

# CITY VIEW CALENDAR

# August 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"August brings into sharp focus and a furious boil everything I've been listening to in the late spring and summer.

- Henry Rollins

## AUGUST DAYS TO NOTE...

01 National Girlfriends Day	10 Lazy Day
01 Respect for Parents Day	11 Son's and Daughter's Day
01 Earth Overshoot Day	13 Left-Handers Day
03 National Watermelon Day	15 National Relaxation Day
04 American Family Day	16 Tell a Joke Day
05 Work Like A Dog Day	17 National Thrift Shop Day
06 Root Beer Float Day	21 National Senior Citizens Day
08 Happiness Happens Day	25 Banana Split Day
09 Book Lovers Day	27 National Just Because Day

## BEAUTICIAN

Mondays and Thursdays.  
Appointments made at the Concierge

## PODIATRY

See Front Desk to coordinate your appointment for either of these services.

Enjoy Snacks and Games all day in our COFFEE CORNER on the 2nd floor

**4**

10:00	Exercise w/Lida L5
11:00	Uno L5
2:00	CityView Walking Club L1
3:00	Afternoon Concert L5 Accordionist & Baritone Singer David Childs
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 The Pink Panther

**5** Dr. Appointment Days

10:00	Exercise w/Anna L5
11:00	Uno L5
1:30	CityView Walking Club L1
2:00	Culinary Creations L5 Berry Cobbler w/Vanilla Ice Cream
3:00	Creative Zone w/Stephanie L5
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 The Book of Eli

**6**

10:00	Yoga w/Meredith L5
11:00	Discussion: Does Technology Divide Us or Connect Us? L5
1:00	Outing to Trader Joes L1
2:00	CityView Walking Club L1
2:30	Jeopardy Trivia Time! L5
4:00	Bingo w/Arnold L5
5:00	PORTS OF CALL Hawaiian Dinner L2
6:30	Evening Movie: The American

**7** Dr. Appointment Days

10:00	Workout w/Arnold L5
11:00	Uno L5
12:30	Piano Entertainment
2:00	CityView Walking Club L1
3:00	Karaoke w/Manny L5
4:00	Pokeno w/Arnold L5
7:00	Evening Movie L5 Road House

**8**

10:00	Workout w/Tuekeha L5
11:00	Scenic Drive Around Hollywood & Griffith Park L1
2:00	CityView Walking Club L1
3:00	Blackjack Coffee Corner
4:00	Bingo w/Arnold L5
6:30	Evening Movie L5 Swordfish
6:30	Cocktail Hour, Game Room

**9** Dr. Appointment Days

10:00	Uno L5
11:00	Workout w/Laurel L5
2:00	CityView Walking Club L1
2:30	Jeopardy Trivia Time! L5
4:00	Bingo w/Arnold L5
6:30	Shabbat Service L5
8:00	Evening Movie L5 Mean Streets

**10**

10:00	Exercise w/Arnold L5
11:00	Spanish 101 w/Arnold L5
1:30	Prayer Group L5
2:00	CityView Walking Club L1
3:00	Tai Chi w/Ralph L5
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 The Wolf's Call

**11**

10:00	Exercise w/Lida L5
11:00	Jewelry w/Juniper L5
12:30	Afternoon Concert L5
2:00	CityView Walking Club L1
3:00	Documentary: Killer Hurricanes L5
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 The Iron Lady

**12** Dr. Appointment Days

10:00	Exercise w/Anna L5
11:00	Documentary L5 The Accountant of Auschwitz
1:30	CityView Walking Club L1
2:00	Culinary Creations L5 Carrot Cake w/Topping
3:00	Art & Music w/Jane L5
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 Mean Dreams

**13**

10:00	Yoga w/Meredith L5
11:00	Resident Council Meeting L5
1:00	Outing to Sprouts L1
2:00	CityView Walking Club L1
2:30	Jeopardy Trivia Time! L5
4:00	Bingo w/Arnold L5
5:00	PORTS OF CALL Hawaiian Dinner L2
6:30	Evening Movie: Fracture

