

MARCH 2022

COMMUNITY NEWSLETTER

CITYVIEW

Where You Live Matters

March 23

TASTE OF
THE WORLD
SPANISH
PAELLA

MARDI
GRAS
JUBILEE

MARCH 1

*Traditional Fat
Tuesday cuisine
and merriment!*

GET
READY
FOR
SPRING!

March 12

NATIONAL
PLANT A
FLOWER DAY

THE CELTIC THRONE

*"Oh! Erin, must we leave you? Must we ask a mother's welcome from a strange, but
happier land? Where the cruel Cross of England's thralldom never shall be seen;
and where, thank God, we'll live and die still wearin' the green."*

~ excerpt from the traditional Irish Folk song "*Wearin' of the Green*"

RESIDENT SPOTLIGHT

NELL W.



Nell is this month's City View Star! Born in Atlanta, this Georgia peach studied at the New York School of Design, and later opened up her very own furniture store in New Mexico.

Nell loves the city of New York, and strawberry ice cream is her very favorite treat! Nell also attends every activity at City View which makes her a star. Hooray for Nell!



New Resident
Happy Hour

Meet and Get to Know
ALL OF OUR NEW RESIDENTS!

Learn more about our
Resident of the Month,
Nell W.
on FRIDAY, MARCH 25



DAYLIGHT SAVINGS TIME

begins

SUNDAY, MARCH 13

**Be sure to adjust
your clocks forward!**

RESIDENT BIRTHDAYS

Robert H.	3/11
Daniel R.	3/17
Susan R.	3/21
Beverly S.	3/28

HOLIDAY CELEBRATIONS

3/01	Mardi Gras
3/02	Ash Wednesday
3/16	Purim Begins
3/17	St. Patrick's Day

RELIGIOUS SERVICES

faith

Shabbat Services
Friday 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, Thursday, and Friday will have advertised outings and shopping trips. Sign-up for these in the lobby with our Concierge.

Tuesday and Wednesday are available for Medical Appointments. Please make your reservations with our Concierge at (323) 938-2131 today!

The Beautician
IS IN

**EVERY
TUESDAY**

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

MARCH

Activities & Events



MARDI GRAS MASQUERADE Fat Tuesday New Orleans Style

Tuesday, March 1 | 3:00 pm

Join us for a rollicking Mardi Gras Jamboree filled with traditional Big Easy cuisine and Fat Tuesday dance music. Be prepared to party!

PLANT A FLOWER DAY

Saturday, March 12 | 2:30 pm

With an eye towards Spring, let's celebrate its approach by planting your own lovely flower on our panoramic Rooftop on National Plant a Flower Day!



THE CELTIC THRONE

Celebrate St. Patrick's Day

Thursday, March 17 | 12:00 to 3:00 pm

Experience Ireland's rich culture and heritage. It's a fine time to enjoy traditional Irish dance, music, food, drink and lore.



TASTE OF THE WORLD

Spanish Paella

Wednesday, March 23 | 11:00 am

Join our City View Executive Chef for a live cooking demonstration. Learn the delights and secrets of this savory Spanish dish.



RESIDENT COUNCIL MEETING

Thursday, March 24
3:00 p.m.



“

I love March
as it gives me
hope that
new
beginnings
are always
beautiful.

~ Anamika Mishra



Lady Thistledown's SOCIETY PAPERS

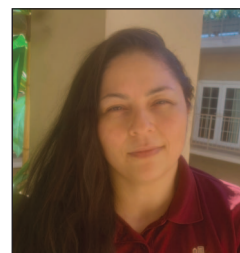
March 2022

EXTRAORDINARY PEOPLE, EXTRAORDINARY NEWS

Have you heard... the secret's out! Two new residents have just moved into their lovely CityView homes. Can you guess who they are?

Chit chat 'round the water cooler is that there's a new face taking her place in the executive director's chair. We checked, and found this juicy bit of gossip to be true! Anita has had to bid farewell to her friends around the corner (at Melrose Gardens) and is saying "hello" to all her new friends here!

Finally, the rumor mill has confirmed that the stork will be delivering a precious baby boy this month to our own preppers Flor! So big congrats on that!



EMPLOYEE OF THE MONTH LESLIE Housekeeping

Nothing makes housekeeping nicer than approaching it with a bright and friendly attitude, and everyone knows that Leslie brings that cheerful outlook to every room she cleans. She is also well known for the attention she pays to every little detail. Every day she comes to work wearing her lovely smile, and residents and employees alike are equally happy to see Leslie, too!

