

# CITYVIEW

*Where You Live Matters*

JANUARY 24

**SPILL THE TEA!**

*Chit Chat on Frank Sinatra*

**STUDIO SUNDAYS! ART FORUM**

*From High Renaissance to Impressionism*

1/22  
**CHINESE NEW YEAR CELEBRATION**

**Taste of MAMA MIA!**  
January 4  
*Nat'l Spaghetti Day*

**FOCUS ON QUINCY JONES**  
*Throughout January*

# Happy New Year!

*Monday, January 2*

*Ring in the New Year right with a viewing of the Annual Tournament of Roses Parade followed by the 109th Rose Bowl Game featuring the Utah Utes vs. the Penn State Nittany Lions!*

# RESIDENT SPOTLIGHT

## BARBARA Q.



Barbara was born in the friendly state of Tennessee, home to music artists such as Dolly Parton and Elvis Presley. She moved to California in 1983. She has one daughter. Barbara enjoys living at CityView because our staff is very kind and helpful. CityView is thrilled to have Barbara living with us because she is so welcoming to everyone and her happiness is contagious.

**RESIDENT HAPPY HOUR**

Get to Know OUR RESIDENTS!  
Learn more about our Resident of the Month,  
**Barbara Q.**  
on **MONDAY, JANUARY 9 AT 3:00 PM**  
ENJOY LIVE ENTERTAINMENT!



Celebrate all of our  
January Birthdays!

*Birthday Party Lunch*

MONDAY, JANUARY 16 AT 12:00 PM

RESIDENTS WITH JANUARY BIRTHDAYS  
ARE INVITED TO BRING ONE GUEST

### RESIDENT BIRTHDAYS

- 1/02 Ken D.
- 1/11 Nell W.
- 1/15 Lida J.
- 1/17 LaRue B.
- 1/19 Billie A.
- 1/23 Marilyn P.
- 1/31 Sandra P.

### HOLIDAY CELEBRATIONS

- 1/01 New Year's Day
- 1/12 Nat'l Hot Tea Day
- 1/14 World Logic Day
- 1/16 Martin Luther King Jr. Day
- 1/20 Take a Walk Outdoors Day
- 1/21 Grandma's Day
- 1/22 Chinese New Year
- 1/27 Holocaust Remembrance Day

### RELIGIOUS SERVICES

Shabbat Blessings: Fri. at 4:30 p.m.  
Prayer Group: Sat. at 2:00 p.m.  
Stream Sunday Morning Mass:  
Sundays at 11:00 am  
*Vincent plays organ at Mass!*

## Transportation & Concierge Information

Complete peace of mind is our priority in all our communities. Enjoy the journey of senior living starting from the comfort of concierge transportation services.

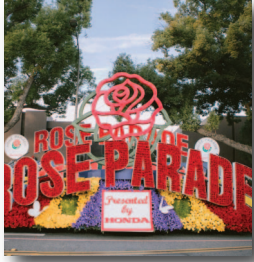
We offer transportation on Tuesdays and Wednesdays for scheduled appointments. On Thursdays, transportation is provided for scheduled outings and shopping events. There will be a weekly sign up sheet in the lobby with the Concierge.

*The Beautician*  
IS IN

EVERY WEDNESDAY

PLEASE BOOK APPOINTMENTS THROUGH OUR CONCIERGE:  
**(323) 938-2131**

# JANUARY *Activities & Events*



## CELEBRATE THE NEW YEAR!

Monday, January 02 | 9:00 am & 2:00 pm

The Tournament of Roses Parade featuring all those beautiful floats is a wonderful way to kick off the New Year! Follow that with the Rose Bowl and New Year is off to a great start!

## EXERCISE BIKE VIRTUAL REALITY

Tuesdays, 1/03, 17 and 31 | 2:00 pm

You can virtually ride anywhere in the world with your Oculus headset on your exercise bike! Learn how on Tuesdays at 2:00 pm!