**14** Dr. Appointment Days

10:00	Workout w/Arnold L5
11:00	Uno L5
12:30	Piano Entertainment
2:00	CityView Walking Club L1
3:00	Karaoke w/Manny L5
4:00	Pokeno w/Arnold L5
7:00	Evening Movie L5 Straw Dogs

**15**

10:00	Workout w/Tuekeha L5
11:00	Outing to the Museum of Flying L1
2:00	CityView Walking Club L1
3:00	Blackjack Coffee Corner
4:00	Bingo w/Arnold L5
6:30	Evening Movie L5 Copycat
6:30	Cocktail Hour, Game Room

**16** Dr. Appointment Days

10:00	Uno L5
11:00	Workout w/Laurel L5
2:00	CityView Walking Club L1
3:00	Scrabble w/Arnold L5
4:00	Bingo w/Arnold L5
6:30	Shabbat Service L5
8:00	Evening Movie L5 Pink Panther 2

**17**

10:00	Exercise w/Arnold L5
11:00	Spanish 101 w/Arnold L5
1:30	Prayer Group L5
2:00	CityView Walking Club L1
3:00	Tai Chi w/Ralph L5
4:00	Bingo w/Mike L5
6:30	Evening Movie L5 The Grinch

**18**

10:00	Exercise w/Lida L5
11:00	Uno L5
12:30	Afternoon Concert L5
2:00	CityView Walking Group L1
3:00	Documentary: Bird Brain L5
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 Patrick

**19** Dr. Appointment Days

10:00	Exercise w/Anna L5
11:00	Uno L5
1:30	CityView Walking Club L1
2:00	Culinary Creations L5 Chocolate Chip Cookies
3:00	Poetry Corner w/Stephanie L5
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 The Cat in the Hat

**20**

10:00	Yoga w/Meredith L5
11:00	Let's Make Hawaiian Leis w/Arnold L5
1:00	Outing to Target L1
2:00	CityView Walking Club L1
2:30	Jeopardy Trivia Time! L5
4:00	Bingo w/Arnold L5
5:00	PORTS OF CALL Hawaiian Dinner Roof Top
6:30	Evening Movie: Point Blank

**21** Dr. Appointment Days

10:00	Workout w/Arnold L5
11:00	Uno L5
12:30	Piano Entertainment
2:00	CityView Walking Club L1
3:00	Karaoke w/Manny L5
4:00	Pokeno w/Arnold L5
6:30	Evening Movie L5 Legion

**22**

10:00	Workout w/Tuekeha L5
11:00	Outing to City Walk Hard Rock Cafe L1
2:00	CityView Walking Club L1
3:00	Blackjack Coffee Corner
4:00	Bingo w/Arnold L5
6:30	Evening Movie L5 War
6:30	Cocktail Hour, Game Room

**23** Dr. Appointment Days

10:00	Uno L5
11:00	Workout w/Laurel L5
2:00	CityView Walking Club L1
3:00	Scrabble w/Arnold L5
4:00	Bingo w/Arnold L5
6:30	Shabbat Service L5
8:00	Evening Movie L5 Good People

**24**

10:00	Exercise w/Arnold L5
11:00	Spanish 101 w/Arnold L5
1:30	Prayer Group L5
2:00	CityView Walking Club L1
3:00	Tai Chi w/Ralph L5
4:00	Bingo w/Mike L5
6:30	Evening Movie L5 The Prince

**25**

10:00	Exercise w/Lida L5
11:00	Jewelry w/Juniper L5
2:00	CityView Walking Group L1
3:00	Afternoon Concert L5 Pianist and Singer Jade Cook
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 Cloverfield