March 2022

Sunday

Monday

Tuesday

Wednesday



BREAKFAST **6**
Bagel, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prune Yogurt
LUNCH
Vegetable Soup,
Patty Melt on Rye,
Potato Wedges,
Chocolate Cake
DINNER
Hearty Chicken and Vegetable Soup
Cobb Salad, Garlic Bread
Sliced Fruit

BREAKFAST **7**
Pancakes, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Butternut Squash Soup
BBQ Chicken Quarter
Roasted Potatoes, Steamed Broccoli
Spice Cake
DINNER
Cabbage Soup,
Turkey Club Sandwich
Potato Salad,
Honey, Yogurt and Granola

BREAKFAST **1**
Hot/Cold Cereal, Eggs Any Style, Toast
Fresh Fruit, Prunes
MARDI GRAS LUNCHEON
Chicken Gumbo
Muffulettas, Macaroni Salad
King Cake
DINNER
Cajun Vegetable Soup
Chicken Jambalaya
Beignets

Mardi Gras

BREAKFAST
Hot & Cold Cereal, Boiled Eggs, Fresh Fruit
LUNCH
Garden of Eatin'
Flatbread Pizzas
Seasonal Fruit
DINNER
Tomato Soup
3 Cheese Grilled Chicken
Fruit Salad
Pound Cake with Icing

Ash Wednesday

BREAKFAST **13**
Bagel, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Tortilla Soup,
Chicken Enchilada, Rice
Green Salad
Flan
DINNER
Vegetable Soup,
Rolled Lasagna with Meat Sauce
Green Beans, Garlic Bread
Berry Pudding

BREAKFAST **14**
Pancakes, Eggs Any Style, Beef Sausage
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Vegetable Soup
Chicken Scampi, Roasted Vegetables
Brownie
DINNER
Hearty Chicken and Vegetable Soup
Cobb Salad, Garlic Bread
Sliced Fruit

BREAKFAST **15**
French Toast, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Split Pea Soup
Ground Beef Kabobs
Dill Rice, Cucumber Salad
Ice Cream Sundae
DINNER
Beef Barley Soup,
Pasta Primavera, Garlic Bread
Carrot Cake

BREAKFAST
Eggs Any Style, Toast
Hot & Cold Cereal, Fresh Fruit
LUNCH
Vegetable Noodle Soup
Coconut Crusted Chicken
Black Bean Salad
Chocolate Cake
PURIM DINNER
Matzah Ball Soup
Brisket, Baked Beans
Sautéed Shrimp
Hamantaschen

BREAKFAST **20**
Bagel, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Vegetable Soup
Chicken Egg Noodle Pasta
Green Salad
Fruit
DINNER
Beef Vegetable Soup,
Sliced Beef with Gravy
Brown Rice Pilaf
Sherbet

Spring Begins

BREAKFAST **21**
Pancakes, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Garden Soup, Reuben Sandwich,
Macaroni Salad
Jello with Cream
DINNER
Split Pea Soup
Grilled Orange Chicken Salad
Strawberries and Cream

BREAKFAST **22**
French Toast, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Chile Con Carne
White Rice, Garden Salad, Cornbread
Churros with Ice Cream
DINNER
Squash Soup
Baked Vegetable Quiche, Sliced Melon
Dinner Roll
Jello with Cream

BREAKFAST
Eggs Any Style, Toast
Hot & Cold Cereal, Fresh Fruit
LUNCH
Barley Soup
Rosemary Roasted Chicken
Noodles, Roasted Vegetables
Apple Turnovers
DINNER
Root Vegetable Soup
Grilled Salmon, Lemon Butter

BREAKFAST **27**
Bagel, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Split Pea Soup
Meatloaf, Potato Hash
Vanilla Mousse
DINNER
Garden Salad
Vegetable Beef Stew, Egg Noodle
Sugar Cookie

BREAKFAST **28**
Pancakes, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes,
Cottage Cheese
SOUTHERN STYLE LUNCH
Wild Rice Soup
Crispy Fried Chicken, Mashed Potatoes,
Sautéed Cabbage, Biscuits
Red Velvet Cake
DINNER
Tomato Soup
Tuna Melt, Green Salad, Chips
Banana Pudding

