

PUZZLE CORNER

Puzzle #1

CROSSWORD

Horizontally:



Vertically:



September is Here

by Lenore Hetrick

School bells ringing in the morning,
 Little girls in fresh print gowns.
 Little boys playing together
 Some acting like wild circus clowns.
 From the trees the red leaves falling,
 Wild geese flying overhead,
 The squirrels hiding countless nuts
 In their secret, wintry bed.
 All these signs point just one way.
 Their meaning to the world is clear.
 September, first month of autumn,
 Once again is reigning here.



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In the blink of an eye, August is gone, and September is here. We enjoyed our summer to the fullest and looking forward to our fall: pumpkin scents, apple-picking and the crisp fresh air.

What a great summer this was!

Our outings were a big hit! We went to the Getty Villa, the Santa Monica Flying Museum, and Beautiful Tongva park. We took many walks around our gorgeous town and even came out unfazed from the storm of the century and an earthquake! Even the LA Zoo came and paid us a visit!

Fall will bring lots of new adventures. We will continue to visit more places around town: places frequently visited during fall, such as pumpkin patches to pick our own pumpkins to carve.




Answers to puzzle #1

- Horizontally:**
 1.garlic, 2.onion, 3.cucumber, 4.potato,
 6.carrot, 7.tomato, 8.beet, 10.peas.
- Vertically:**
 3.chili, 4.pumpkin, 5.eggplant,
 8.broccoli, 9.pepper.

Make it a
September
 to
remember

We would like to invite our residents' friends and family to join us for entertainment and snacks Saturday September 23rd from 1pm-2:30pm


Be ready to be entertained and to sing and dance along with Robert Ryman!



Welbrook
at the
GETTY



STAFF
Spotlight



Shana started working at Welbrook in March 2022. She has 13 years of experience working with seniors under her belt. Her dad inspired her to get into this line of work because he took care of his father when he wasn't able to care for himself. She started as a caregiver and has now also taken on the role of Medication Technician. She enjoys working with seniors because they show her appreciation, and she feels their love. Shana's hobbies are helping people, swimming, parasailing, golf carting, Kayaking, taking helicopter rides and cooking. She loves to spend time with her daughter and family. Her favorite food is Indian food and favorite color is navy blue.



The Getty Villa, to me, is one of the most beautiful places in the west side. I have been going here since I was a young girl, back when the main Getty house used to be open to visitors. I never believed that at one point it was someone's home. As I got older, I realized that was true. This beautiful place was a family home to the Getty family.

We were finally able to visit this summer and it did not disappoint. The gardens were lush, and the flowers were in full bloom.

We sat in their picnic area and had a delicious meal while enjoying the warmth of the day and the breeze from the ocean. We will be visiting again soon, as soon as the weather gets cooler.

All in all, it was a great outing. The artwork is as perfect as I remember it.

~Catalina

Shana is a hard worker. Her dedication shows in the love and respect she shows us all!

"We can learn from their experiences."

-Shana

STAFF

Spotlight



Meet Kayla!
 Kayla has been working at Welbrook for 6 months. This is the first time she has worked with seniors (besides being there for her elderly family members who needed her assistance), having been a bartender back home in Jamaica. What she enjoys the most in working with seniors is the different personalities she gets from them. To her, her residents are like her grandparents she never got to meet, and it shows in the way she loves them. She never thought she would enjoy working at a care facility.

Kayla's hobbies include hanging out with her friends and family and she loves learning new things. She is a mother of two beautiful children, a boy and a girl.

"Whenever I am feeling down, the simple 'I LOVE YOU and I appreciate what you do' from her residents, brings her joy".

"Once you love what you are doing, it becomes easy".



The Museum of Flying was so much fun! We started our visit with a lovely picnic at Airport Park. The weather was warm but under the shade from the trees and with the breeze from the north, it was perfection. Once we entered the Museum of Flying, we were greeted by the wonderful staff and had the best private tour around the museum. We learned about the history of flight and the history of this amazing museum. We got to enjoy their impressive aircraft collection, such as the Beech Staggerwing, Boeing Stearman, Cessna L-19 "Bird Dog" and the North American SNJ-5, just to name a few. They have cool features as well such as the Museum Theater, a 360-degree flight simulator, and The Douglas Aircraft Boardroom. It was a great experience!

