/COMMUNITY/CROWN-COVE

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### **Kathleen Olson, Executive Director**

Spring is in the air, and we have so many things to celebrate at Crown Cove! We will have special meals for Passover and Easter, and we love family to visit. With dryer days ahead, we will be using our outdoor spaces more. As I write this note, they are completing the brick work on the Observation Deck! We have so many plans for "Events on the Deck" coming up this Spring and Summer. We are continuing our weekly Sunday Brunches with a Champagne Brunch at the end of every month. We love having guests and will be opening up the outside seating, but it would really help if you call ahead and make reservations so we can accommodate everyone. Don't forget we have the convenience of charging the Brunch to resident invoices.

### **The Birth of Baby Carrots**

Did you know that baby carrots were created to give ugly carrots a chance at being sold? In 1986, a California carrot farmer sprouted the idea to cut and peel imperfect, unwanted full-grown carrots into identical 2-inch pieces, and they were an instant hit at grocery stores. Packaged baby carrots now make up nearly 70 percent of carrot sales.



### **A Little Rain Must Fall**

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

### **Easy Reading**

To get the best light while you're reading, table lamps should project their glow just over your shoulder. Choose a lamp no shorter than 35 inches, or place a shorter lamp on a decorative box to increase its height.



**Take a walk through our garden the next time you visit. Catch a glimpse of the new flowers and enjoy a cup of tea while listening to the birds sing.**

### **In the Kitchen: Long-Lasting Lemons**

America's Test Kitchen says the best way to store lemons is in a zip-close plastic bag in the refrigerator. They will stay fresh for more than a month.

## Easter Brunch

- RSVP for Easter Brunch, Sun, April 16th, 11:30-1pm
- Delicious menu and tasty treats!
- Reserve your table today by calling the Front Desk at Crown Cove, phone 949.760.2800.



**Pet Therapy**  
Playful moments shared with a pet are always perfect!



Friends Enjoying the Weather!



**Corona del Mar Baseball Team & the OC Silvers!**  
The Men's Group of Crown Cove and the CDM Baseball Team have formed friendships across the generations for a winning combination! Visits include conversations about life, history, sports and even card games. Attending CDM Baseball Games the OC Silvers show team spirit and enjoy the comradery. Looking forward to additional events with and for the OC Silvers!

If you have an event or group you would like to share with the Men's Group, please contact the Life Enrichment Dept at Crown Cove, phone 949.760.2800.



**You're Welcome to Attend our Yoga Class!**  
Saturdays 1:30-2:30pm. Instructor-led Yoga guides us to find peace within through breathing, meditation and soothing music. Everyone has their own pace and range of motion that is honored and appreciated. Free and open to residents, their family and friends.



**The Crown Cove Team**  
We take pride in assisting you and your family members every day! Cherishing memories while enjoying new experiences. We welcome your friends and neighbors who would like to visit - Invite them to Brunch, Happy Hour, Family Night or any of our many activities. We look forward to meeting them!



**Enjoying the Ocean View**  
After the winter we've had, it's refreshing to enjoy vitamin D! Sally Pryor is one of many who have experienced a relaxing ride along the coastline with the sunroof open and great ocean breeze. Conversations, laughter and stories fill the time while taking in the beautiful sights.





**April Birthdays!!  
Happy Birthday to Lura!**



**Jenga!!**



**St. Patrick's Day Crafts!!**

**From our Journeys Family to  
yours-we wish you a very Happy  
Easter!!**



**Gordon Painting!!**



**Happy Hour Dancing!!**



**Relaxing in the Garden!!**

## Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."  
—Babe Ruth

"There are only two seasons—winter and baseball."  
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."  
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."  
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."  
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."  
—George Will



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