

# livfun

Newport Beach Plaza

MAY 2012 • ENJOY THE JOURNEY

## Enjoy the Journey!

### Words of Wisdom From Nature

Live Your Life as a Tree

Stand tall and proud

Sink your roots into the earth

Be content with the natural beauty

Go out on a limb

Drink plenty of water

Remember your roots

Enjoy the view

Live Your Life as a Garden

Plant three rows of peace

Peace of mind

Peace of heart

Peace of soul

Plant four rows of squash

Squash gossip

Squash indifference

Squash selfishness

Plant four rows of lettuce

Lettuce be faithful

Lettuce be kind

Lettuce be patient

Lettuce really love one another

No garden is without turnips

Turnip for meetings



Turnip for service

Turnip to help each other

To conclude our garden, we must have thyme

Thyme for each other

Thyme for family

Thyme for friends

**Do not forget to water your garden freely with patience and cultivate your garden with love. Remember, you reap what you sow!**

### Tales of Inventions

In June, the monthly theme will be Tales of Invention and the Plaza is doing its own spin on the theme. So save the date of June 23 (Saturday), because Newport Beach Plaza is proud to present the Tails of Love. We are hosting another Pet Adoption Day to benefit Stella's Hope, a non-profit organization that rescues dogs from kill shelters by providing them safe and loving foster homes until the perfect "furrever" home is found. There will be plenty of dogs to be adopted. As an added bonus, there will be a doggy kissing booth! Even if you are not adopting, please come by anyways and drop off a monetary donation. This memorable event will be from 9:30 a.m. to 3 p.m.

### Walk With Us

Do you have cancer? Do you know anyone who has or had cancer? Has your life been touched by cancer? If you said "yes" to any of those these questions, then you need to come on a journey with me. This month is the American Cancer Society's signature, all-volunteer-run, community-based fundraising event. I am talking about the 24-Hour Relay for Life, which is being held at Newport Harbor High from May 19-20. The event starts at 10 a.m. on the track and ends 24 hours later, still on the same track. You are not required to stay the whole 24 hours, but I would suggest that you come for a while and see what this fundraiser is all about and why it is so important. You are invited to join Plaza staff members and residents as they walk around the track raising money for the American Cancer Society and all the wonderful services they provide. Also, you can watch as others take the same walking journey – some as cancer survivors, some as caregivers that took care of a loved one with cancer and some who are walking in memory of a loved one who lost the battle. Come along and join us as we all Walk to Celebrate, Walk to Remember and Walk for Hope! (For additional information, check out cancer.org and click on the Relay for Life link).

