



A Message from Murielle, *Executive Director*



Boy after all this rain, I'm sure we could use a little bit of Spring magic, and fortunately, March is the month to bring it to us! This is also the month best known for featuring St. Patrick's Day and on Wednesday, March 6th, Activities Director Mike will be hosting an Open Forum where the discussion will be all about St. Patrick and who he was.

We'll be starting out our monthly visits with a trip to The Huntington, known for their beautiful botanical gardens, library and famous works of art. If you've never seen Sir Thomas Lawrence's Pinkie or Thomas Gainsborough Blue Boy, now is your chance. The Blue Boy is under a restoration so with this visit, you'll be able to see that treatment in process. We'll then visit yet another well-known museum on March 21st - the La Brea Tar Pit. We've made this trip before as it's been a resident favorite, but one can never see enough of this gooey time capsule that's located just down the street from us. We also have two fun lunches planned, one to Shakeys for the pizza lovers here, and another to Canter's Deli who offer, well, just about everything!

I'm so glad to welcome back Jane on Monday, the 25th, when she will be bringing us once again her talented music and art class. While Jane serenades our residents, they can paint along. Music is such a big spirit lifter, and creating something beautiful with your art is sure to follow.

Finally, the month of March also brings Daylight Savings with it, so remember to turn your clocks ahead the morning of Sunday, the 10th. The idea of springing forward and falling back with time is a bit controversial for some, as it no longer really saves energy as it was originally intended to do; however, if you enjoy the sunlight, you'll get an hour more of it now at night.

Wishing you all the joys of Spring and a lucky month ahead for all,

Murielle Chocron

CityView Snapshots

Shirley, Winnie &
Susan at the Getty



Vira



Lydia



Barbara, & Rosaline





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

| | | |
|------|--------------------------|-----------|
| 3/03 | Anjelin Noh Plays Violin | 3:00 p.m. |
| 3/10 | Jade Cook Sings the Hits | 3:00 p.m. |
| 3/17 | Jade Cook Sings the Hits | 3:00 p.m. |
| 3/24 | Emma Dayhuff Plays Jazz | 3:00 p.m. |

Birthdays this Month

| | |
|------------------|------|
| Bernice Levin | 3/06 |
| Robert Hollander | 3/11 |
| Winnie Cristine | 3/12 |
| Daniel Richert | 3/17 |
| Susan Reinhardt | 3/21 |
| Leslie Buchanan | 3/22 |
| Gladys Dominguez | 3/30 |



Religious Services and Study

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

Introducing Resident Bill Podorzer

Bill spent his childhood in Brooklyn, New York, and moved to California about 30 or so years ago for work. He was a chemical engineer, which he found very interesting and challenging.



He says this career kept him on his toes. Bill enjoys being on his toes, as evidenced by the fact that he also played tennis in college while at the University of Rhode Island. He continues to stay on his toes here at CityView where one of his favorite activities is to participate in the Walking Club. He has two lovely daughters, Yvette and Sherry, and three darling granddaughters. Looking back at his life, Bill believes that everything happened for a reason. He would do everything the same and has no regrets.

March 2019



CityView University

CityView offers many interesting and varied educational experiences for those interested in

brushing up or learning new things. Want to learn French? Explore poetry and books? Find out more about art? Participate in discussions? Do all this and more every month right here at CityView.

| | | |
|-------------------------------------|------------------|------------|
| TED Talk Discussions | 3/02 | 3:00 p.m. |
| Technology: Blessing or a Curse | | |
| Art History w/Sharon | 3/03 | 11:00 a.m. |
| Creative Zone with Stephanie | 3/04 | 3:00 p.m. |
| Culinary Creations | 3/04, 11, 18, 25 | 2:30 p.m. |
| Open Forum | | |
| Topic: St. Patty's Day | 3/06 | 3:00 p.m. |
| Topic: Alexander Graham Bell | 3/14 | 3:00 p.m. |
| Social Hour w/Shaquan | 3/06, 13, 20, 27 | 7:00 p.m. |
| Refreshments & Group Discussions | | |
| Jewelry w/Juniper | 3/10, 24 | 3:00 p.m. |
| French w/Yohan | 3/13, 30 | 2:30 p.m. |
| Poetry Corner w/Stephanie | 3/16 | 2:30 p.m. |
| Book Club with Stephanie | 3/22 | 3:00 p.m. |
| Music & Art w/Jane | 3/25 | 2:30 p.m. |

March Outings Not To Miss!