**26** Dr. Appointment Days

10:00	Exercise w/Anna L5
11:00	Documentary L5 Tyson
1:30	CityView Walking Club L1
2:00	Culinary Creations L5 Fresh Baked Pear w/Ice Cream
3:00	Art and Music w/Jane L5
4:00	Bingo w/Bob L5
6:30	Evening Movie L5 Austin Powers Goldmember

**27**

10:00	Yoga w/Meredith L5
11:00	Outing to Council Thrift Shop L1
12:30	PORTS OF CALL Hawaiian Lunch L2
2:00	CityView Walking Club L1
2:30	Hawaiian Luau Roof Top
2:30	Jeopardy Trivia Time! L5
4:00	Bingo w/Arnold L5
6:30	Evening Movie: Mona Lisa Smile

**28** Dr. Appointment Days

10:00	Workout w/Arnold L5
11:00	Uno L5
12:30	Entertainment w/David Kaufman
2:00	CityView Walking Club L1
3:00	Karaoke w/Manny L5
4:00	Pokeno w/Arnold L5
6:30	Evening Movie L5 Observe and Report

**29**

10:00	Workout w/Tuekeha L5
11:00	Outing to West Hollywood Library L1
2:00	CityView Walking Club L1
3:00	Blackjack Coffee Corner
4:00	Bingo w/Arnold L5
6:30	Evening Movie L5 The Space Between Us
6:30	Cocktail Hour, Game Room

**30** Dr. Appointment Days

10:00	Uno L5
11:00	Workout w/Laurel L5
2:00	CityView Walking Club L1
3:00	Book Club w/Stephanie L5
4:00	Bingo w/Arnold L5
6:30	Shabbat Service L5
8:00	Evening Movie L5 About Time

**31**

10:00	Exercise w/Arnold L5
11:00	Spanish 101 w/Arnold L5
1:30	Prayer Group L5
2:00	CityView Walking Club L1
3:00	Tai Chi w/Ralph L5
4:00	Bingo w/Mike L5
6:30	Evening Movie L5 Hard Lessons

DINING HOURS Breakfast: 8:00 to 9:30 a.m. / Lunch: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Calendar subject to change.  
lic: 197609072

# CITY VIEW MENU

CITYVIEW PREPARES OUR MENU WITH NO ADDED SALTS OR SUGARS.

# August 2019

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY



### BEVERAGES

**Breakfast**  
Cranberry, Apple, Orange Juices  
Coffee - Hot Tea  
Hot Chocolate  
Milk - Water  
**Lunch & Dinner**  
Coffee - Hot Tea  
Water - Ice Tea  
Lemonade

### THE MONTH OF AUGUST IS...

America Adventures Month  
Black Business Month  
Children's Vision & Learning Month  
Family Meals Month  
Get Ready for Kindergarten Month  
Goat Cheese  
Happiness Happens Month  
Harvest Month  
Immunization Awareness Month

National Catfish Month  
Neurosurgery Outreach Month  
Panini Month  
Peach Month  
Psoriasis Awareness Month  
Sandwich Month  
Water Quality Month  
What Will be Your Legacy Month  
Win With Civility Month

### MENU ALTERNATIVES

Hamburger  
Chicken Salad  
Plain Omelet  
Fruit & Cottage Cheese Platter  
Assorted Sandwiches including  
Tuna Salad, Turkey, Ham,  
Peanut Butter & Jelly  
Grilled Chicken Breast

**1** **BREAKFAST**  
Oatmeal, French Toast  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Minestrone Soup, Pepperoni & Cheese  
Pizza, Side of Caesar Salad, Banana Split  
**DINNER**  
Roasted Turkey, Cornbread Stuffing  
Steamed Vegetable Capri  
Vanilla Pudding

**2** **BREAKFAST**  
Oatmeal, Cheese Omelet, Hash Browns  
Choice of Meat and Fruit  
**LUNCH**  
Matzo Ball Soup, Cobb Salad  
Dinner Roll, Fruit Parfait  
**DINNER**  
Beef Medallions, Mashed Potatoes  
California Blend Vegetables  
Chocolate Cake

