



February 2020 Newsletter

cityview.care

A Message from Rosie Julinek



February is always a short month, although this year is different ~ we get to add on an extra day ~ the 29th! This Leap Day occurs only once every four years, so I urge you to make the most of it!

Throughout February, CityView will pay tribute to the many achievements of African Americans in our country during Black History Month. African American History Month, as it is also known, represents an opportunity for all of us to recognize the

integral role that African Americans have played in helping to shape and influence our wonderful nation.

February is also the month for Valentines of all ages, and nothing presents a Valentine's message quite like candy. And a hand-crafted Candy Gram is the perfect way to deliver your Valentine's message to a friend, family member, or loved one. Join us in assembling Candy Grams at our craft creation station on the 5th and the 12th. If you're ready to get creative with words and candy, you may surprise yourself with your hidden artistic talent!

"Laissez les bons temps rouler" is a Cajun French expression meaning "let the good times roll." This is an oft-used phrase can be heard in New Orleans, especially during the Mardi Gras, or Fat Tuesday, Celebration. We will let the good times roll here on Tuesday, February 25th, as we explore the history of Mardi Gras, and enjoy a traditional and delicious New Orleans King Cake! That evening, residents can take delight at our New Orleans dinner and dessert event, topped off by an especially festive King Creole Holiday Special.

Since we're talking about celebratory moods and music, I'm sure many of you remember the legendary Rat Pack. This group of entertainers were a part of the mid-century Las Vegas casino scene. During the 1960s, the group consisted of Frank Sinatra, Dean Martin, Sammy Davis Jr., among others. Every Wednesday afternoon in February, you can sing along to some of their all-time classics like "That's Amore", "I Ain't Got Nobody", and "You're Nobody 'Til Somebody Loves You", and scores of other nostalgic Rat Pack favorites!

Wishing you a truly festive February!

Rosie Julinek



Barbara rings in the New Year right!



He may be masked, but we know he's Leon.



Lida and Robert celebrate the New Year.



Resident of the Month - Janyce "Jan" Sarnoff

Acapulco, Chicago and Los Angeles have always played the biggest roles in Jan Sarnoff's life. Our lively February resident of the month attended Northwestern University in Chicago, and graduated with a degree in Medical Technology. She also received her ASCP certification, the gold standard for medical laboratory professionals. Before coming to California, she enjoyed working in the Chicago VA Hospital where she specialized in diagnosing viruses that other people could not detect or identify. Jan's life then took a momentous turn when she decided to vacation in sunny Acapulco, Mexico. It was at this picturesque resort town that she first meant Tom, her husband of 64 years! After a year-long romance, they married and eventually had their children, Danny, Timmy, and Cyndy. Today, Jan and Tom are the proud grandparents of nine grandkids! A person of varied interests, she is also an avid bird watcher and tennis fan, although she is quick to assert that she detests the slow-paced sport of golf. Jan also served a term as the President of the California Special Olympics. After 64 years together with Tom, the long-married Jan is quick to advise others to "never marry the first man you see." And if you don't want to get married at all, Jan recommends everyone to "stay away from Acapulco!"



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

2/02	Hot Popcorn & Live Entertainment with Singer Bob Levy	3:00 p.m.
2/09	Hot Popcorn & Live Entertainment	3:00 p.m.
2/16	Hot Popcorn & Live Entertainment	3:00 p.m.
2/23	Hot Popcorn & Live Entertainment	3:00 p.m.

Birthdays this Month

Resident Birthdays

Candace Marshall	2/13
Geneva Campbell	2/21
Thomas Sarnoff	2/23
Evelyn Turk	2/24
Eloise Kissane	2/26



CityView University

CityView offers many interesting and varied educational experiences for those interested in brushing up or learning new things.

Want to explore poetry and books? Find out more about art? Participate in discussions? Do all this and more every month right here at CityView!

