

*Everyone Deserves
a Great Life*

April 2017



MERIDIAN
AT OCEAN VILLA

413 OCEAN AVENUE · SANTA MONICA, CA 90402 · (310) 393-0242

Diamonds In the Sky

Here on Earth, rainy days are a rite of spring, but you'd never expect diamonds to fall from the sky. However, that may be just what is happening on some other planets in our solar system. Scientists speculate that during storms on Saturn, Jupiter, Neptune and Uranus, lightning transforms methane in the atmosphere into graphite. As the graphite falls, intense pressure transforms it into diamonds. Although the hot temperatures of Saturn and Jupiter cause the diamonds to melt quickly, the cooler climates of Neptune and Uranus allow the precious stones to stay solid, even as they reach the planets' cores.

Found Money

While doing your spring cleaning, keep an eye out for unused gift cards, which might be lying forgotten in a drawer, on a dresser, or in a wallet or handbag. Even if the cards are for a store you don't frequent, you can still probably use them to buy a gift for someone else.

MERIDIAN AT OCEAN VILLA MANAGEMENT TEAM

**EXECUTIVE DIRECTOR:
GEOFF LABELLE**

**BUSINESS OFFICE
MANAGER: MARIA
SCHWARTZ**

**FACILITIES MANAGER:
JORGE ORTEGA**

**ACTIVITIES
COORDINATOR: SASHA
MALBROUGH**



Popcorn Pick: 'Bye Bye Birdie'

"Gray skies are gonna clear up; put on a happy face" croons Dick Van Dyke, in one of many memorable songs from this musical comedy. Van Dyke plays Albert, the agent of teenage rock star Conrad Birdie (Jesse Pearson), who's been drafted into the Army. Albert, with the help of his girlfriend, Rosie (Janet Leigh), stages one last personal appearance for the idol, a goodbye kiss won by a random lucky girl (Ann-Margret), but the event creates a slew of romantic snags for all involved. Released in 1963, the film made the young Ann-Margret a superstar.

Keep Seedlings Safe

Protect seedlings in flowerpots and garden beds from chilly overnight temperatures with a homemade cloche. Cut the base off a plastic 2-liter bottle and remove the cap, then place the bottle over the plant. Remove the cloche during warm, sunny days to prevent mildew growth.

Fragrant Forecast

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

WORLD CLASS ASSISTED LIVING IN SANTA MONICA!!!

Trivia Whiz

The Year Was: 1980

- Lake Placid, N.Y., hosts the Winter Olympics. In a dramatic upset dubbed the “Miracle on Ice,” the underdog U.S. team defeated the Soviet Union in the hockey semifinals, then went on to win the gold medal.
- A series of earthquakes trigger the eruption of Mount St. Helens, a volcano in Washington state.
- The U.S. census records 226.5 million residents.
- A record number of TV viewers tune in to “Dallas” to find out who shot J.R. Ewing, the main character of the popular prime-time soap opera.

The Wheels on the Bus Go Safely 'Round

The bus may be an affordable way to travel cross-country, but it's important to arm yourself with some safety tips before you board. Don't be a victim of bus theft or abuse.

Mind your own business. On long road trips, idle chatter abounds. If you hear something debatable, let it go. The bus is no place for an argument.

Pack your own eats. You'll probably only get the option for fast food and gas station food. Bring your own snacks to arrive well-nourished, not sugar-high.

Travel lightly. Think of the bus like an airport: You would never leave your luggage unattended while flying; this rule applies to bus travel, too.

Bring a blanket. It'll keep you warm and toasty—and hide your bags underfoot. If you fall asleep, it's a lot harder for someone to steal something out of your bag if it's wrapped up in a cocoon with you.

America's Garden

In celebration of National Rose Month in June, take a tour of the U.S. Botanic Garden, located across from the U.S. Capitol. It is the nation's oldest continuously operating public garden. Established by Congress in 1820, its purpose is to inform the public about the importance and value of plants to humankind. The Botanic Garden includes the Conservatory, Bartholdi Park and a large greenhouse. In 2001, the facility broke ground on an adjacent three-acre site for the National Garden. The new section opened Oct. 1, 2006, and features a water garden honoring America's First Ladies, a Rose Garden exhibiting many varieties of our national flower, a Regional Garden, a Butterfly Garden and the Lawn Terrace.



Outdoor Strolls

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent large-scale study by the University of Michigan reported reduced stress levels in people who walked outside with a group. Researchers believe that the combination of exercise, nature and social interaction serves as a powerful mood enhancer. People facing stressful life events, such as an illness, experienced the biggest boost; however, going on regular outdoor walks may contribute to an improved sense of well-being, even when you're feeling fine.



Good Ole Grands

The first Sunday after Labor Day is National Grandparents Day, a time to honor and recognize the important role grandparents and seniors play in the lives of their families and communities. Use the questions below to start a discussion about grandparents.

- Describe your grandparents. Where did they live? Did you see them often or just on holidays and special occasions? What are your favorite memories of them?
- If you did not have grandparents living nearby, was there another relative or family friend who was like a grandparent to you? Describe that relationship.
- What special hobbies, talents or unique attributes did your grandmother or grandfather possess? Did you inherit any of these?
- Is there a memorable piece of advice or lesson you learned from a grandparent?
- Are you a grandparent or grandparent-type figure? How many grandchildren do you have? What do you like most about the role?
- How does being a grandparent differ from being a parent?
- What is your favorite way to spend time with your grandchildren? What do you hope to teach them? What have your grandchildren taught you?