*(Continued on back)*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Birthdays</b>                      Myrna Vogt, 2nd                      Mary Lou Greer, 2nd                      Richard Plummer, 5th                      Jorge Jimenez, 8th (Employee)                      Peggy Wilson, 10th                      Marilyn Knowlden, 12th</p>	<p>Ken Sarvak, 18th                      Alex Zermeno, 18th (Employee)                      Beth Hodson, 21st (Employee)                      Jackie Morgan, 21st (Employee)                      Gil Aragon, 30th (Employee)                      Gloria Holler, 31st</p>	<p>1                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Get Slim With Gym Time                      3:00 Bingo                      7:00 Movie Night</p>	<p>2                      11:00 Posit Science Class                      11:00 Get Yourself Balanced                      2:00 Resident Council Meeting                      3:00 Trivial Trivia                      3:30 Hearing Clinic                      7:00 Movie Night</p>	<p>3                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Walk &amp; Talk                      2:00 Current Affairs With April                      3:00 Let's Sing, Sing, Sing!                      7:00 Movie Night</p>	<p>4                      9:15 Balboa Pier Walk                      10:30 Catholic Church                      11:00 Posit Science Class                      11:00 Get Yourself Balanced Class                      1:00 Outing to Ocean Institute                      1:30 Wii Game                      2:00 Gym Time With Beth                      2:15 Freestyle Bingo                      3:00 Are You Game?                      6:30 Rummikub                      7:00 Movie Night</p>	<p>5  <b>CINCO DE MAYO</b>                      9:30 Mystery Bus Ride                      10:30 Bible Study                      11:00 Muve Class                      1:30 Wii Bowling                      2:00 Poker With Ron                      2:00 Gym Time                      2:15 Art Class: Practical Masterpieces                      7:00 Movie Night</p>
<p>6                      9:30 Let's See the World!                      9:30 Church Runs                      1:30 Mystery Bus Drive                      2:00 Bingo                      3:00 Ice Cream Social                      3:30 Church Services                      7:00 Movie Night</p>	<p>7                      9:15 Newport Pier Walk                      11:00 Posit Science Class                      1:30 Wii Bowling                      2:00 Plaza Book Club                      2:30 Brain Fitness Bingo                      7:00 Armchair Astronomy</p>	<p>8                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Get Slim With Gym Time                      3:00 Bingo                      7:00 Movie Night</p>	<p>9                      11:00 Posit Science Class                      11:00 Get Yourself Balanced                      1:30 Afternoon Pier Stroll                      3:00 Trivial Trivia                      7:00 Movie Night</p>	<p>10                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Walk &amp; Talk                      2:00 Current Affairs With April                      3:00 Let's Sing, Sing, Sing!                      7:00 Movie Night</p>	<p>11                      9:15 Balboa Pier Walk                      10:30 Catholic Church                      11:00 Posit Science Class                      11:00 Get Yourself Balanced Class                      1:30 Wii Game                      2:00 Gym Time With Beth                      2:15 Freestyle Bingo                      3:00 Are You Game?                      6:30 Rummikub                      7:00 Movie Night</p>	<p>12                      9:30 Mystery Bus Ride                      10:30 Bible Study                      11:00 Tai Chi Class                      1:30 Wii Bowling                      2:00 Poker With Ron                      2:00 Gym Time                      2:15 Art Class: Practical Masterpieces                      7:00 Movie Night</p>
<p>13  <b>MOTHER'S DAY</b>                      9:30 Let's See the World!                      9:30 Church Runs                      11:00 Mother's Day Brunch                      1:30 Mystery Bus Drive                      2:00 Bingo                      3:00 Ice Cream Social                      3:30 Church Services                      7:00 Movie Night</p>	<p>14                      9:15 Newport Pier Walk                      11:00 Posit Science Class                      1:30 Wii Bowling                      2:30 Bingo Bash                      7:00 Movie Night</p>	<p>15                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Get Slim With Gym Time                      3:00 Bingo                      7:00 Movie Night</p>	<p>16                      11:00 Posit Science Class                      11:00 Get Yourself Balanced                      1:30 Afternoon Pier Stroll                      3:00 Trivial Trivia                      7:00 Movie Night</p>	<p>17                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:00 Internet Cafe Coffee Talk                      1:30 Walk &amp; Talk                      2:00 Current Affairs With April                      4:30 ACS Fundraiser Family Night Dinner                      7:00 Mariachi Dance Show</p>	<p>18                      9:15 Balboa Pier Walk                      10:30 Catholic Church                      11:00 Posit Science Class                      11:00 Get Yourself Balanced Class                      1:30 Wii Game                      2:00 Gym Time With Beth                      2:15 Freestyle Bingo                      3:00 Are You Game?                      6:30 Rummikub                      7:00 Movie Night</p>	<p>19  <b>ARMED FORCES DAY</b>                      9:45 RFL Fundraiser Walk                      10:00 Angel Pets                      10:30 Bible Study                      11:00 Muve Class                      1:30 Wii Bowling                      2:00 Poker With Ron                      2:00 Gym Time                      2:15 Art Class: Practical Masterpieces                      7:00 Movie Night</p>
<p>20                      9:30 Let's See the World!                      9:30 Church Runs                      1:30 Mystery Bus Drive                      2:00 Bingo                      3:00 Ice Cream Social                      3:30 Church Services                      7:00 Movie Night</p>	<p>21                      9:15 Newport Pier Walk                      11:00 Posit Science Class                      1:30 Wii Bowling                      2:30 Bingo Bash                      7:00 Movie Night</p>	<p>22                      9:30 Sittercise Exercise                      10:30 Music/Talk With Jeff                      11:00 Posit Science Class                      1:30 Get Slim With Gym Time                      3:00 Bingo                      7:00 Movie Night</p>	<p>23                      11:00 Posit Science Class                      11:00 Get Yourself Balanced                      1:30 Afternoon Pier Stroll                      3:00 Trivial Trivia                      7:00 Movie Night</p>	<p>24                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Walk &amp; Talk                      2:00 Current Affairs With April                      3:00 Let's Sing, Sing, Sing!                      7:00 Movie Night</p>	<p>25                      9:15 Balboa Pier Walk                      10:30 Catholic Church                      11:00 Posit Science Class                      11:00 Get Yourself Balanced Class                      1:30 Wii Game                      2:00 Gym Time With Beth                      2:15 Freestyle Bingo                      3:00 Are You Game?                      6:30 Rummikub                      7:00 Movie Night</p>	<p>26                      9:30 Mystery Bus Ride                      10:30 Bible Study                      11:00 Tai Chi Class                      1:30 Wii Bowling                      2:00 Poker With Ron                      2:00 Gym Time                      2:15 Art Class: Practical Masterpieces                      7:00 Movie Night</p>
<p>27                      9:30 Let's See the World!                      9:30 Church Runs                      1:30 Mystery Bus Drive                      2:00 Bingo                      3:00 Ice Cream Social                      3:30 Church Services                      7:00 Movie Night</p>	<p>28  <b>MEMORIAL DAY</b>                      11:00 Posit Science Class                      11:00 Memorial Day BBQ                      12:00 Book Club Lunch/ Discussion                      1:30 Wii Bowling                      2:30 Bingo Bash                      7:00 Movie Night</p>	<p>29                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Get Slim With Gym Time                      3:00 Bingo                      7:00 Movie Night</p>	<p>30                      11:00 Posit Science Class                      11:00 Get Yourself Balanced                      1:30 Afternoon Pier Stroll                      3:00 Trivial Trivia                      7:00 Movie Night</p>	<p>31                      9:30 Sittercise Exercise                      11:00 Posit Science Class                      1:30 Walk &amp; Talk                      2:00 Current Affairs With April                      3:00 Let's Sing, Sing, Sing!                      7:00 Movie Night</p>	<p><b>Service Anniversaries</b>                      Maria Bedolla, 5/23/1996                      Liliana Salas, 5/25/2011</p>	