September 2023 Engagement Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1450 17th St. Santa Monica, CA 90404 424-282-3002</p>			<p>"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow." — Shauna Niequist</p>	<p>9:30 Yoga w/Maria 10:00 Hydration/Meditation 10:15 Memory Lane/Painting 10:30 Morning Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Spanish 101 2:00 Shabbat w/Jeffry 2:30 Snacks and Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Tai Chi w/ Maria 10:00 ☀️ Hydration and Meditation 10:15 Memory Lane Group 10:30 Morning Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Musical Interlude 1:30 Entertainment by Nocy 2:30 Snacks and Beverages 3:00 Afternoon Movie 4:30 Wordle/Word Search 6:00 Evening Movie</p>
<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane Group 10:30 The Daily Scoop 11:00 UCLA Brain Exercise Initiative 1:30 Entertainment by Rich Cohen 2:00 Let's go for a walk 2:30 Snacks & Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>Labor Day 9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane Group 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Bingo for Chocolate 2:00 A History of Labor Day 2:30 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane/Puzzles 10:30 Poetry with Charles 11:00 UCLA Brain Exercise Initiative 1:00 Sing a Long 2:00 Arts n Crafts w/Daisy 3:00 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Lifting weights 10:00 ☀️ Hydration/Massage 10:15 Memory Lane Group 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Let's go for a walk 1:30 Entertainment by Wayne 2:30 Tea Party w/ Snacks 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:00 Beauty Salon to the Stars 9:30 Exercise 10:00 Hydration 10:15 Memory Lane/Sunshine 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Mosaic/Library Outing 1:30 Documentary 2:30 Snacks and Beverages 3:30 Crossword/Word Games 6:00 Evening Movie</p>	<p>9:30 Yoga w/Maria 10:00 Hydration/Meditation 10:00 Morning Trivia 10:15 Memory Lane/Painting 11:00 UCLA Brain Exercise Initiative 1:00 Let's Play Password 2:00 Shabbat w/Jeffry 2:30 Snacks and Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Tai Chi w/ Maria 10:00 ☀️ Hydration and Meditation 10:15 Memory Lane Group 10:30 Morning Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Musical Interlude 1:30 Entertainment by Justin Curtis 2:30 Snacks and Beverages 3:00 Afternoon Movie 4:30 Wordle/Word Search 6:00 Evening Movie</p>
<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane 10:30 The Daily Scoop 11:00 UCLA Brain Exercise Initiative 1:00 Entertainment by Felice 2:00 Let's go for a walk 2:30 Snacks & Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane Group 10:30 The Daily Scoop 11:00 UCLA Brain Exercise Initiative 1:00 Bingo for Chocolate 2:00 Auction w/ Catalina & Daisy 2:30 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane 10:30 Poetry with Charles 11:00 UCLA Brain Exercise Initiative 1:00 Name That Tune 2:00 Gardening class 3:00 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Lifting weights 10:00 ☀️ Hydration/Massage 10:15 Memory Lane Group 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Entertainment by Ernie Hernandez 2:00 Let's go for a walk 2:30 Tea Party w/ Snacks 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:00 Beauty Salon to the Stars 9:30 Exercise 10:00 Hydration 10:15 Memory Lane/Sunshine 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Mosaic/Beach Outing 1:30 Documentary 2:30 Snacks and Beverages 3:30 Crossword/Word Games 6:00 Evening Movie</p>	<p>9:30 Yoga w/Maria 10:00 Hydration/Meditation 10:15 Memory Lane/Painting 10:30 Morning Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Let's Play 10,000 Pyramid 2:00 Shabbat w/Jeffry 2:30 Snacks and Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Tai Chi w/ Maria 10:00 ☀️ Hydration and Meditation 10:15 Memory Lane Group 10:30 Morning Trivia 11:00 UCLA Brain Exercise Initiative 1:30 Entertainment by Irby Gascon 1:30 Let's go for a walk 2:30 Snacks and Beverages 3:00 Afternoon Movie 4:30 Wordle/Word Search 6:00 Evening Movie</p>
