

FEBRUARY 2022

COMMUNITY NEWSLETTER

CITYVIEW

Where You Live Matters



CHEERS
TO LOVE

FEBRUARY 14

*Love letter to the
steakhouse
experience*

TRIBUTE
TO BETTY
WHITE

Thursday Matinees
HONORING THIS
BELOVED ACTRESS

February 13
SUPER BOWL
SUNDAY
COMES TO LA!

A TASTE OF THE WORLD

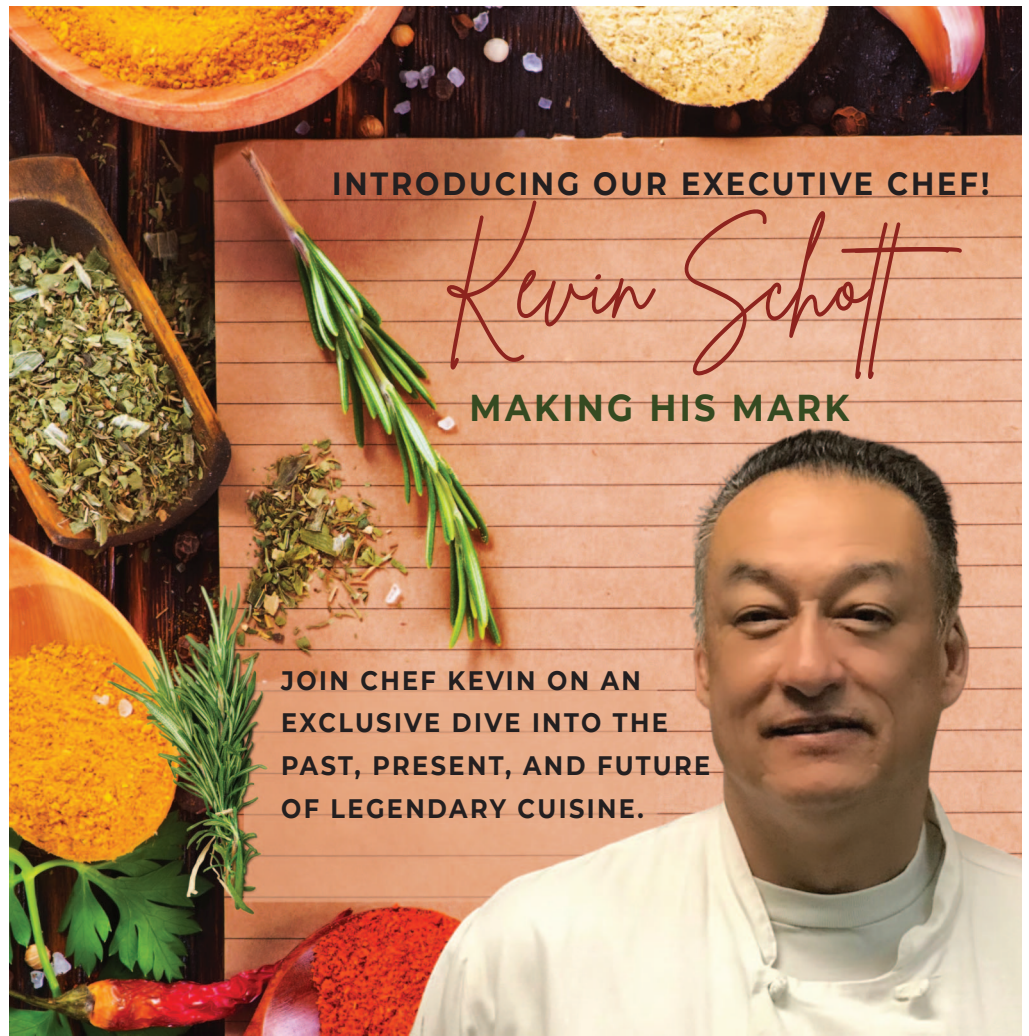
On February 14, learn more about the colorful history of Rum Raisin Ice Cream. This delicious creamy treat originated from a blend of Spain's famed Malaga raisins and Sicilian Gelato.