**3** **BREAKFAST**  
Oatmeal, Assorted Danish  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Chicken Vegetable Soup  
Grilled Ham & Cheese Sandwich on  
Rye Bread, Broccoli Slaw Salad, Fruit  
Strawberry Short Cake  
**DINNER**  
Chicken Coq Au Vin, Wild Rice Pilaf  
Sauteed Vegetable Capri  
Angel Food Cake

**4** **BREAKFAST**  
Oatmeal, Bagel Blast, Lettuce, Tomato  
Cucumber, Capers  
**LUNCH**  
Lentil Soup, Fish and Chips  
Fresh Fruit, Cookies a la Mode  
**DINNER**  
Cranberry Pork Steak, Baked Sweet Yam  
Steamed Vegetable Succotash  
Yellow Cake w/Chocolate Frosting

**5** **BREAKFAST**  
Oatmeal, Fresh Pancake  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Soup of the Day, Chinese Chicken Salad  
Crispy Noodles, Cake of the Day  
**DINNER**  
Spaghetti Meat Sauce  
Side of Garlic Bread  
Steamed Broccoli & Cauliflower  
Assorted Cake

**6** **BREAKFAST**  
Oatmeal, Fresh Baked Muffin  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Beef and Vegetable Soup  
Turkey Croissant Sandwich  
Cucumber Tomato Salad, Fruit  
Fruit Jell-O  
**PORTS OF CALL DINNER**  
Grilled Salmon, Mango & Pineapple  
Sauce, Corn on the Cob, Cheese  
Broccoli Floret, Honey Cake

**7** **BREAKFAST**  
Oatmeal, Fresh Waffles  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Chicken Gumbo Soup, Three Cheese  
Spinach Ravioli, Side of Garlic Bread  
Green Beans, Sponge Cake  
**DINNER**  
Chicken Marsala, Baked Sweet Yam  
Sauteed Spinach, Pepper and Onions  
Strawberry Short Cake

**8** **BREAKFAST**  
Oatmeal, French Toast  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Italian Wedding Soup  
Vegetable or Cheese Quesadilla  
Fresh Guacamole, Pico de Gallo  
Sour Cream, Banana Split  
**DINNER**  
Pot Roast Au Jus, Mashed Potatoes  
Steamed Mixed Vegetables, Fruit Cobbler

**9** **BREAKFAST**  
Oatmeal, Denver Omelet  
Choice of Meat and Fruit  
**LUNCH**  
Matzo Ball Soup, South Western Chicken  
Salad, Crispy Tortilla Chips  
Fruit Parfait  
**DINNER**  
Baked White Fish, Side of Orzo Pilaf  
Steamed Cauliflower  
Orange Cake

**10** **BREAKFAST**  
Oatmeal, Assorted Puff Pastry  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Garbanzo Bean Soup  
Turkey Patty Melt  
Crispy Onion Rings, Fruit  
Banana Cream Cake  
**DINNER**  
Shrimp Scampi, Vegetable Wild Rice  
Sauteed Edamame Succotash  
Carrot Cake

**11** **BREAKFAST**  
Oatmeal, Bagel Blast  
Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
Cream of Butternut Squash Soup  
Cobb Salad, Dinner Roll, Cheese Cake  
**DINNER**  
Beef Lasagna, Garlic Bread  
Italian Blend Vegetables  
Chocolate Cake

**12** **BREAKFAST**  
Oatmeal, Buttermilk Pancake  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Split Pea Soup  
Salmon Patty, Crispy French Fries  
Fruit, Cake of the Day  
**DINNER**  
BBQ Pork Ribs, Corn on the Cob  
Baked Beans, Assorted Dessert

