Vista

January 2019 Newsletter

CityView
WHERE SENIOR LIFE HAPPENS

515 North La Brea Avenue, Los Angeles, CA 90036 / 323.938.2131 lic: 197609072

A Message from Murielle, *Executive Director*

It's that time when we begin yet another wonderful year, another exciting adventure, and another brilliant chapter in all our lives.

Residents can look forward to a couple of exciting outings in January they likely will not want to miss. On January 17th, we'll visit the Getty Museum, located at "the top of Los Angeles". They currently have on exhibit "The Renaissance Nude", and it was this art that transformed the course of western art history, by making the nude central to the Renaissance artists' vision. The Getty Center has over 100 works by Leonardo da Vinci, Raphael, Michelangelo, Dürer and many others which are featured in this exhibit.

Then on January 24th, we'll visit for the first time, the Aquarium of the Pacific in Long Beach which is currently celebrating their 20th Anniversary. And if you have an affinity for harbor seals, especially baby ones, Kaya the seal pup can be seen by looking for the smallest animal in the Seals and Sea Lions Tunnel on the first floor. This little cutie was born at the Aquarium in April, and is distinguished from the others by her bright silver-grey fur with dark spots.

Residents will be pleased to note that Natalie, our Court Activities Director, will be returning to us in January, after briefly helping out our sister community at Melrose Gardens. CityView residents can also expect to see a lot more of Natalie as she'll be taking on a larger role on Sundays and Mondays, which are Activity Director Mike's days off.

Have you heard about our "Riddle of the Week" contest? Mike presents a weekly riddle at the beginning of the week, and the first one to guess the answer wins a $10 gift card to Trader Joes! So if you figure out the answer, be sure to let Mike know, or slip the answer on a piece of paper under his office door. Date and note the time of your answer if you are writing it down.

Wishing you the happiest of New Year's and may 2019 shine brightly and bring many blessings for you.

Murielle Chocron

CityView Snapshots

Leslie in front of Lady Liberty at Skirball Center

Bob wins at Black Jack!

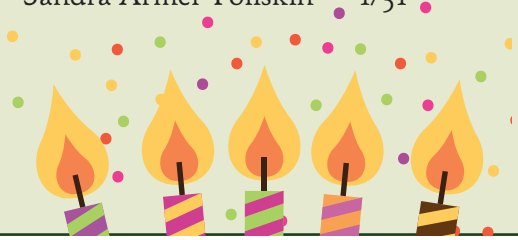
Jill sits as Supreme Court justice RGB at Skirball Center

Please be sure to attend our Special Music Concerts and other Live Performances in January.

1/06	Jade Cook Sings	3:00 p.m.
1/13	Chloe Vaught Sings Jazz	3:00 p.m.
1/20	Emma Dayhuff Plays Jazz	3:00 p.m.
1/27	Crooner Finn Sagal Does Jazz	3:00 p.m.

Birthdays this Month

Kenny DeAngelis	1/02
Douglas Schneeman	1/09
Lida Jazeb	1/15
Billie Alexander	1/19
Robert Pellant	1/25
Dann Passoja	1/28
Sandra Armel-Poliskin	1/31



Religious Services and Study

Shabbat Services - Friday at 6:30 p.m.
Bible Study - Saturdays at 1:30 p.m.

CityView University

CityView offers many interesting and varied educational experiences for those interested in brushing up or learning new things. Want to learn Spanish? Explore contemporary poetry? Find out more about former presidents? These and other classes are offered every month right here at CityView.

Jewelry w/Juniper	1/06, 13, 30	3:00 p.m.
Culinary Creations	1/07, 14, 21, 28	2:30 p.m.
Social Hour w/Shaquan Group Discussions	1/07, 14, 21, 28	7:00 p.m.
Creative Zone with Stephanie	1/11	3:00 p.m.
French w/Yohan	1/16, 26	2:30 p.m.
Art History w/Sharon *The Real Story of the Monuments Men*	1/18	3:00 p.m.
Poetry Corner w/Stephanie	1/19	3:00 p.m.
Book Club with Stephanic	1/25	3:00 p.m.

Introducing Residents Edward and Corrine Hamerling

The Hamerlings were both born in New York, Edward in Manhattan, and Corrine in Brooklyn. They moved to Los Angeles 49 years ago, and they cite the weather as their primary reason, although they missed the excitement of living in Manhattan. Edward and Corrine met 69 years ago when they were both 19 at a dance in Brooklyn. They have two children, Jeff and Gail, and five grandchildren. Edward worked in finance, and was responsible for giving out large loans, while Corrine was a real estate agent, managing an entire office of realtors. Part of Edward's job was to determine whether or not to make a loan to someone, and Corrine liked the freedom she had as a real estate agent. Traveling has been something they both took to, and their favorite destinations include Italy, Southern France, and Hong Kong. Today, they enjoy the exercise and activities we offer at CityView. These include Zumba, arts and crafts, and the movies we feature. If there was any advice they could each pass on, for Edward, it would be, "No amount of money is worth being incarcerated, and for Corrine, it would be, "Study, Study, Study! It pays off!"