RESIDENT SPOTLIGHT

LAWRENCE C.



Lawrence enjoying living with us here with us at Garden of Palms. Having worked as a docent for the Peterson Automotive Museum, he enjoys watching muscle car documentaries and joining our live music concerts while singing with the other residents. Larry's life's motto is and always has been "You can't pick your lifestyle, it picks you!"



RESIDENT BIRTHDAYS

Paul D.	2/21
Lucia D.	2/24
Lisa C.	2/29

HOLIDAY CELEBRATIONS

2/01	Lunar New Year
2/13	Super Bowl Sunday
2/21	President's Day

RELIGIOUS SERVICES

faith

Shabbat Services
Friday at 3:30 p.m.
Saturdays at 2:00 p.m.

Transportation & Concierge Information

In our communities, complete peace of mind is our priority. Enjoy the journey of senior living starting from the comfort of concierge transportation services.

Monday, Wednesday, and Friday will have advertised outings and shopping trips.

Tuesday and Thursday are available for Medical Appointments. Please make your reservations with our Concierge at (323) 656-7900 today!



FEBRUARY *Activities & Events*



TRIBUTE TO BETTY WHITE America's Golden Girl

Thursday Matinees in February | 2:00 pm

View the beloved actress, comedian and animal advocate showcase her impeccable comic timing and irreverent tone.

SUPER BOWL SUNDAY

Sunday, February 13 | 3:00 pm

Watch football's biggest game of the year, complete with jaw-dropping halftime performances and hilarious Super Bowl commercials hosted this year right here in LA!



TASTE OF THE WORLD Homemade Rum Raisin Ice Cream

Monday, February 14 | 10:30 am

Join us for a live cooking demonstration of this classic creamy and indulgent dessert made with rum soaked raisins.

CHEERS TO LOVE

Monday, February 14 | 5:00 pm

Keep romance alive with the chef's love letter to the American steakhouse experience.



Winter Olympics

Begins Friday, February 4

Ends, Sunday, February 20



Cheer on and admire the athletic prowess of the winter games athletes who ascribe to the Olympic motto of faster, higher, stronger - together!

“
The best and most
beautiful things
in the world
cannot be seen
or even touched
- they must be felt
with the heart.

~ *Helen Keller*



Lady Thistledown's SOCIETY PAPERS

February 2022

EXTRAORDINARY PEOPLE, EXTRAORDINARY NEWS

Those traversing the Fairfax district may have seen artist Corie Matties' mural of the legendary Betty White. "Be More Like Betty!" is the bold mural message. This Golden Girl was known for her animal rights advocacy and there's a special QR code on the mural for whoever wants to donate to Wagmor Pets in the beloved actress' memory.

Across the pond, everybody's favorite Cambridge duchess, Kate (we won't mention Prince Harry's bride!) just turned a ultra-fabulous 40 last month!