## KNITTING W/FRIENDS

Wednesday, January 18 | 10:00 am

January is National Hobby Month, so this is the perfect month to take up a new or familiar hobby such as knitting! There are many wonderful health benefits to knitting too!



## CHINESE NEW YEAR!

Sunday, January 22 | 2:00 pm

Celebrate what should be a fruitful Year of Rabbit with us! Make a wish as you hang your own Chinese Lantern. Join in on the discussion and learn all about the Lunar New Year!



## RESIDENT COUNCIL MEETING

January 30 at 3:00 pm



“

I never cared about money or fame, and I don't care now. I follow the groove, and money always follows.”

~ Quincy Jones



## Lady Thistledown's SOCIETY PAPERS

January 2023

EXTRAORDINARY PEOPLE, EXTRAORDINARY NEWS

There's going to be plenty of Chit Chat Chatter here about the original 40's teeny bopper... that's right, Ol' Blue Eyes himself, Frank Sinatra. The rascally Rat Packer was the subject of juicy gossip galore and tons of titillating tidbits throughout his storied life and career. He once famously quipped, "If I had as many love affairs as I've been given credit for, I'd be in a jar at the Harvard Medical School." So when you "spill the tea" on January 24th about this famous crooner, be careful to separate the facts from the fiction!

Hollywood icon Quincy Jones is also on tap for gossip mongers this month. Learn all the delicious details about this thrice-married and multiple Grammy award winner!

*Cheers and Ta Ta!*



## EMPLOYEE OF THE MONTH JUAN C. Transportation

Juan C. is our wonderful driver. You can always count on Juan to be ready with a helping hand. Born and raised in Los Angeles, he grew up in a Catholic household. Juan has developed quite a passion for music and for the past 17 years, he has been performing at special events and at church. It is a pleasure to have such a talented and musical employee at CityView.

# January AL Monthly Outings



## CALIFORNIA SCIENCE CENTER

**FRIDAY, 1/06 AT 10:00 AM**

Considered the West Coast's largest hands-on science center, its exhibits include various ecosystem displays, hands on innovation and invention activities, and the World of Life.



## PIZZA & A MUSEUM

**FRIDAY, 1/20 AT 10:00 AM**

Pizza tops the list of the most popular foods in the world! So let's all sit down for a delicious pizza followed by a visit to a nearby museum.



## NATURAL HISTORY MUSEUM

**FRIDAY, 1/27 AT 10:00 AM**

Whether it's dinosaurs, gems, minerals, bugs or oceans that interest you, NHM has numerous exhibits to interest everyone.



## MONDAY MORNING SHOPPING TRIPS

**MONDAY, 12/05, 12, 19, 26  
AT 10:00 AM**

If you're looking to stock up on essentials or toiletries, hop on our transportation van every Monday morning.

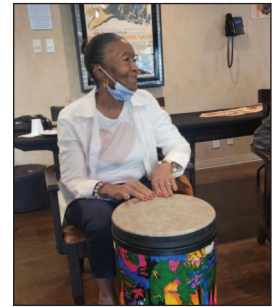
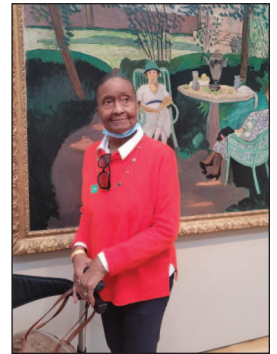


## FRIDAY SOUL SPA TREATMENTS

Every Friday morning at 9:00 am, SOUL residents can enjoy a relaxing spa treatment that may include aromatherapy hand massages or nail care.

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## CELEBRATING EVERY DAY LIFE!



# January SOUL Monthly Outings



## PICNIC AT THE PARK

**THURSDAY, 1/05 AT 10:00AM**

Everyone loves eating outside on a lovely Fall day. So be sure to join us on this fun park adventure with your friends!



