



· HAPPY · *St. Patrick's Day*

17 MARCH

March 2020 Newsletter

cityview.care

A Message from Rosie Julinek



With the days getting longer and springtime just around the corner, I feel like we are excitedly leaping into March! I have always loved Spring; it's actually one of my favorite seasons. Just as winter can symbolize endings, spring can symbolize new life. New flowers are starting to grow and bloom, animal babies are either starting to appear or are being made, the grass is becoming greener, and it's not as cold anymore! It's a very happy time of the year for me, and it always has been. So as the Spring season brings extended daylight, rising temperatures, and the

rebirth of beautiful flora and fauna, I will be encouraging renewed passion and excitement in our building among staff and residents as we continue to care for and enhance each other's lives!

Aside from a new season, we will also be celebrating plenty of holidays! Beginning the evening of March 9th until March 10th we will be remembering the story of brave Queen Esther in the upcoming joyous Purim holiday. A holiday celebrating a brave woman also ties in beautifully with the theme of the month, which is Women's History Month! I am excited that our Activity Director Arnold will be featuring women famous for their varied contributions to music, art, and technology throughout the month.

Another enjoyable holiday, thanks to all the green that appears on this day, is March 17th - the day we celebrate Irish culture on St. Patrick's Day! We have interesting historical truths to share concerning the holiday, beautiful music to inspire people to try to dance a jig, as well as traditional foods and beverages to sample on this day at our afternoon Happy Hour and evening Emerald Isle dinner! For those of you with Irish ancestry, I hope you revel and enjoy the culture and accomplishments that your ancestors have passed down, and perhaps share a few stories of your own.

As the month of March progresses, I hope everyone's spirits are rejuvenated as we toss off the winter mantle and step into spring. My office on L2 is always open for residents, family, and friends, and I look forward to an incredible spring of renewed growth in relationships with you all!

Wishing you a happy Spring!

Rosie Julinek



Saul L. with Bob F. on a visit at the museum.



Kenneth & Susan sit down for a delicious Valentine's Day dinner.



Sisters Eleanor and Elvira enjoy their Valentine's Day dinner.



Resident of the Month - Rhonda M.

Rhonda has always been a colorful personality, cracking jokes and teasing friends for what feels like forever. She fondly recalls her upbringing as the oldest of four kids on a small farm in central Illinois. Despite the closest town having a population of only 1200 people, she loved the caring, connected nature of their Illinois farming community.

Rhonda became a dedicated Social Worker, committed to helping people in word and deed. She and her husband even welcomed a local homeless man to stay in their garage during the cold winters, and they worked to get the man back on his feet. She and her husband were a great team, with her prizing his incredibly loving and accepting nature as they worked together to help many people rebuild their lives.

She still loves to help people, and while living at Memory Court in City View has been instrumental in greeting and engaging newcomers as a resident ambassador, recommending the food, activities, and friendly staff and fellow residents. A mix of dirty jokes and a welcoming attitude to any question makes for a favorite among the group!



While many of the Jewish holidays are reflective and serious, Purim is one of the most joyous and fun holidays on the Jewish calendar. Save the date (March 10th at 9:30am) for when we will explain and share the story of Purim, as well as some Hamentaschen cookies! Jewish or not, everyone is welcome.

Here's a teaser: Purim commemorates a time (about 2,300 years ago) when the Jewish people living in Persia were saved by a beautiful and courageous young woman named Esther. The story of Purim is told in the Book of Esther. An exciting tale of heroism, romance, and intrigue, it is a story with several subplots. The heroes of the story are Esther, a beautiful young Jewish woman living in Persia, and her cousin Mordecai, who raised Esther as his own daughter.

Birthdays this Month

Resident Birthdays

Bernice L.	3/06
Bob H.	3/11
Daniel R.	3/17
Saul L.	3/19
Susan R.	3/21
Nastassia G.	3/22
Gladys D.	3/30



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!

Juniper's Jewelry Design	3/01, 15	11:00 a.m.
Hot Popcorn & Live Entertainment		
	3/01, 08, 15, 22, 29	3:00 p.m.
Acrylic Painting	3/02, 09, 16, 23, 30	3:00 p.m.
Floral Arrangements	3/04, 11, 18, 25	1:30 p.m.
Women Artists Discussion	3/04, 11, 18, 25	2:30 p.m.
Women Inventors Discussion	3/05, 12, 19, 26	3:30 p.m.
Open Forum Discussion	3/06, 13, 20, 27	10:00 a.m.
Learn Spanish	3/07, 14, 21, 28	11:00 a.m.
Women Musicians Discussion	3/07, 14, 21, 28	2:15 p.m.
Creative Corner w/Stephanie	3/09	2:00 p.m.
Poetry Corner w/Karlyn	3/16	2:00 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 March Outings !