# Enjoy the Journey! (Continued)

## Journey to the Ocean

For the past three months, employees of the Ocean Institute have been coming to the Plaza and putting on educational talks about sea life, life in the tide pools, marine mammals and sharks, and wisdom from sea creatures. We even learned about sex in the sea. Well, this month we are taking a trip down the coast to Dana Point Harbor to visit the Ocean Institute. The subject matter for this month's lecture is Critter Care. The OI staff will be giving us a first hand look at how they rescue, nurse back to health and overall take care of and save different critters from the sea. Also, we will be getting an up close and personal look at the comings and goings of life in the sea. So, if you want to become a wanna-be Jacques Cousteau for the afternoon, sign up for this Friday, May 4 outing to Dana Point.

## Mother-Mommy-Mama-Ma!

If you are any of the above titles, then we have a special event just for you. Newport Beach Plaza is hosting a Mother's Day Brunch for all those ladies who are moms! Come to the Plaza on Sunday, May 13, from 11a.m. to 2 p.m. All mamacitas can eat for free! No, you do not have to bring proof or drag your kids along, but it would help if they were with you (just in case)! You must make a reservations, and remember – only madres can eat for free!

## Take a Trip Down Music Memory Lane!

Remember when music was music? You could dance to it? You could understand the words? If you like the sounds and sights of the good old days, then join us at the Encore Dinner Theater in Old Town Tustin. The "Swing Into Spring" show is a top-rate extravaganza complete with a 13-piece orchestra and top-notch singers who will take you on a journey back to the days of Miller, Goodman, the Dorsey Boys, Shaw and all the other great bandleaders. You will be whisked back to the days of your youth as you listen to and remember all of those familiar tunes. But wait – along with the musical treat for your eyes and ears, you also get to a yummy treat for your taste buds. The Encore Theater will be serving a delicious and mouthwatering three-course meal to enjoy as you watch the show. This is all happening on Saturday, May 12, and it is a matinee show at 1 p.m. Sign up early, because seats on the bus are limited!

## Journey to the Fun Side

Beth, our wonderful Prime Fit Instructor, has cooked up another one of her Mini Relay Games for the Plaza. Beth has put together several fun and memorable games that will challenge you, delight you and make you use your skills. It may even puzzle you, but most of all this (always uplifting) event makes you smile, laugh and have a total blast! This event will be held on the second floor on Tuesday, May 8, from 1:30-3 p.m. I cannot tell you what all Beth has planned, as I have been sworn to total secrecy. I can tell you that if you have never participated before you should come join us, even if you just want to watch. You do not want to miss out on all the fun!

## A Watery Journey for a Healthier Life

Observe a plant before and after being watered and relate those benefits to your body and brain. Drink fresh water and as much water as you can. Water flushes unwanted toxins from your body and keeps your brain sharp!

## Road Tripping

Come along with us! We are hitting the road and heading up to Irvine Regional Park. The spring weather is here, and that only means one thing – it is time for a picnic! Chef Mark will be providing us with some of his mouthwatering yummys for our tummies! After we have eaten to our hearts desire, we will take a walk on the wild side with a visit to the local zoo. The Orange County Zoo is a unique one because it houses its animals in naturalistic habitats, which in turn encourages natural behaviors amongst the creatures. This also enhances the education of all those who are visiting and observing the animals. Another exclusive part of the zoo is that all of the plants and animals at the zoo are native to the Southwestern area of the United States. This is a great place to walk around, relax on a park bench and/or to bring out the kid in you. There is a train ride that you can jump on to take you all around the park.

## California Gold Is Coming

Please save the date of Thursday, May 19. "Why?" you ask. Well, that is the night of our annual Casino Night/Family Night Dinner. And in honor of the monthly theme for July, All Things Golden, we will be going back to the roots of our golden state of California. We will be honoring those who started this great state! We have raised the bar with our theme, food and entertainment. When the time gets closer, you will be getting additional information. Until then, mark that date down because you do not want to miss this event!

**NEWPORT BEACH PLAZA**

LIVING BETTER THAN EVER

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