## SCENIC HOLLYWOOD DRIVE

**THURSDAY, 1/12, 29 AT 10:00 AM**

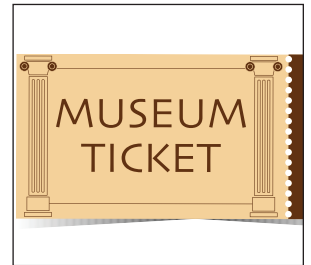
Sometimes a scenic drive around the city or up in the hills is just the ticket to enjoying a relaxing morning or afternoon. Join us on our scenic drive journey as we gad about the town.



## MUSEUM OUTING

**THURSDAY, 1/19 AT 10:00 AM**

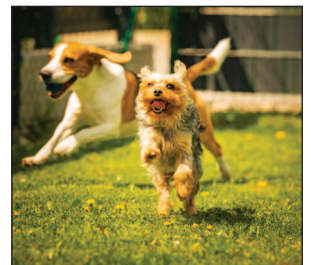
While the museum is yet to be determined, you're invited to tour with us on another exciting museum adventure.



## BEVERLY HILLS DOG PARK

**THURSDAY, 1/26 AT 10:00 AM**

What fun to watch dogs get out and enjoy their exercise and chance at social interaction. Please take this opportunity to get out and enjoy the fresh air and frolicking dogs!



SOUL spills the tea!  
*on Frank Sinatra*

**TUESDAY, 1/24 AT 11:00 AM**

Let's celebrate National Hot Tea Day over a hot cuppa and idle chit chat about the Chairman of the Board, Frank Sinatra himself!



While tea originated in China, it's grown to become the second most consumed beverage in the world, after water.



## THE INCREDIBLE BENEFITS OF WALKING

Did you know that a nice walk each day can add years to your life? There are so many health benefits to walking for seniors that it's no surprise that walking is linked to facilitating a longer lifespan. In fact, a 2015 study at St. George's University in London found that walking 25 minutes a day added up to seven years to a participants' lifespan!

Every Sunday, Tuesday and Saturday at 9:00 am, residents are encouraged to join in on our morning walks! Let's all get out and walk to add some extra time to our lives!



## SOUL Studio Sundays ART FORUM

From High Renaissance to Impressionism to Modern Art, residents can discover art through the works of these incredible masters.

The High Renaissance presents a period of ambitious projects in the Western World with, notably, the most famous being Michelangelo's *Sistine Ceiling*.

**Michaelangelo: Sunday, 1/15 at 1:00 pm**

Our next discussion will focus on the modern artist Pablo Ruiz Picasso, a Spanish painter, sculptor, printmaker, ceramicist who spent most of his adult life in France.

**Picasso: Sunday, 1/22 at 1:00 pm**

Our final examination will walk us through the art of the French impressionist, Claude Monet. He was a key precursor to modernism and the founder of impressionist painting.

**Monet: Sunday, 1/29 at 1:00 pm**

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## A Focus On Quincy Jones "Q"



*Considered one of the  
greatest minds in music  
and television history*

Quincy Delight Jones, Jr. (often called "Q") has helped to sculpt music in every form, and through music, he helped bring the messages of peace, justice, love, funk, and hope. His entertainment industry career spans 70 years as an American record producer, musician, songwriter, composer, arranger, and film and television producer. He's had 80 Grammy Award nominations, received 28 Grammys, and a won a Grammy Legend Award in 1992.

1/13 at 10:00 am - Matinee Concert

*Quincy Jones, Chaka Khan and Simply Red Live  
Everything Must Change*

1/20 at 10:00 am - Matinee Concert

*Quincy Jones 75th Birthday Celebration 10:00 am*

1/27 at 10:00 am - Theater Style Matinee  
*"Quincy"*

## SPAGHETTI

CELEBRATE  
NATIONAL  
SPAGHETTI DAY!