<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane Group 10:30 The Daily Scoop 11:00 UCLA Brain Exercise Initiative 1:00 Entertainment by Fred Horn 2:00 Let's go for a walk 2:30 Snacks & Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Exercise 10:00 ☀️ Hydration/Massage 10:15 Memory Lane Group 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Bingo for Chocolate 2:00 Let's go for a walk 2:30 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane/Puzzles 10:30 Poetry with Charles 11:00 UCLA Brain Exercise Initiative 1:00 Password 2:00 Arts n Crafts w/Daisy 3:00 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Lifting weights 10:00 Hydration/Massage 10:15 Memory Lane Group 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Let's go for a walk 1:30 Entertainment by Preston Gould 2:30 Tea Party w/ Snacks 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:00 Beauty Salon to the Stars 9:30 Exercise 10:00 Hydration 10:15 Memory Lane/Sunshine 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Mosaic/Water Garden Outing 1:30 Documentary 2:30 Snacks and Beverages 3:30 Crossword/Word Games 6:00 Evening Movie</p>	<p>9:30 Yoga w/Maria 10:00 Hydration and Meditation 10:15 Memory Lane/Painting 10:30 Shabbat w/Tia Maria 11:00 UCLA Brain Exercise Initiative 1:00 Gardening class 2:00 Let's go for a walk 2:30 Snacks and Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Tai Chi w/ Maria 10:00 ☀️ Hydration and Meditation 10:15 Memory Lane Group 10:30 Morning Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Entertainment by Bob Ryman 1:00 Inviting Family and Friends to see the show and have some snacks. 2:30 Snacks and Beverages 3:00 Afternoon Movie 4:30 Wordle/Word Search 6:00 Evening Movie</p>
<p>9:30 Exercise 10:00 ☀️ Hydration 10:15 Memory Lane Group 10:30 The Daily Scoop 11:00 UCLA Brain Exercise Initiative 1:00 Entertainment by Nocy 2:00 Let's go for a walk 2:30 Snacks & Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Exercise 10:00 ☀️ Hydration/Massage 10:15 Memory Lane Group 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Bingo for Chocolate 2:00 Let's go for a walk 2:30 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Exercise 10:00 ☀️ Hydration/Massage 10:15 Memory Lane/Puzzles 10:30 Poetry with Charles 11:00 UCLA Brain Exercise Initiative 1:00 A History of Music 2:00 Arts n Crafts w/Daisy 3:00 Snacks and Beverages 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Lifting weights 10:00 Hydration/Massages 10:15 Memory Lane Group 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Let's go for a walk 1:30 Entertainment by Sonya Sargent 2:30 Tea Party w/ Snacks 3:30 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:00 Beauty Salon to the Stars 9:30 Exercise 10:00 Hydration 10:15 Memory Lane/Sunshine 10:30 Daily Scoop/Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Mosaic/Lunch Outing 1:30 Documentary 2:30 Snacks and Beverages 3:30 Crossword/Word Games 6:00 Evening Movie</p>	<p>9:30 Yoga w/Maria 10:00 Hydration/Meditation 10:15 Memory Lane/Painting 10:30 Shabbat w/Jeffry 11:15 UCLA Brain Exercise Initiative 1:00 Jeopardy 2:00 Let's go for a walk 2:30 Snacks and Beverages 3:00 Crossword/Word Games 4:30 Wordle/Word Search 6:00 Evening Movie</p>	<p>9:30 Tai Chi w/ Maria 10:00 ☀️ Hydration and Meditation 10:15 Memory Lane Group 10:30 Morning Trivia 11:00 UCLA Brain Exercise Initiative 1:00 Musical Interlude 1:30 Entertainment by Robert Ryman 2:30 Snacks and Beverages 3:00 Afternoon Movie 4:30 Wordle/Word Search 6:00 Evening Movie</p>