BREAKFAST **29**
French Toast, Eggs Any Style,
Hot & Cold Cereal, Fresh Fruit, Prunes
LUNCH
Chile Con Carne
White Rice, Garden Salad, Cornbread
Churros with Ice Cream
DINNER
Squash Soup
Baked Vegetable Quiche, Sliced Melon
Dinner Roll
Jello with Cream

BREAKFAST
Eggs Any Style, Toast
Hot & Cold Cereal, Fresh Fruit
LUNCH
Barley Soup
Rosemary Roasted Chicken
Noodles, Roasted Vegetables
Apple Turnovers
DINNER
Root Vegetable Soup
Grilled Salmon, Lemon Butter

Dining Hours | Breakfast from 8:00am to 9:30am | Lunch from 12:00pm to 1:30pm | Dinner from 5:00pm to 6:30pm
Menu Subject to Change

Monday

Thursday

Friday

Saturday

FAST **2**
Angel, Beef Sausage
Fresh Fruit, Prunes
CH
Soup
a, Side Salad
uit Parfait
IER
Soup
heese Sandwich,
Salad
Whipped Cream

BREAKFAST **3**
Hot or Cold Cereal, Breakfast Muffins,
Scrambled Eggs with Onions and Peppers,
Toast, Fresh Fruit
LUNCH
Vegetable Soup,
Grilled Chicken, Mashed Potatoes, Green
Beans
Ice Cream
DINNER
Italian Wedding Soup
Spaghetti with Meat Sauce
Garden Salad
Tiramisu

BREAKFAST **4**
Hot or Cold Cereal, Yogurt Parfait,
Omelettes Toast, with Fresh Fruit
LUNCH
French Onion Soup
Veggie Burger
Fries, Lettuce & Tomato, Red Onion
Citrus Sorbet
DINNER
Matza Ball Soup
Salmon w Steamed Vegetables
Fresh Fruit

BREAKFAST **5**
Turkey Eggs Benedict, Hot & Cold Cereal,
Fresh Fruit, Cottage Cheese
LUNCH
Split Pea Soup
Lox Bagel
Herbed Tomato Salad
Baked Apple
DINNER
Chicken Noodle Soup
Turkey Chili, Rice, Vegetable Medley
Cornbread
Seasonal Fruit

FAST **9**
st, Turkey Sausage
Fresh Fruit, Prunes
CH
y Soup
Panini
sh Fruit
Crisp
DAY DINNER
ea Soup
Chicken,
et Salad
y Cake

BREAKFAST **10**
Biscuits with Gravy, Home-Style Potatoes
with Onions and Peppers, Fruit
LUNCH
Beef Noodle Soup
Chicken Enchiladas, Rice and Beans,
Green Salad
Churros
DINNER
Cream of Mushroom Soup
Pasta with Meatballs
Butter Cookie

BREAKFAST **11**
Cream of Wheat, Pancakes
Eggs Any Style, Meat, and Fruit
LUNCH
Vegetable Rice Soup,
Stir Fried Vegetables, Egg Fried Rice
Vegetable Egg Rolls
Almond Cookie
DINNER
Matza Ball Soup
Oven Fried Fish,
Roasted Root Vegetables
Smoothie

BREAKFAST **12**
Toast, Scrambled Eggs, Hot & Cold Cereal,
Fresh Fruit, Prune Applesauce
LUNCH
White Bean Soup
Bagel with Lox
Steamed Peas
Fruit Tart
DINNER
Vegetable Noodle Soup ,
Grilled Cheese with Turkey
Tomatoes, & Parsley
Sherbet Ice Cream

FAST **16**
st, Beef Sausage
Fresh Fruit, Prunes
CH
oodle Soup
Chicken Breast
, Tropical Slaw
Mousse
DINNER
all Soup
Sweet Potato,
Spinach
aschen

BREAKFAST **17**
Coffee Cake Muffin, Home-Style Potatoes
with Peppers, Scrambled Eggs ,Fruit
LUNCH
Vegetable Lentil Soup
Noodle Kugel
Yogurt Parfait
ST PATRICK'S DINNER
Cabbage Soup
Pasta with Meat Sauce
Apple Cake

St. Patrick's Day

BREAKFAST **18**
Cream of Wheat, Hash Browns,
Eggs Any Style, Meat, and Fruit
LUNCH
Clam Chowder,
Lemon Stuffed Fish,
Broccoli & Red Potato's,
Chocolate Ice Cream
DINNER
Matza Ball Soup
Baked Fish
Honey, Yogurt and Granola

