



A Message from Murielle, *Executive Director*

While much of our country is shivering in single-digit temperatures, here in Hollywood we're enjoying daytime temperatures in the 70s and evenings that stay above 40°, with almost no rain on the horizon. While dry days may not be optimal for our town's chronic water shortage, they are perfect for getting out and enjoying our beautiful location. Walking Club meets on Level 1 almost every afternoon and we'd love to have you join us.



According to the acclaimed Mayo Clinic, walking helps to maintain a healthy weight, strengthens bones and muscles, lightens mood, improves balance and coordination, and prevents or manages various conditions, including heart disease, high blood pressure and type 2 diabetes. As if all that weren't enough, walking improves circulation and sleep, and lowers Alzheimer's risk. The only equipment you need is a pair of comfortable, supportive shoes, so what's stopping you?

Another benefit of exercise is it gives us a little leeway for indulgence, so if you'd like to bake apple strudel with us on February 5, or apple pie and apple crumble February 19, you can bake and sample freely, knowing you'll walk it off. This is a wonderful way to enjoy that apple a day that keeps the doctor away.

Learning a second language confers another kind of cognitive benefit: it doesn't prevent Alzheimer's, but it does help those who develop the disease to deal with it better. You can learn Spanish right here at Cityview. Classes this month are February 13 and 21. *Bienvenido!*

Happy Valentine's Day! Please know that our residents are always in our thoughts and hearts, and let us know how we can be of service to you.

Warmly,

Murielle Chocron

Featured this month...

CV Walking Club



Jacqueline Koster and
Prudencia Dalingier

Urban Adventures



Resident Spotlight



Evelyn Turk

Making Valentine's Day Cards





Who is Evelyn Turk?

Born in San Diego, resident Evelyn Turk later graduated from Columbia College in Missouri and moved to L.A., where she got a job as a facility director of a Fortune

500 organization. In this capacity she was in charge of space and allocation of art, including priceless ancient carpets from around the world. But Evelyn's first love was always dance, which she taught to many, including autistic children. Her dance career involved professional dancing in every style from tap to ballet on pointe. She's happy to be able to keep well and fit with the current classes offered at CityView, which have opened the door to new friendships, another source of joy. Evelyn is also working with Creative Jake and his Memory Save program, which you'll see in the building weekly, and urges everyone to check it out. That's our Evelyn, always wanting to share her delight.



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

2/04	Brian Plays Guitar	3:00 p.m.
2/11	Tim the Jazz Singer	3:00 p.m.
2/14	Joey Plays Guitar	3:30 p.m.
2/18	Michael Plays Piano	2:30 p.m.
2/28	Jimmy the LV Singer	3:00 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.

Group Discussions

Mardi Gras	2/04	11:00 a.m.
Valentine's Day	2/11	10:30 a.m.
Abe Lincoln	2/18	10:30 a.m.
The Roosevelts	2/25	10:30 a.m.
Would You Like to Dance?	2/26	10:30 a.m.

Spanish 101 with Stephanie

2/13	3:00 p.m.
2/21	3:30 p.m.

Mahjong 101

2/04	4:00 p.m.
2/18	4:00 p.m.

TED Talks

"The Story of a Girl"	2/12	10:30 p.m.
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Adventures with Stephanie & Mary

Creative Zone w/Stephanie	2/09	3:00 p.m.
Poetry: Celebrating		
Black History Month	2/16	3:00 p.m.
Around the World w/Mary	2/22	3:30 p.m.
Book Club: <i>The Red Notebook</i>	2/23	3:00 p.m.

Religious Services and Study

Shabbat Services - Friday at 6:30 p.m.

Bible Study - Saturdays at 1:30 p.m.



Tuesday, February 6

Watch it on the Big Screen

The Post

Directed and produced by Steven Spielberg, the film stars Meryl Streep and Tom Hanks and depicts the true story of the journalists from *The Washington Post* and their attempts to publish the classified documents known as the *Pentagon Papers* regarding undisclosed information about the 30-year involvement of the U.S. in the Vietnam War



Tuesday, February 13

Time to find out what's shaking at Shakey's Pizza Parlor

This is the day to satisfy your Shakey's craving for the "World's Greatest Pizza." Shakey's Pizza was founded in 1954 and is actually the first franchise pizza chain in the United States, and was founded by Sherwood "Shakey" Johnson and Ed Plummer. Johnson was called "Shakey" because he suffered from nerve damage following a bout of malaria that he'd contracted during World War II.

Out on the Town

Living in Los Angeles means there are plenty of Urban Adventures we can go on throughout the month. Here are those we have planned for the month of February.



Tuesday, February 27

Time to hit the slots at San Manuel Casino

Come experience the thrill of seeing a jackpot line up on the slot machines at San Manuel. Or having your card called out as the winning Bingo number. You could also just simply enjoy the adventure of the sights and sounds that are only found in a casino. And there is certain to be a wide variety of restaurant choices offering an array of tempting dishes, too. So be sure to join us on this special excursion out to one of the jewels of the Inland Empire.



Tuesday, February 20 Experience the madness at LACMA *One Flew Over the Cuckoo's Nest*

Based on Ken Kesey's novel, this film is the second movie to win all five major Academy Awards (Best Picture, Actor in Lead Role, Actress in a Lead Role, Director, and Screenplay). The film stars Jack Nicholson and Louise Fletcher.

Birthday Party Date

Wednesday, February 14 at 2:30 p.m. on the Rooftop.

Candice Marshall	2/13
Richard Levitt	2/15
Paul Doniger	2/21
Estelle Phillips	2/22
Evelyn Turk	2/24



TED Talk
"The Story of a Girl"
 February 12
 at 10:30 a.m.

Photographer Rick Smolan, co-founder of the America 24/7 and Day in the Life photography series, is a natural storyteller in many media. In this TED Talk he recounts an adoption saga that will touch your heartstrings. Smolan went to Asia in the 1960s to photograph some of the 40,000 Amerasian children who had been abandoned by their American fathers, and met a remarkable 11-year-old girl being raised by her grandmother. The ensuing tale with its happy ending is sure to bring a tear to your eye.



Rosalie Rosenfeld



Bernice Levin



Ramona Arenillo

Make Your Own Valentine

February is Valentine's month and while Hallmark offers a wide selection, handmade cards are always the most appreciated. Join us February 9 to craft a heartfelt message to a loved one or friend. You may surprise yourself with your hidden artistic talent! We'll have a group discussion about Valentine's Day on Sunday morning, February 11, where you can, if you like, show off your creation.

Introducing... Our Staff



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