



April 2019 Newsletter

cityview.care



A Message from Murielle, *Executive Director*

April is a time of renewal, a time to think about better balancing our lives. The Spring equinox is the time of year when light and dark are balanced... it's even been suggested that the exact day of the equinox is the day you can balance an egg on its end!

Speaking of eggs, this symbol of rebirth plays a role in two important holidays this month, Passover and Easter. We will host a traditional Passover Seder dinner on the first night of

Passover, April 19th, and feature a delicious Easter lunch on Sunday, April 21st.

Residents had a last minute opportunity to visit the Ronald Reagan Library in March, featuring the fascinating *Pompeii: The Exhibition*. This 79 A.D. exhibit will be closing in April and we didn't want to miss it, so we moved a few of our March outings around and into April for the opportunity to see the exhibit. It is for this reason that we'll be visiting the La Brea Tar Pits and Shakey's Pizza for lunch in April instead. We'll also be touring a film set favorite, the USS Iowa Battleship in San Pedro, which will be our first visit to this museum. The Battleship also has a special exhibit entitled "Lost at Sea: The Explorations of Dr. Robert Ballard". Dr. Ballard, who once said, "Everyone is an explorer. How could you possibly live your life looking at a door and not open it?" discovered the final resting place of the RMS *Titanic*. This retrospective showcases many of the noted underwater wrecks Dr. Ballard has found.

Ralph returns to us on Saturdays at 3:00 p.m. to host his Tai Chi classes so our residents eagerly look forward to his return. This gentle form of exercise incorporates stretching and deep breathing, with each posture flowing into the next without pause, ensuring that your body is in constant motion.

May Springtime renewals bring new beauty and new joy to your lives,

Murielle Chocron

CityView Snapshots

Winnie at Ronald
Regan Library



Eleanor about to
board a helicopter



Vera looking at one
of Pompeii's victims





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

4/07	Chloe Vaught Sings the Hits	3:00 p.m.
4/14	Fin Sagal Sings the Hits	3:00 p.m.
4/21	TBD	3:00 p.m.
4/28	Emma Dayhuff Plays Jazz	3:00 p.m.

Birthdays this Month

Virginia Skinner	4/13
Prudencia Dalinger	4/28
Cheri Ramey	4/17



Religious Services and Study

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

Introducing Resident Gary Jackson

Gary was born and raised in Boston, Massachusetts. He still passionately loves watching the Boston Red Sox, but he moved to Los Angeles many years ago for two reasons - the weather and the music scene. It was his father who originally got him interested in music when he was younger, and it stuck with him. Gary owned a record shop for decades, and writing for and about music artists is what he considers to be his greatest accomplishment. He is pleased to have been able to see almost every big name live in concert for his work. He loves seeing all the musicians perform and listening to the diversity between them. Gary is married to Judith, whom he has known for over 40 years, and he considers her his best friend. Gary's most important advice would be to go to and finish college. When asked what he enjoys most about living at CityView, you can easily guess what he answered... it's the music!



CityView University

CityView offers many interesting and varied educational experiences for those interested in

brushing up or learning new things. Want to learn French? Explore poetry and books? Find out more about art? Participate in discussions? Do all this and more every month right here at CityView.

Art History w/Sharon 4/07 11:00 a.m.

Creative Zone with Stephanie 4/08 10:00 a.m.

Culinary Creations 4/01, 08, 15, 22, 29 2:30 p.m.

Open Forum
Topic: Gandhi 4/03 11:00 a.m.

Social Hour w/Shaquan 4/03, 10, 17, 24 7:00 p.m.
Refreshments & Group Discussions

Jewelry w/Juniper 4/28 11:00 a.m.

French w/Yohan 4/24 2:30 p.m.

Poetry Corner w/Stephanie 3/16 2:30 p.m.

Book Club with Stephanie 4/19 1:30 p.m.

Music & Art w/Jane 4/08 3:00 p.m.

April Outings Not To Miss!

Below are the special and exciting outings we have planned for the month of April.



Thursday, April 4

World's Greatest Pizza is at Shakey's Pizza Parlor

Shakey's has been serving up delicious pizza since 1954, and was the first franchise pizza chain in the United States. The menu choices feature many delicious pizza types including their Firehouse and Texas BBQ Chicken.



Thursday, April 11

Hunting for Collectibles at Goodwill

Who doesn't love to find a vintage antique in a thrift shop? We'll be on the hunt for those one-of-a-kind deals as well as any other unique treasure to catch our eye. And if you have anything you'd like to donate, April 11th would be a good the time to do it!



Thursday, April 18

LA Brea Tar Pit Museum

Relive a life that's been lost in time, captured in ice and buried in tar. Explore prehistoric Los Angeles through the fossils found at the La Brea Tar Pits.