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



Thursday, March 5

Spending Time at the Fairfax Library

Join us for a stop at the Fairfax Library to return books and pick up some new reading adventures!



Thursday, March 12

San Antonio Winery Tour & Lunch

Enjoy learning about the rich history of winemaking in the City of Los Angeles and the California wine industry, followed by a beautiful dining experience among redwood casks enjoying a variety of creative Italian dishes.



Thursday, March 19

The Annenberg Space for Photography

In the arresting and iconic exhibition *Vanity Fair: Hollywood Calling*, we will view photographic portraiture and multimedia installations that capture the magic and glamour of the film and television industry's major players from the last four decades.



Thursday, March 26

Watch It on the Big Screen ~ Regency Theatres in Van Nuys

Join us for an afternoon viewing of the latest movies on the big screen! Your Senior Discount ensures you can see any movie for \$8.50.

Irish Events! Green Beer & Emerald Isle Dinner

**EAT
DRINK
-AND BE-
Irish**

Happy St. Patrick's Day!
Every March 17th, millions dress in green to celebrate all things Irish, but especially St. Patrick, the patron saint of Ireland. The fourth-century saint was born in Roman Britain, but was kidnapped as a teen and enslaved in Ireland. St. Patrick escaped but returned to the land of leprechauns in 432 BC to spread Christianity.

While converting the country, it is said that he explained the holy trinity using a three-leaved shamrock and drove the snakes out of Ireland.

We will be celebrating in the afternoon with delicious green beer and hors d'oeuvres, learning about Irish history, and dancing a jig to Irish classics. Make sure you wear green to our Emerald Isle Dinner in the evening, featuring corned beef and cabbage!

Spring into Fitness at CityView!

Sundays	10:00	Wake up, Workout! L5
	2:00	Cesar's Walking Club L1
Mondays	11:00	Stretch and Strengthen L5
	1:30	CityView Walking Club L1
Tuesdays	10:00	Healthy Joints with Cesar L3
	2:00	Cesar's Walking Club L1
Wednesdays	10:00	Wake Up, Workout! L5
	2:00	CityView Walking Club L1
Thursdays	11:00	Cesar's Boot Camp L5
	2:00	Cesar's Walking Club L1
Fridays	11:00	Laurel's Musical Workout L5
	2:00	CityView Walking Club L1
Saturdays	1:45	CityView Walking Club L1
	3:00	Ralph's Chair Tai Chi L5



Throughout Women's History Month this March we will be examining the lives and contributions of women with a variety of talents! We will hold open discussions in the afternoons concerning their lives and contributions, while providing information and examples of their ingenuity, intelligence, compassion, and creativity.

Wednesdays are reserved for amazing female artists, with a weekly lineup featuring Georgia O'Keefe, Kara Walker, Frida Kahlo, Yayoi Kusama, and Peju Alatise. They have varied techniques, interests, mediums, and backgrounds; but together provide a unique female artistic perspective.

The ingenuity these women inventors have used to create useful tools such as the circular saw, dishwasher, locomotive chimney, home security system, and central heating furnace will be our focus on Thursdays.

On Saturdays we will hear about famous musicians who broke the mold as women artists! Examples include Billie Holiday, Marin Alsop, Florence Price, Sarah Chang, and Karen Briggs; it's amazing the diverse musical talent these women have contributed to society!

Employee of the month Jeronica K.

Jeronica is one of our considerate and caring Med Techs! She is originally from the Philippines and moved to the United States in 2005. She attended Marian College, where she earned her Licensed Vocational Nursing degree. On her days off she enjoys exploring new places to eat, viewing current movies, hanging out with friends and family, and taking her two dogs - Jingle and Boogie - on walks!



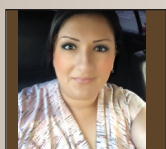
When asked why she enjoys her job as a med tech, she responded, "It's a profession that never stops giving. You learn new things every day, and the opportunity for growth is unlimited. It makes me feel good inside, especially when it comes to helping the residents not just with their physical health, but also emotionally."

Let's congratulate Jeronica for earning Employee of the Month of January, and learn from her motto to always "Be kind to one another!"

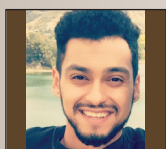
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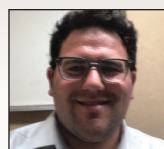
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