*Taste of  
Mama Mia!*

WEDNESDAY  
JANUARY 4  
3:00 PM



# CRAFT

c o r n e r



**TIE DYING  
TEE-SHIRTS**  
**MONDAY AT 1/09 & 23**  
**AT 2:00 PM**

Express yourself through this ancient art practiced across continents and many cultures.



**WE LOVE LA!  
ROOF TOP  
PAINTING**  
**TUESDAYS, 1/31**  
**AT 11:00 AM**

What better place to paint whatever you'd like while sunning yourself on our beautiful rooftop?!



*Monday*  
**TED Talks**

*Monday afternoons at 2:00 pm*

TED Talks are aptly described discussions that began with covering the topics represented by the acronym TED (Technology, Entertainment and Design), and today covers almost every topic from science to global issues.

- 1/05 *A Blueprint for Better Eye Health*  
by Danuta Sampson
- 1/12 *Growing Old is a Blessing*  
by Marai Alejandro
- 1/19 *Empowering Seniors to Step from the Shadows*  
by Maggie Wallem Rowe
- 1/26 *The Power of Self Love*  
by Shanti Schiks

Wednesdays, join us for Current Events at 2:00 pm

**CHINESE NEW YEAR**  
**YEAR OF THE RABBIT**

*Sunday, January 22, 2023*



2023 is the year of the Water Rabbit, and with it, 2023 is predicted to be a year of hope. Each of the twelve Chinese animals represented in the Chinese Zodiac can be associated with five elements: Gold (metal), Wood, Water, Fire, or Earth. The Water Rabbit comes once in a 60 year cycle. In 2023, every Chinese zodiac sign is thought to be affected by the Water Rabbit influence. Some are predicted to become free of the misfortunes encountered in 2022, while others are warned to be prepared for troubles and accidents.

The luckiest Chinese zodiac signs this year are thought to be the Oxes, Tigers, and Snakes, followed by the slightly less lucky but still lucky, Dogs, Horses, Goats, and Pigs.



The Rabbit ranks fourth in the Chinese zodiac, and below is a folk tale that explains how that happened. All the animals were invited by the Jade Emperor to race to the Heavenly Palace to determine the listing of the animals on the Chinese Zodiac. The Ox asked his friend the Rabbit for advice about how to better run long-distances. The Rabbit told the Ox he could simply not run fast as one needs a slim body to do so, and the Ox was far too stout. The Ox was upset to hear this, but practiced every day and became much better at running due to his perseverance.

The day before the run, the Ox and the Rabbit promised to go to the Heavenly Palace together as soon as they heard the first cockcrow. The next morning, after the first cockcrow, the Ox got up to find that the Rabbit had already left. The Rabbit ran for a long time, but found that there was no other animal around, and so decided to sleep for awhile. While the Rabbit was napping, the Ox passed the sleeping Rabbit, who didn't wake up until hearing the pounding of the Tiger's paws as it also passed by him. The Rabbit then followed after the Tiger, but still came in behind him. The tricky Rat came in first as it had asked the Ox if it could ride on the Ox's back to cross the river. At the river bank, the tricky Rat jumped off the Ox's nose to take first place in the race. Next came the Ox, then the Tiger, followed by the Rabbit.

The Rabbit is a symbol of longevity, peace and prosperity in Chinese culture, and for these reasons, we can't hop, skip and a jump too soon into 2023, the year of hope!

