



A Message from Murielle, *Executive Director*



In the bustle of barbecues and fireworks, let's not forget what inspired the holiday we celebrate each summer. On July 4, 1776, following several years of turmoil and a year of battles, the Continental Congress of the 13 original American colonies formally voted to declare independence from England, and forever changed the course of history. In honor of that extraordinary event, CityView will host a red, white & blue 4th of July celebration with a traditional all-American BBQ and country music, plus lots of fun. Please join us at noon on the rooftop!

Parlez-vous français? The French helped us win our war of independence, so it seems only fitting to say a few words in that language. If you need an intro or brush up, French lessons with Yohan are starting back up this month, July 13 at 3 p.m.

Americans have always valued independence, and independent living is what draws many to CityView. Here you can take part in stimulating activities, make social connections and lean on the extra support our community offers, and still maintain outside friends and activities you enjoy.

If you'd like to look and feel your best for all this activity, our newly revamped fitness center is for you. With a brand new treadmill, stationary bicycle, rowing machine and weight trainer, you'll have everything you need to reduce blood pressure and increase strength and fitness. Resident Barry Malin is donating his time to help residents get fit, so sign up at the front desk to reserve his services.

Here's to a fun and fit summer!

Murielle Chocron

P.S.: Do you have an idea for how to improve our community? Drop it in the Suggestion box next to my office!

Featured this month...

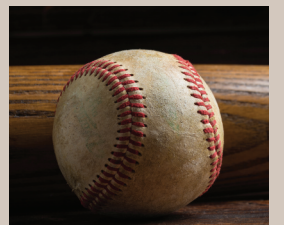
Happy Hour



Urban Adventures



Dodgers Fans



Armchair Travel





Kollage with Karen

A true Renaissance woman is coming to work with us, meaning she's skilled in a number of different areas. Karen Rinzler, originally from

Montreal, Canada, is a 25-year yoga practitioner with a 200-hour teacher-training certificate, an artist and an avid outdoorswoman. She's studied the classics, art and languages and is fluent in French. For the past five years Karen has been sharing her skills and passion with young people, and she's bringing those qualities to new workshops in Chair Yoga, Meditation, Arts & Crafts and French (*Oui, oui!*), all designed specifically for CityView. Join Karen for a fun exercise class every Tuesday at 2:30 p.m. (dancing and music) and one on Wednesdays at 3 p.m.



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

7/01	Rooftop Concert - Phil Jeffreys Sings Your Favorites	3:00 p.m.
7/06	Comedy w/Michael	3:00 p.m.
7/07	Concert w/Freddie	3:00 p.m.
7/08	Rooftop Concert - Joey Plays Guitar	3:00 p.m.
7/15	Rooftop Concert - Brian Plays Guitar	3:00 p.m.
7/21	Dance Party w/Jett	3:00 p.m.
7/22	Rootfop Concert - Tim Sings Jazz	3:00 p.m.
7/29	Rootfop Entertainment - Stephanie Sings Jazz	3:00 p.m.

Religious Services and Study

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

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

July 2018



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

Art History Presentation	7/11	10:30 a.m.
Impressionism		

French w/Yohan

7/13 3:00 p.m.

TED Talks

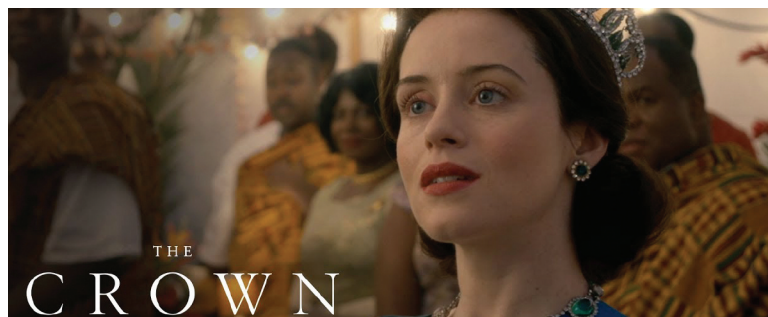
<i>Brain Magic</i>	7/04	10:30 a.m.
<i>Want to change the world?</i>	7/15	11:00 a.m.