BREAKFAST **19**
Hot & Cold Cereal, Poached Eggs, Toast
Fresh Fruit, Prunes
LUNCH
Vegetable Soup,
Lox Bagel
Fresh Fruit
DINNER
White Bean Vegetable Soup,
Herb Baked Chicken,
Sweet Potato Vegetable Salad
Watermelon Slice

FAST **23**
st, Hash Browns,
Fresh Fruit, Prunes
CH
Soup,
ed Chicken, Egg
ed Vegetables
rnover
IER
able Soup,
Pesto Pasta,
Cake

BREAKFAST **24**
Breakfast Muffins, Hash Browns with
Onions and Peppers, Eggs, Fruit
LUNCH
Chicken Pot Pie
Garden Salad
Peaches with Cottage Cheese
DINNER
Italian Wedding Soup,
Spaghetti with Meatballs, Side Salad,
Garlic Bread,
Chocolate Pudding

BREAKFAST **25**
Blueberry Pancakes, Eggs Any Style, Hot &
Cold Cereal, & Fresh Fruit
LUNCH
Vegetable Orzo Soup
Baked Fish Sandwich
Potato Chips, Orange Slices
Chocolate Chip Cookie
DINNER
Matza Ball Soup
Salmon with Vegetable Rice
Honey Yogurt & Berries

BREAKFAST **26**
Cream of Wheat, Eggs Any Style, Meat,
& Fresh Fruit
LUNCH
Navy Bean Soup,
Lox Bagels
Hot Fudge Sundae
DINNER
Egg Drop Soup
Teriyaki Beef, White Rice, Salad
Sugar Cookie

FAST **30**
st, Hash Browns,
Fresh Fruit, Prunes
CH
Soup,
ed Chicken, Egg
ed Vegetables
rnover
IER
able Soup,
Pesto Pasta,
Cake

BREAKFAST **31**
Breakfast Muffins, Hash Browns with
Onions and Peppers, Eggs, Fruit
LUNCH
Chicken Pot Pie
Garden Salad
Peaches with Cottage Cheese
DINNER
Italian Wedding Soup,
Spaghetti with Meatballs, Side Salad,
Garlic Bread,
Chocolate Pudding



March 2022

0pm

We prepare our menu with no added salts or sugars.
Melrose Gardens License: 197609830/197609896

You are invited to attend
The Celtic Throne

Come discover the
Charms of City View



Celebrate Irish
Customs & Culture

March 17th from 12:00 to 3:00 p.m.

*Experience the country's rich culture and heritage of traditional
Irish dance performances, music food, drink, and lore.*

Please RSVP to our concierge at (323) 938-2131.

CRAFT

C O R N E R

Did you know that March is National Craft Month? This is the month we are encouraged to discover (or rediscover!) our love of crafting. This month, our CityView **SOUL crafters** will explore their crafting creativity!

Wednesday, March 2, 16, 30 - 1:00 pm

Painting on the Patio

Sunday, March 6 and 20 - 1:00 pm

Old Town Jewels Jewelry Making

Monday, March 7 and 21 - 2:00 pm

Spring Flower Bouquets Arranging

Monday, March 7, 14, 21, 28 - 3:00 pm

Jane's Creative Arts Therapy

Tuesday, March 8, 22 - 1:00 pm

Soul's Stitching House

Thursday, March 10 and 24 - 9:30 am

Spring Themed Watercolor

Friday, March 11 - 3:00 pm

4 Leaf Clover & Charm Assembling

Saturday, March 12 and 26 - 2:00 pm

Soul's Polymer Clay Creations

Saturday, March 12 - 4:00 pm

Ceramic Spring Vase Painting

Tuesday, March 15 and 29 - 4:00 pm

Handcrafted Hamantaschen

Saturday, March 19 - 4:00 pm

Ceramic Spring Vase Painting

Friday, March 25 - 3:00 pm

Oil Pastel Drawings

Sunday, March 27 - 2:00 pm

Painting on the Rooftop



This March is International Women's History Month, and with that topic in mind, we'll be hosting discussions for our AL residents at our Thursday Ted Talks.

Please join us at these "Fearless Women Dialogues", where we'll examine the contributions made by these amazing women to our world.