Below are the special and exciting outings we have planned for the month of March.



Thursday, March 7

Huntington Library & Botanical Gardens

From the absolutely gorgeous gardens that range from desert to Japanese gardens to their famous library and art exhibits, this outing is to what is to some, a Southern California favorite.



Thursday, March 14

Shakey's Pizza Parlor

Shakey's has been serving up delicious pizza since 1954, and was the first franchise pizza chain in the United States. The menu choices feature many delicious pizza types including their Firehouse and Texas BBQ Chicken.



Thursday, March 21

LA Brea Tar Pit Museum

Relive a life that's been lost in time, captured in ice and buried in tar. Explore prehistoric Los Angeles through the fossils found at the La Brea Tar Pits.



Thursday, March 28

Canter's Restaurant Bakery & Deli

With an authentic deli-style experience that's unparalleled anywhere else on the West Coast, Canter's endless menu offers you breakfast, lunch or dinner 24 hours a day!

CityView Tuesday Shopping Shuttles

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

| | | |
|------|--------------------------|------------|
| 3/05 | Shuttle to Bank & Target | 1:30 p.m. |
| 3/12 | Shuttle to the CVS | 11:00 a.m. |
| 3/19 | Shuttle to the Target | 2:30 p.m. |
| 2/26 | Shuttle to Nail Salon | 11:00 a.m. |

Experiencing The Montessori Method at work in The Court

Every Sunday through Friday in The Court

We implemented the Montessori Method in the Court over two months ago and so far, it's been a great success. Our memory care residents are really enjoying the program

because their activities center around what they most enjoy doing. They are able to express themselves through their projects and discover skills they either didn't know they had, or reconnect with ones they'd forgotten. One of our residents, Gene, used to constantly wander the halls which is good exercise, however, we've recently learned he's really quite a good artist. Using colored drawing pencils, Gene is now using many colors to express himself and his feelings. Helen has picked up stitch embroidery again, and enjoys making colorful flowers. She is thrilled to be relearning an old skill, and we take pleasure in seeing the Montessori Method at work.



Court Resident Gene



Court Resident Helen

Julia Beverly

Overnight Reception
our staff Spotlight



Julia has been our overnight receptionist for several years and plays a very important role here in attending to our residents and their visitors. And that's a good thing too, because she really enjoys helping people.

Julia moved to California from the beautiful country of Belize 33 years ago, and now has five lovely daughters, and four wonderful grandchildren that live here. She also has an adorable Weiner/Chihuahua dog that she named "Stone".

Julia looks forward to some day being able to retire and travel the world. One of her favorite places to visit is Colorado, because the state is so peaceful and secluded. In the meantime, she loves listening to music, and spending time with her daughters and her grandchildren.

PBS' Secrets of Underground London



On Monday the 11th at our 11:00 a.m. documentary showing, we'll be showing PBS's Secrets of Underground London. London may be a buzzing metropolis on the surface, but underneath it are secret hidden worlds that have almost been completely forgotten by the masses of people that live above it. There are countless layers to the city of London, and each one tells a unique story of the city's past - its successes and failures, its victories and tragedies.



Pokeno, a game for all seasons

Sprinkled throughout the month of March, join Mike for a game of Pokeno. Pokeno is a combination of Poker and Keno (or Lotto) and is similar to the game Bingo in several aspects. It's played with cards and boards, as well as lots of fun and banter. Join Mike on 3/06, 14 and 15 at 4:00 p.m., and if you don't know how to play, no worries, Mike will teach you.

Our Staff



Murielle Chocron
Executive Director
Director@CityView.Care



Romeo Angeles
Wellness Director
Wellness@CityView.Care



Rosie Julinek
Executive Assistant
RosioJ@CityView.Care



Michael Dimando
Activity Director
Activities@CityView.Care



Arcadio Quijada
Maintenance Director
Maintenance@CityView.Care



Marcelino (Tony) Salguero
Maintenance
Maintenance@CityView.Care



Agabid Lopez
Food Service Director
ChefAgabid@cityview.care



Natalie Janbakhsh
Memory Care Director
ActivitiesAsst@CityView.Care