Adventures with Stephanie

Creative Zone	7/14	3:00 p.m.
Scented Bird Sachets		
Poetry Corner - W.H. Auden	7/20	3:00 p.m.
Book Club - 1984 by George Orwell	7/28	3:00 p.m.

Around the World w/Sharon

7/23 3:30 p.m.



Royal Drama

We may have declared our independence from Great Britain, but many of us are still interested in the monarchy, especially since the royal wedding of a prince to an American actress earlier this year. Tune in with us to the superbly done weekly Netflix series *The Crown*, every Monday after morning exercise.

\$5 TUESDAY MOVIES

Tuesday, July 3

\$5 Movie

Now's your chance to watch some of the most recent movies at this very low price of just \$5. Join us and watch a movie and this wonderfully discounted price.



Tuesday, July 17

Original Farmers Market Visit

Only at the Farmers Market will you find such a wide selection of delicious things to eat. If you're in the mood for something sweet, try Littlejohn's English toffee. And if you're hot, the Local Ice shop serves up delicious cold treats including creamy ice-cream and dairy-free Italian ices. And if it's a pie you favor, Du-par bakes them up delicious and fresh daily.



Tuesday, July 10

Time for bargain hunting

You'll find all your favorite brands from the big store chains, but at prices anyone can afford. Initially founded to liquidate slow-selling wine from the owner's liquor stores, the stores eventually grew into the bargain outlets they are today.



Tuesday, July 24

Mani-Pedis for All

Join us on this opportunity to have your nails professionally done or enjoy a nice hand or foot massage at a to-be-determined Nail Salon.



Calling All Dodgers Fans!

Attention baseball enthusiasts! While we may not be able to watch each and every game this season, you can slide into a Dodger game twice a week this month. Grab a friend and root for the home team on our 80-inch television on the fifth floor; first airing — Dodgers vs. Pirates — is 6:30 p.m. July 2. Full Major League calendars are available at the front desk. Can you smell the peanuts and hear the roar of the crowd?





Armchair Travels with Sharon

World traveler Sharon Fitzgerald will be with us twice in July. A teacher at CSULA, Sharon established the Art History Channel and has led groups at both LACMA and the Getty Center. Her first class this month on July 11 at 10:30 is in art history and she'll be discussing the painting style known as Impressionism. On July 23 at 3:30 she'll be taking us on a journey through eastern Europe, including Kraków and Prague. Sit back and enjoy the ride!



Birthdays this Month

Rosalie Kurtz	7/06
Mae Turner	7/09
Dan Sniderman	7/20
Gladys Phillips	7/21
Clarisse Geduld	7/23
Shirley McAnn	7/25
Bernard Rothman	7/31



Happy Hour

You'd be hard-pressed to find a better party location than our beautiful rooftop garden, so we're starting a weekly happy hour where you can relax and connect with other residents. Please join us Thursdays at 7 p.m. for wine (or a "mocktail"), hors d'oeuvres and entertainment. A sensational view and beautiful sunsets are included!

Our Staff



Susan Glaser

Regional Director
Susang@CityView.Care



Murielle Chocron

Executive Director
Director@CityView.Care



John McMahon

Wellness Director
Wellness@CityView.Care



Rosie Julinek

Executive Assistant
RosioJ@CityView.Care



Mark Mullen

Chief Engineer
Maintenance@CityView.Care



Arcadio Quijada

Maintenance Director
Maintenance@CityView.Care



Judah Cohen

Activity Director
Activities@CityView.Care



Natalie Janbakhsh

Assistant Activity Director
ActivitiesAsst@CityView.Care