A Slice of Pie History

Pies, with their sweet fillings and flaky crusts, are popular desserts at Thanksgiving dinner, but pie hasn't always been the dish we know today.

Dating back to ancient civilizations, the first pies were filled with meat, fish and other savory foods. Crusts, made from various grains, were created to hold the filling, but not eaten. The Greeks were the first to combine flour and water to make a pastry shell.

Historians say pie made its way to England in the 12th century, where it was called pye. Beef, lamb and duck often made up the filling, held together by a thick, inedible crust. At royal banquets, "surprise pies" were used to provide entertainment: Live frogs, rabbits, birds and even people were encased in baked pastry and emerged when the crust was cut open.

English settlers brought their meat pies to Colonial America, where their thick crusts were used to preserve the fillings and keep them fresh. Colonists later used local berries and other fruits to make sweet pies.

As pioneers moved to the West, new pie recipes were created using regional foods. Then the 20th-century innovations of shortening, canned fillings and ready-made crusts made pie-making easier for all.

Contrary to popular belief, there was no pumpkin pie at the first Thanksgiving in 1621. The Plymouth Colony had no butter or wheat flour for making a crust, and ovens had not yet been built. Pumpkin pie didn't become a staple of Thanksgiving dinners until the 1800s.

Wit & Wisdom

Wit & Wisdom

"I got to thinking about relationships and partial lobotomies. Two seemingly different ideas that might just be perfect together—like chocolate and peanut butter."

—Sarah Jessica Parker

"All you need is love. But a little chocolate now and then doesn't hurt."

—Charles M. Schulz

"Look, there's no metaphysics on earth like chocolates."

—Fernando Pessoa

"There is nothing better than a friend, unless it is a friend with chocolate."

—Charles Dickens

"Strength is the capacity to break a chocolate bar into four pieces with your bare hands—and then eat just one of the pieces."

—Judith Viorst

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						April Fools' Day 1 10:00 Daily Chronicle 11:00 Trivia 2:00 Bingo 3:00 Entertainment 5:30 Film
10:00 Exercise With Mary 1:00 TV Land 3:00 Bingo 5:30 Sunday Night Film	10:30 Art With Dede 11:00 Exercise W/ Mary 3:00 Music With Irby 5:30 Monday Night Film	10:30 Grow Brain Game 1:00 Bingo 2:00 Tai Chi 5:30 Tuesday Night Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Karaoke 3:00 Bingo 5:30 Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Trivia 3:00 Nathalie 5:30 Thursday Film	10:00 Daily Chronicle 11:00 Light Exercise 2:45 Shabbat 3:30 Bingo 5:30 Friday Night Film	10:00 Daily Chronicle 11:00 Trivia 2:00 Bingo 3:00 Entertainment 5:30 Film
10:00 Exercise With Mary 1:00 Daily Chronicle 3:00 Bingo 5:30 Sunday Night Film	10:30 Exercise W/Mary 3:00 Music With Irby 5:30 Monday Night Film	10:30 Grow Brain Game 1:00 Bingo 2:00 Tai Chi 5:30 Tuesday Night Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Karaoke 3:00 Bingo 5:30 Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Trivia 3:00 Happy Hour 5:30 Thursday Film	10:00 Daily Chronicle 11:00 Light Exercise 2:45 Shabbat W/Ladan 3:30 Bingo 5:30 Friday Film	10:00 Daily Chronicle 11:00 Trivia 2:00 Bingo 3:00 Entertainment 5:30 Film
Easter 16 10:00 Exercise With Mary 1:00 Daily Chronicle 3:00 Bingo 5:30 Sunday Film	10:30 Art With Dede 11:00 Exercise W/Mary 1:30 Music With Marion 5:30 Monday Film	10:30 Grow Brain Game 1:00 Bingo 2:00 Tai Chi 5:30 Tuesday Night Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Karaoke 3:00 Bingo 5:30 Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Trivia 3:00 Group Game 5:30 Thursday Film	10:00 Daily Chronicle 11:00 Light Exercise 2:45 Shabbat 3:30 Bingo 5:30 Friday Night Film	10:00 Daily Chronicle 11:00 Trivia 2:00 Bingo 3:00 Entertainment 5:30 Saturday Night Film
10:00 Exercise With Mary 1:00 Daily Chronicle 3:00 Bingo 5:30 Sunday Night Film	10:30 Exercise With Mary 3:00 Music With Jimmy Brewster 5:30 Monday Night Film	10:30 Grow Brain Game 1:00 Bingo 2:00 Tai Chi 5:30 Tuesday Night Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Karaoke 3:00 Bingo 5:30 Film	10:00 Morning News 11:00 Movement W/Melissa 2:00 Trivia 3:00 Meditation 5:30 Thursday Film	10:00 Daily Chronicle 11:00 Light Exercise 2:45 Shabbat W/ Ladan 3:30 Bingo 5:30 Friday Film	10:00 Daily Chronicle 11:00 Trivia 2:00 Bingo 3:00 Entertainment 5:30 Saturday Night Film

"This Month In History"

APRIL

1789: George Washington is inaugurated as the first president of the United States.

1792: Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

1805: Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

1817: Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

1822: Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

1925: "The Great Gatsby" by F. Scott Fitzgerald is published.

1949: The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

1970: Earth Day is observed for the first time.

1974: Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

1976: Steve Jobs and Steve Wozniak form Apple Computer Inc.

1981: The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

1990: The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.