**13** **BREAKFAST**  
Oatmeal, Banana Muffin  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Vegetable Noodle Soup  
Cheese Enchiladas, Refried Beans, Fresh  
Guacamole, Pico de Gallo, Sour Cream  
Fruit Jell-O  
**PORTS OF CALL DINNER**  
Hawaiian Baked Chicken  
Side of Mac Salad  
Steamed Tri Color Blend Vegetables  
Hawaiian Dream Dessert Cup

**14** **BREAKFAST**  
Oatmeal, Buttermilk Waffles  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Cream of Spinach Soup, Roast Beef  
Sandwich, Three Bean Salad, Fruit  
Carrot Cake  
**DINNER**  
Roasted Turkey, Cornbread Stuffing  
Sauteed Edamame, Pepper & Onions  
Chocolate Eclairs

**15** **BREAKFAST**  
Oatmeal, French Toast  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Garbanzo Bean Soup, Chicken Lo Mein  
Oriental Vegetables, Egg Custard  
**DINNER**  
Poached White Fish  
Barley, Vegetable Pilaf  
Grilled Zucchini, Yellow Squash  
Cookies ala Mode

**16** **BREAKFAST**  
Oatmeal, Poached Eggs  
Choice of Meat and Fruit  
**LUNCH**  
Matzo Ball Soup, Trio Salad Plate  
Dinner Roll, Orange Cake  
**DINNER**  
Beef Brisket  
Steamed Red Potatoes and Parsley  
Braised Cabbage  
Fruit Crisp

**17** **BREAKFAST**  
Oatmeal, Cinnamon Roll  
Choice of Meat and Fruit  
**LUNCH**  
Vegetable and Rice Soup  
Vegetable Quiche, Side of Greek Salad  
Sponge Cake w/Chocolate Sauce  
**DINNER**  
Seared Shrimp w/Tomato Basil, Garlic  
w/White Sauce, Egg Noodles  
Steamed Summer Vegetables  
Banana Cream Cake

**18** **BREAKFAST**  
Oatmeal, Bagel Blast  
Lettuce, Tomato, Cucumber, Capers  
**LUNCH**  
Cream of Broccoli Soup  
Reuben Sandwich, Crispy French Fries  
Fruit, Chocolate Cream Cake  
**DINNER**  
BBQ Pork Ribs  
Corn on the Cob, Baked Beans  
Assorted Cake of the Day

**19** **BREAKFAST**  
Oatmeal, Fresh Pancake  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
French Onion Soup  
Spinach Tree Cheese Ravioli  
Steamed Broccoli, Ple of the Day  
**DINNER**  
Roasted Turkey, Cornbread Stuffing  
Sauteed Red Chard and Spinach  
Assorted Cake of the Day

**20** **BREAKFAST**  
Oatmeal, Fresh Baked Muffin  
Scrambled Eggs, Sausage  
**LUNCH**  
Lentil Soup, Lemon Herb Mediterranean  
Chicken Salad, Sweet Dinner Roll  
Fruit Jell-O  
**PORTS OF CALL DINNER**  
Grilled Salmon w/Mango Pineapple Salsa  
Hawaiian Rice, Caramelized Brussel  
Sprouts, Hawaiian Wedding Cake

**21** **BREAKFAST**  
Oatmeal, Fresh Waffles  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Mushroom and Barley Soup  
Cheese Blintz, Waldorf Salad  
Egg Custard  
**DINNER**  
Beef Tenderloin Medallions, Baked Potato  
Steamed Blend Vegetables  
Carrot Cake

**22** **BREAKFAST**  
Oatmeal, French Toast  
Choice of Eggs, Meat and Fresh Fruit  
**LUNCH**  
Cream of Butternut Squash Soup  
Egg Salad, Lettuce & Tomato Croissant  
Sandwich, Vegetable Cole Slaw Salad  
Banana Split  
**DINNER**  
Grilled Herb Crusted Tilapia  
Baked Sweet Yam, Grilled Zucchini  
Yellow Squash, Lemon Cake