January Outings To Not Miss!

Below are a few of the fun outings we have planned for the month of January.

Thursday, January 3

Lunch at the Sizzler

If you like salad, steak, chicken and fish, you won't want to miss lunch at the Sizzler! This U.S. based restaurant chain will serve all that up at a very affordable price.

Thursday, January 10

Shopping at Ross

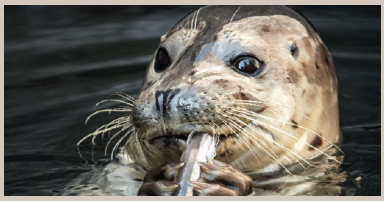
This American store offers off-price items of almost everything. Ladies, men, shoes, furniture and decor, bed and bath, kitchen and dining, you can get it all here.

Allegory of Fortune, 150, Dosso Dossi, J.Paul Getty Museum

Thursday, January 17

A Visit to the Getty Museum

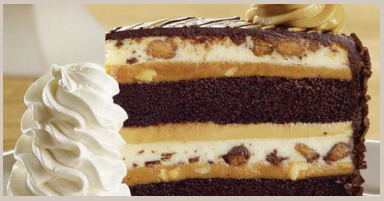
If you're looking for a thorough cultural experience, complete with amazing architecture, beautiful gardens, a view of Los Angeles, and incredible art, this visit is not to be missed.



Thursday, January 24

The Aquarium of the Pacific

Now is your chance to get a good look at seal pups, sea lions, penguins, otters, sting rays, sharks, and many other species indigenous to the Pacific Ocean. They also feature a Lorikeet Forest where the birds will land on you to drink from a nectar cup!



Thursday, January 31

Lunch at the Cheesecake Factory

Always a resident favorite, we'll start the New Year out right with a trip to the Cheesecake Factory for a delicious lunch and top it off with a dessert!

CityView Thursday Shopping Shuttles

We offer a shuttle every Tuesday in January that will take you to the bank and some of your favorite shops.

1/01	Shuttle to the bank & Walgreens	2:00 p.m.
1/08	Shuttle to the bank & Target	11:00 a.m.
1/15	Shuttle to the bank & Trader Joes	2:30 p.m.
1/22	Shuttle to Sprouts	3:00 p.m.
1/29	Shuttle to the bank & Target	11:00 a.m.

Jewelry w/Juniper

Sunday, 1/06 and 20 at 11:00 a.m.

If you are into jewelry, or looking to just make some lovely gifts for your friends or family, then be sure to attend Juniper's every other Sunday craft activity. Residents learn how to make hand-crafted bracelets, necklaces, earrings, head bands, and even rings out of a variety of mediums. We may use beads, feathers, shells, string, wire, resin, metal, leather, pendants, and semi-precious gemstones to create your unique piece. The added benefit to this craft is that you get to wear what you make! So if you're feeling craftsy or inspired, join this fun class Jewelry w/Jennifer.

Natalie Janbakhsh - *The Court Activities Director*
featured Employee of the Month

Residents will be glad to know that Natalie is returning back to CityView this month as the Activity Director for The Court! She is passionate about her job and found she really missed the residents that she'd gotten to know here. One thing we've come to know about Natalie is that she loves coming up with and implementing new creative and exciting ideas for activities to keep the residents coming back for more.

This affection for what she does began at a young age when she lived with her grandmother. She loved making her grandmother happy and seeing her smile, and it continues to please her to do this for other seniors.

One of her first jobs was as a waitress in a retirement community in Pasadena, where she soon shifted to working in the activities department there. After a few years, she became one of the activities directors at CityView, working with their memory care residents. She encourages being active, and likes taking the residents out to the park or going out for picnics or ice cream. She likes to start the residents' day with stretching and movement exercises to wake up their bodies as well as their minds.

This Disneyland fan has an annual pass there and in her off times, you'll often find her there, hanging out with her best friend and her friend's four year old daughter. Natalie's mother is hispanic and her father is Persian, and she speaks three languages - English, Spanish, and Farsi! Welcome back Natalie!

Monday Discussions & Refreshments w/Shaquan Lewis

Monday evenings can get very interesting here at CityView during our Social Hour with Shaquan, who is also one of our caregivers. Be prepared to engage in lively and dynamic discussions that may vary from the original topic, and stay the course with others. Conversations at times may center around heavy topics like politics, move to human rights or world peace, or focus on discussions regarding the family, overcoming obstacles, or light and airy topics like the latest movies or shows we've enjoyed watching. You can enjoy wine and refreshments at this Social Hour which begins at 7:00 p.m. on Mondays. We look forward to seeing you there.

Our Staff

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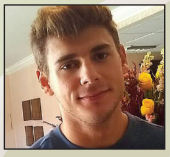

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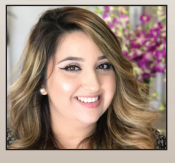

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