

*Everyone Deserves
a Great Life*

April 2017



MERIDIAN
AT BELLA MAR

825 OCEAN AVENUE • SANTA MONICA, CA 90403 • (310) 393-5258



Remember When: Clotheslines

Before many homes had clothes dryers, laundry often dried in the breeze on backyard clotheslines. After garments were washed, they were hauled in baskets to the line and hung with wooden clothespins to dry. Fresh air and sunshine created a distinctive scent that lingered on the clothes long after they were taken down. Clotheslines were also meeting spots for neighborhood women to chat, give advice and share news.



HERB & GORDON EXERCISING!

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.

MERIDIAN AT BELLA MAR MANAGEMENT TEAM

EXECUTIVE DIRECTOR

GEOFF LABELLE

OFFICE MANAGER DIRECTOR

MARIA SCHWARTZ

HEALTH SERVICES DIRECTOR

SOLANGE NKAJU

MEMORY CARE ACTIVITIES

KAREN TUVIA

MAINTENANCE DIRECTOR

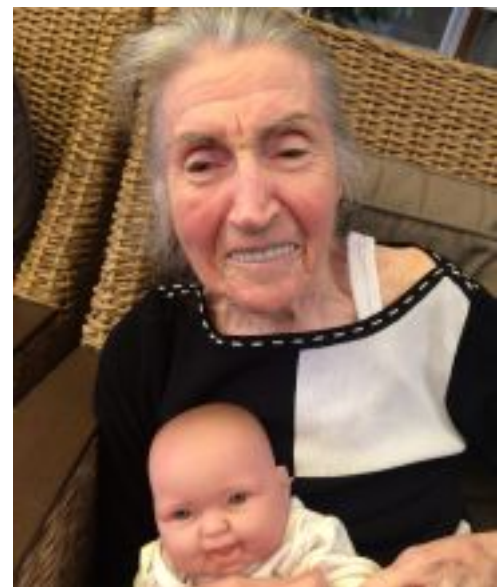
JORGE ORTEGA

JOIN US ON APRIL 6, 2017

FAMILY MEETING AT 6:30 P.M.



Guess Who this is? She is one of us!



Bathing Beauty

Loved by many people, there's actually a name for the unmistakable mystery person.

Please join her and us in our new **Activities**. The events are featured on the back. Be sure to RSVP for our Easter Celebration on Saturday, April 15, 2017!

RINA, We Love You!





Trivia Whiz

Busy Beavers

Known for their unique ability to adapt their environment to suit them, beavers are fascinating animals.

With powerful jaws and strong teeth, beavers fell trees and use them to build log and mud structures that block streams. These dams turn fields and forests into ponds.

Beaver dams are an important part of the ecosystem, helping slow floodwaters and control erosion.

These semi-aquatic rodents move easily through the water thanks to their stiff, flat tails and webbed feet. Their thick fur is waterproof, and they can hold their breath underwater for up to 15 minutes.

Beavers have orange teeth that never stop growing. They eat bark, roots and leaves from trees, as well as aquatic plants.



Sylvia & Marilyn Playing Brain Game



Join Us for the Holidays
Passover starts Sundown on 4/10/17 & Easter is 4/16/17



The Joy of Passover

Passover is an eight-day festival celebrated in the early spring (March or April), from the 15th through the 22nd of the Hebrew month Nissan.

The holiday celebrates the freedom of the Israelites from slavery in ancient Egypt. The book of Exodus tells how God sent Moses to deliver a message to Pharaoh to free the Jewish slaves. When Pharaoh refused, God sent a series of plagues to Egypt. The final plague was the death of all the firstborn. However, God “passed over” the houses of Jews, sparing those families’ firstborn.

Avoiding chametz, or leavened grain, is an important part of Passover. This tradition came about because the Jews fleeing Egypt were in a hurry and didn’t have time to let their bread rise. Unleavened bread, or matzah, is eaten during the days of the festival.

A Seder meal is held the first two nights of Passover and follows a series of rituals from a book called the Haggadah. Blessings are given, and specific foods—including matzah, bitter herbs, and wine or grape juice—are eaten.

The story of the first Passover is read from the Haggadah, prompted by the youngest person asking a set of questions, beginning with “Why is this night different from all other nights?”



All About Easter

Easter, one of the most important holidays in Christianity, celebrates the central event of the Christian faith: the resurrection of Jesus Christ after his crucifixion. This event is significant to Christians because, through his death and resurrection, Jesus suffered for the sins of the world, yet was able to overcome death.

Easter is observed on the first Sunday after the full moon that occurs on or after the vernal equinox (the first day of spring). According to the Bible, the events of the crucifixion and resurrection occurred during the Jewish Passover, a springtime celebration.