Thursday, March 3 - 11:00 am

Featuring: Pat Mitchell

Thursday, March 10 - 11:00 am

Featuring: Kakenya Ntaiya

Thursday, March 17 - 11:00 am

Featuring: Sakena Yacoobi

Thursday, March 24 - 11:00 am

Featuring: Tracie Ellis Ross

Thursday, March 31 - 11:00 am

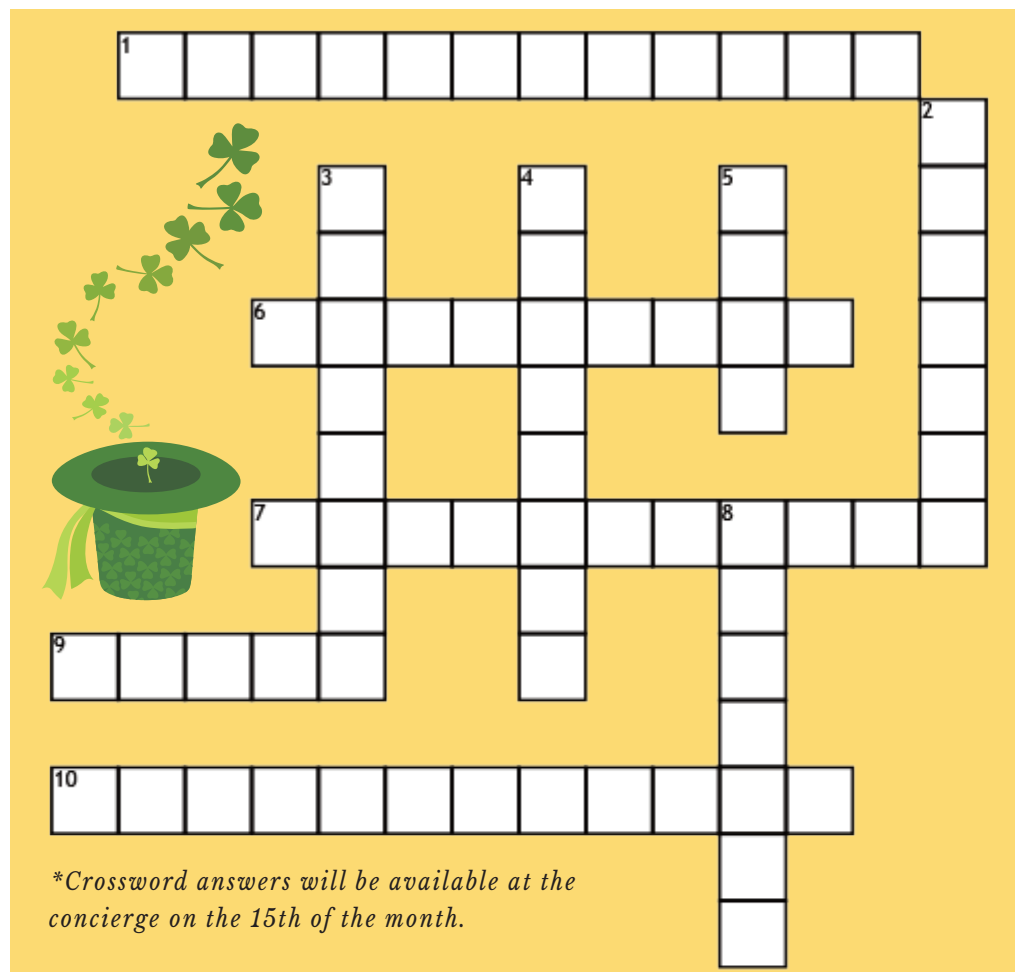
Featuring: Cara E. Yar Khan



March 2022

ST. PATRICK'S DAY

CROSSWORD



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

Check out
community photos
on our social media.



ACROSS

- 1 St. Patrick's Day commemorates the arrival of what to Ireland?
- 6 St. Patrick was _____ when he was 16 years old?
- 7 Where did the 1st St. Patrick's Day parade take place in the United States?
- 9 Where was St. Patrick actually from?
- 10 What was St. Patrick's birth name?

DOWN

- 2 For 6 years of his life, St. Patrick was in _____.
- 3 What beverage sales double from 5.5 million dollars to 10 million dollars on St. Patrick's Day?
- 4 St. Patrick used _____ to teach pagans about the Holy Trinity.
- 5 March 17th is the day St. Patrick _____.
- 8 In what city does the Plumbers Local 110 Union dye a river green to celebrate St. Patrick's Day?

REACH OUT TO OUR
FAMILY SPECIALIST

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

MEET OUR TEAM

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

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 clearly. We will do our part to implement the essentials of service excellence.

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

www.cityview.care