Thursday, April 25

Tour the USS Iowa Battleship

The USS Iowa battleship is the main artifact in this maritime museum is located in the Port of Los Angeles in San Pedro. It was the lead ship of the last class of U.S. Navy battleships to be build by the United States. It has been featured in various roles in film and television including *NCTS: Los Angeles*, *Dark Rising*.

CityView Tuesday Shopping Shuttles

We offer a shuttle every Tuesday in April that will take you to the bank and some of your favorite shops.

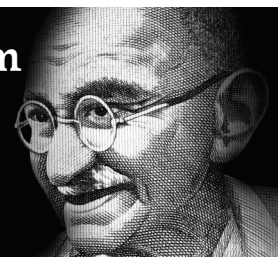
4/02	Shuttle to .99¢ Store	1:30 p.m.
4/09	Shuttle to the Bank & Target	1:30 p.m.
4/16	Shuttle to the CVS	2:00 p.m.
4/23	Shuttle to .99¢ Store	2:30 p.m.
4/30	Shuttle to Target	1:30 p.m.

The Casino Comes to CityView

It's true, along with Bingo, which we play almost every day because everybody loves it, our Activity Director every month, Mike will also break out the poker chips to play for fun. Join Mike for a game of Blackjack on Tuesday the 16th at 4:00 p.m. Residents like to mix it up and they will all sometimes play a game of poker and 21 as well.



The Open Forum Mahatma Gandhi April 3 - 11:00 a.m.



Every month, we feature Open Forum discussions, and in April, one of the topics will be about the life and philosophy of Mahatma Gandhi, the well-known Indian activist who lead India to its independence from Great Britain.

Maggie Banks

Caregiver
our April
Staff
Spotlight



Maggie's nurturing nature is what makes her such a wonderful caregiver. She puts her whole heart into her job, and is compassionate and loving to all those she works with. It makes sense, then, that she also loves tending to her garden. Maggie came from the Philippines with her husband, who is a retired software engineer and private business owner. They have one son, JM, who used to work here at CityView, too. He is a registered nurse now. Maggie is grateful for most for good health. Her dream is to continue helping people as long as she can, and lives by the old adage, "Love thy neighbor as thyself." She enjoys physical activities such as hiking and working out at the gym. You'll also find her cooking and sharing her food with family and friends.

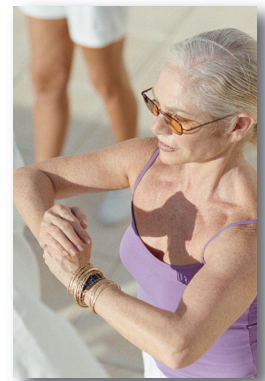
Movie: *Saving Mr. Banks*

On Monday evening, April 8th, we'll be featuring the Disney film *Saving Mr. Banks*, starring Emma Thompson as P.L. Travers, the author of *Mary Poppins*, and Tom Hanks as film producer Walt Disney. This movie tells the story of how Disney, having promised his daughters to make a movie of the book, *Mary Poppins*, tries hard to convince Travers to allow him to make it represent it in film. Dealing with her own painful childhood memories, she is concerned about how Mr. Banks will be depicted in the film. It is around this premise that the movie is based. Travers is also adamant that there be no animation in the film, which we know, for anyone who has seen the film *Mary Poppins*, and its dancing penguins, she must have ultimately, and fortunately, given in on. So join us on the 8th, and discover the back story behind the making of the movie, *Mary Poppins*.



Saturday Tai Chi with Ralph

Ralph returns to us after going on a Tai Chi retreat in March, and our residents are all eagerly looking forward to getting back into his classes. Originally developed for self-defense, Tai Chi (pronounced TIE-CHEE) has evolved into a graceful form of exercise that can be used for stress reduction and to help a variety of other health issues. This meditation in motion promotes serenity through its gentle flowing low impact movements. Join Ralph at 3:00 p.m. every Saturday for some deep stretches and concentrated breathing with Tai Chi.



Our Staff



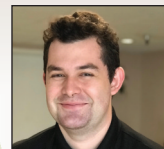
Murielle Chocron
Executive Director
Director@CityView.Care



Arcadio Quijada
Maintenance Director
Maintenance@CityView.Care



Romeo Angeles
Wellness Director
Wellness@CityView.Care



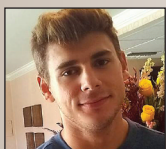
Marcelino (Tony) Salguero
Maintenance
Maintenance@CityView.Care



Rosie Julinek
Executive Assistant
RosioJ@CityView.Care



Agabid Lopez
Food Service Director
ChefAgabid@cityview.care



Michael Dimando
Activity Director
Activities@CityView.Care



Natalie Janbakhsh
Memory Care Director
ActivitiesAsst@CityView.Care