Easter is preceded by Lent, a 40-day period of fasting and repentance that begins on Ash Wednesday. The Sunday before Easter is Palm Sunday, the day that Jesus arrived in Jerusalem. The week before Easter is called Holy Week.

During Holy Week, Christians observe Maundy Thursday, when the Last Supper with Jesus and his disciples took place; and Good Friday, the day of the crucifixion. The resurrection is then celebrated on Easter Sunday.

Children often participate in Easter egg hunts and look forward to visits from the Easter Bunny, who is said to deliver candy and eggs during the night. Eggs and rabbits were once used as fertility symbols during ancient springtime festivals, but now represent new life when associated with the Easter holiday.

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

April 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



							APRIL FOOLS' DAY! 1 10:00 Ball Game 2:30 Snacks That Pack 6:00 Saturday Movie
Autism Day 2 9:00 Daily Chronicle 10:30 Stretching 11:30 Sunday Lunch 3:00 Sunday Social & Snack	NCAA 3 Championships 11:30 Menu Review 1:30 ART W/ DEE 6:00 Monday Movie	9:30 Brain BRUCE 4 1:30 French W/Nathalie 2:30 Chair Chi Exercise 6:00 Tuesday T.V.	9:00 Daily News 5 11:30 Menu Review 2:00 Chop & Chat 3:30 Aromatherapy 6:00 Wed. Westerns	MASTERS 6 10:00 Exercise 3:00 Social 4:00 Story Telling 6:30 FAMILY MEETING	9:00 Friday Facts 7 3:00 Fitness W/Melissa 4:00 Story of Passover 6:00 Evening Movie	9:30 Ball Toss 8 10:30 Beautiful Nails 1:30 JOEY 4:00 Garden 7:00 Saturday Movies	
9:00 Daily Chronicle 9 10:30 Stretching 11:30 Sunday Lunch 3:00 Sunday Social & Snack	PASSOVER 10 1:30 IRBY 3:30 GETTING READY FOR MOTZA 6:00 Monday Movie	PASSOVER 11 9:30 Brain Bruce 1:30 Spanish 2:30 Exercise 6:00 Tuesday T.V.	9:00 News 12 11:30 Menu Review 2:00 Mach Sadder 3:30 Chop & Chat MOTZA With PB&J 6:00 Wed. Westerns	9:00 Stretch 13 10:30 Book Club 2:00 Making Easter Eggs 3:00 Beach Walk	GOOD FRIDAY 14 9:00 Friday Facts 10:30 CHOIR 2:00 Ladan 3:00 Melissa	10:00 Ball Game 15 10:30 Nails 11:30 EASTER BRUNCH 4:30 Dinner 6:00 Saturday Movie	
EASTER 16 9:00 Sunday Paper 10:30 EGG HUNT 11:30 EASTER TRIVIA	BENAY K. 17 11:00 Birthday Party 1:30 Art W/ DEE 3:00 MARION 6:00 Monday Movie	9:30 Brain BRUCE 18 1:30 Mathew 2:30 Chair Chi Exercise 6:00 Tuesday T.V.	9:00 News 19 11:30 Menu Review 2:00 Chop & Chat 3:30 Aromatherapy 6:00 Wed. Westerns	9:00 Stretch 20 10:30 Religion 2:00 JOEL 3:00 Beach Walk 4:30 WEAR WHITE CANDLELIGHT DINNER	JOEL K. 21 2:00 SHABBAT 3:00 Move W/ Melissa 4:30 Birthday Dinner 6:00 Friday Flick	10:00 Ball Game 22 11:30 Lunch 2:00 Gardening 4:30 Dinner 6:00 Saturday Movie	
9:00 Stretch 23/30 10:30 Religion 11:30 Menu Review 1:30 BRIAN 3:00 Social 5:00 Beach Walk	HOLOCAUST REMEMBRANCE DAY! 24 10:30 SINGFIT 6:00 Monday Night Movie	9:30 Brain BRUCE 25 1:30 Sing Along 3:00 Bill Exercise 4:00 ALZHEIMER'S SUPPORT GROUP 6:00 Tuesday T.V. Night	9:00 Daily News 26 11:30 Menu Review 2:00 Chop & Chat 6:00 Wed. Westerns	9:00 Morning News 27 10:30 Café Hour 12:00 OPERA w/ Francesca 2:00 Spanish 6:00 Evening Movie	9:00 Friday Facts 28 10:00 CHOIR 2:00 Ladan 3:00 Fitness Melissa 4:00 Weekly Review	10:00 Ball Game 29 11:30 Lunch 2:00 Gardening 4:30 Dinner 6:00 Saturday Movie	