**23** **BREAKFAST**  
Oatmeal, Turkey and Cheese Omelet  
Choice of Meat and Fruit  
**LUNCH**  
Matzo Ball Soup, Orange Chicken  
Over Steamed Rice and Vegetables  
Sponge Cream Cake  
**DINNER**  
London Broil, Red Smashed Potatoes  
Steamed Broccoli  
Pie of the Day

**24** **BREAKFAST**  
Oatmeal, Assorted Donuts  
Choice of Meat and Fruit  
**LUNCH**  
Chunky Tomato Soup  
Vegetable or Cheese Quesadilla  
Fresh Guacamole, Pico de Gallo  
Sour Cream, Ice Cream Sandwich  
**DINNER**  
Turkey Pot Pie, Side of Corn Salad  
Steamed Cauliflower and Carrots  
German Chocolate Cake

**25** **BREAKFAST**  
Oatmeal, Bagel Blast, Lettuce, Tomato  
Cucumber, Capers  
**LUNCH**  
Split Pea Soup, Fish & Chips, Fruit Salad  
Pound Cake w/Strawberry Topping  
**DINNER**  
Meatball Stroganoff  
Egg Noodles w/Garlic, Butter, Wine Sauce  
Steamed Broccoli and Carrots  
Boston Cream Pie

**26** **BREAKFAST**  
Oatmeal, Fresh Pancake  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Mushroom Soup  
Pepperoni, Cheese Pizza, Side of Caesar  
Salad, Cheese Cake  
**DINNER**  
Hoeny Mustard Chicken, Side of Barley  
Pilaf, Grilled Zucchini, Yellow Squash  
Assorted Cake

**27** **BREAKFAST**  
Oatmeal, Fresh Baked Muffin  
Scrambled Eggs, Sausage  
**PORTS OF CALL LUNCH**  
Grilled Hawaiian Steak Kabobs  
Stuffed Sweet Potato  
Oven Roasted Vegetables Medley  
Pie of the Day  
**DINNER**  
Italian Wedding Soup, Chef's Salad  
Dinner Roll, Fruit Jell-O

**28** **BREAKFAST**  
Oatmeal, Fresh Waffles  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Cream of Pumpkin Soup  
Stuffed Cheese Pasta Shells  
Steamed Broccoli, Side of Garlic Bread  
Lemon Cake  
**DINNER**  
Sweet & Sour Pork Spare Ribs  
Corn on the Cob, Baked Beans  
Assorted Dessert

**29** **BREAKFAST**  
Oatmeal, French Toast  
Choice of Eggs, Meat and Fruit  
**LUNCH**  
Minestrone Soup, Crab Cakes  
Side of Mixed Green Salad  
Banana Split  
**DINNER**  
Pot Roast, Mashed Potatoes  
Sauteed Red Chard,  
Spinach and Pimentos  
Vanilla Pudding

**30** **BREAKFAST**  
Oatmeal, Cheese Omelet, Hash Browns  
Choice of Meat and Fruit  
**LUNCH**  
Matzo Ball Soup, Club Sandwich  
French Fries, Fruit, Fruit Parfait  
**DINNER**  
Chicken Cacciatore  
Wild Rice Pilaf, Sauteed Capri  
Chocolate Cake

**31** **BREAKFAST**  
Oatmeal, Assorted Donuts  
Choice of Meat and Fruit  
**LUNCH**  
Chicken Vegetable Soup  
Deli Plate, Choice of Tuna or Egg Salad  
Dinner Roll, Cookies ala Mode  
**DINNER**  
Roasted Turkey, Cornbread Stuffing  
Steamed Green Beans, Apple Pie

**DINING HOURS** Breakfast: 8:00 to 9:30 a.m. / Lunch: 12:00 to 1:30 p.m. / Dinner: 5:00 to 6:30 p.m.

Menu subject to change.

lic: 197609072