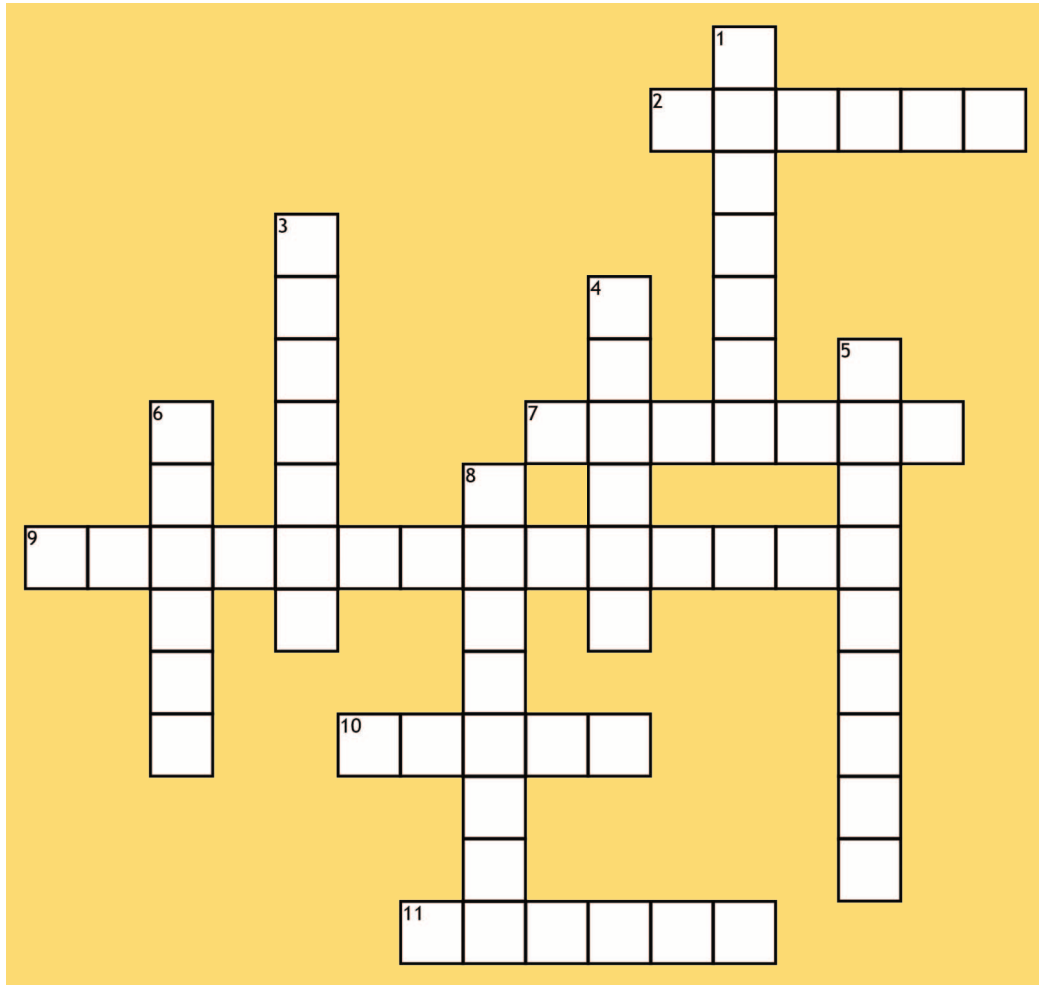
EMPLOYEE OF THE MONTH SARA R.

Sara Ramirez is our employee of the month for February. She has been with City View for 9 years in the Wellness department as a Caregiver. Sara was selected as our employee of the month because she is hardworking and dependable. She is always available to give an extra hand for help and comes in every day with a positive spirit.

February 2022

THE HUMAN HEART

CROSSWORD



ACROSS

- 2 Eating healthy diet. Try to limit saturated fats, goods high in _____ and added sugars.
- 7 Every year, heart disease and _____ cause the most deaths. Compared to all diseases and cancers together.
- 9 _____ disease is the leading cause of death globally.
- 10 Make sure you get enough _____.
- 11 To prevent high. blood pressure maintain a heathy _____.

**Crossword answers will be available at the concierge on the 15th of the month.*

DOWN

- 1 Using _____ products increase your risk of cardiovascular disease.
- 3 Aim for over 150 minutes of _____ exercise per week.
- 4 Reduce your chance of having heart disease or a heart _____ by exercising regularly and eating healthy.
- 5 Some of the warnings signs for a heart attack include chest pain, nausea, vomiting, cold sweats, and _____ symptoms.
- 6 _____ is linked to heart attacks.
- 8 Avoid excess salt and _____ in your diet.

Check out
community photos
on our social media.



REACH OUT TO OUR
FAMILY SPECIALIST

Tea Risley

TO ARRANGE FOR A
LUNCH TOUR TODAY!
(323) 938-2131

MEET OUR TEAM

Jonathan Isaacs	Executive Director
Shirley Rendon	Wellness Director
Tea Risley	Family Specialist
Vanita Harris	Business Office Manager
Flor Rodas	Dining Room Director
Amy Hernandez	Memory Care Activity Director
Rolando Marín	Environmental Services Director

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