Black History Month

Documentaries	2/01, 08,	11:00 a.m.
Culinary Creations	2/03, 10, 17, 24	3:00 p.m.
Open Forum Discussions	2/07, 21, 28	11:00 a.m.
Juniper's Jewelry Design	2/09,	11:00 a.m.
Creative Zone w/Stephanie	2/10	2:00 p.m.
Handmade Greeting Cards		
Valentine Poetry Analysis	2/14	10:00 a.m.
Poetry Corner w/Karlyn	2/17	2:00 p.m.
Featuring Black Poets		
African American Artist Discussions	2/05, 12, 19, 26	2:30 p.m.

Religious Services and Study

Shabbat Services - Friday at 6:30 p.m.
Bible Study - Saturdays at 1:30 p.m.

Don't Miss Our February Outings!

Below are the special and exciting outings we have planned for the month of February!



Thursday, February 6

Lunch at Bludso's BBQ

Regarded by many to be the best BBQ in all of LA, Bludso's family-run BBQ restaurant has been perfecting the Texas-style craft of slow smoking meats for over five generations.



Thursday, February 13

LA Library w/Picnic Lunch

Pick out a favorite book or two from one of the most amazing and architecturally-significant buildings in LA, and partake in a delicious picnic lunch to boot!



Thursday, February 20

A Visit to the Broad Museum w/Picnic Lunch

Named for noted philanthropists Eli and Edyth Broad, now is your chance to view the expansive collection of contemporary art at the landmark \$140 million Broad building.



Thursday, February 27

See It on the Big Screen

Come join us for an outing at one of our local LA theaters to catch up on one of the very latest theatrical releases to hit the big screen. The film selection will be determined by resident choice.

Valentine's Day

CELEBRATION

Friday,
February 14th

Candy Gram Creations

WEDNESDAY, 2/5 & 12 AT 1:30 P.M.

GRAMS WILL BE DISTRIBUTED ON VALENTINE'S DAY

ENJOY MORNING POETRY,
VALENTINE'S DINNER AND MOVIE

Celebrating Black History Month

The month of February is Black History Month. February was chosen because Negro History Week was previously honored during the week of February 12th and 14th, the respective birthdays of Frederick Douglass and Abraham Lincoln. In 1976, President Gerald Ford designated February as the official Black History Month, urging everyone to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." At CityView, we will host weekly discussions about famous black artists, musicians, and innovators and inventors. Throughout this month, we will also feature films with leading black actors, and will screen documentaries about note-worthy African Americans and many of the issues they have faced and the triumphs they have celebrated.

February 2020

Mardi Gras Bash



February 25th

Let the Good Times Roll!

Mardi Gras, or Fat Tuesday, is celebrated in many countries, including the U.S., primarily in New Orleans. Mardi Gras marks the Carnival celebration on or after the Christian feast of the Epiphany or Three Kings Day which honors the three wise men. Beginning on January 6th and culminating on the last day before Ash Wednesday, this period marks the start of the fasting season of Lent. Mardi Gras is accompanied with costumed parades. This raucous celebration is also distinguished by the practice of stuffing oneself with many of the rich fatty foods one abstains from when Lent begins.

We will enjoy delicious King Cake while we receive a historical perspective during our Mardi Gras celebration. King Cake is a blend of coffee cake and cinnamon roll (yum!), and is usually decorated with yellow, green and purple icing ~ the traditional Mardi Gras colors. This New Orleans speciality is often packed with fruit fillings and cream cheese. But the most fun part about King Cake is that there is always a small surprise hidden inside.

Why is there a Leap Day?



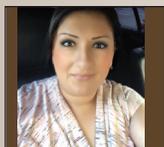
You have probably always wondered why is there a February 29th every four years? It's because that extra or Leap Day catches the Earth's orbital revolution around the Sun up with the annual lag of six hours every 365 days. The Leap Day compensates for this lag and realigns the calendar with the Earth's position in our Solar System. Without Leap Day, the seasons would become completely out of whack! So because solar years are actually six hours shorter than 365 days, every four years we add in that extra day to make up the difference.

However, adding a calendar day every four years eventually results in an excess of 44 minutes every four years, or about 3 full days every 400 years. Therefore, every year that is divisible by 100 is not a leap year, unless that year is also divisible by 400. If you were around in 1900, you did not experience a Leap Day for eight years. However in the year 2000, which you can divide by 4, you did enjoy Leap Day.

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