# LUNAR NEW YEAR CROSSWORD

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

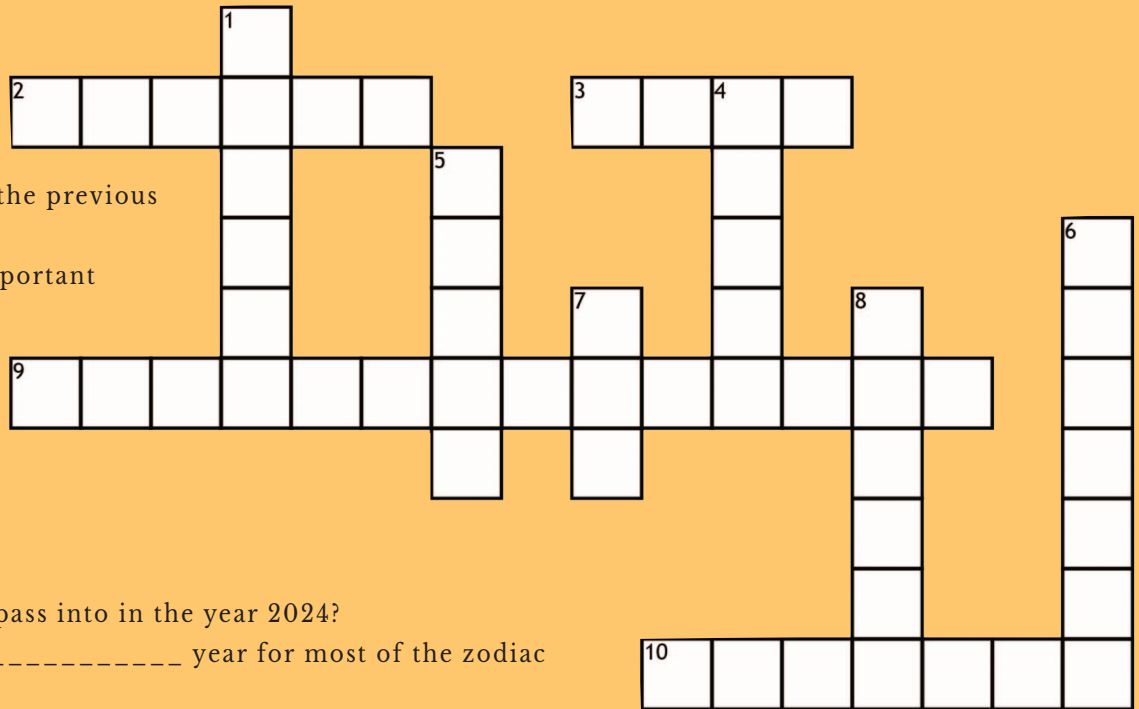
## ACROSS

2 The Rabbit is what number of all the zodiac animals?

3 What male bovine animal represented the previous year of 2022?

9 What is the most important holiday in China?

10 What Festival follows the Chinese New Year?



## DOWN

1 What animal do we pass into in the year 2024?

4 2023 will be a very \_\_\_\_\_ year for most of the zodiac signs.

5 What element represents this year's fortune for the rabbit?

6 How many days is the Lunar New Year?

7 That three letter color is a lucky color for Rabbits in 2023?

8 2023 is the Year of What Animal?

Check out community photos on our social media.



REACH OUT TO OUR  
FAMILY SPECIALIST

*Teea Risley*

TO ARRANGE FOR A  
LUNCH TOUR TODAY!

**(323) 938-2131**

### OUR SERVICE PLEDGE

We understand that we are responsible for the delivery of excellent Resident service. We represent our company, our communities, and myself. At each "service moment", we will initiate a warm and friendly greeting, treat residents with care and understanding, and communicate

## MEET OUR TEAM

**Mendy Ginsburg**

Executive Director

**Amy Hernandez**

Wellness Director

**Teea Risley**

Family Specialist

**Vanita Harris**

Business Office Manager

**Dawna Butala**

Hospitality Specialist

**Flor Rodas**

Culinary Director

**Genevieve Elgrichi**

Active Living Specialist

**Chelsey Lonan**

Activity Assistant

**Jane O'Rear**

Activity Assistant

**Rolando Marín**

Environmental Services Director

**Amanda Negreros**

Concierge

**Juan "JC" Chavez**

Transportation

515 North La Brea Avenue, Los Angeles CA 90036 / (323) 938-2131 / license: 198603220