



A Message from Murielle, Executive Director



December is always filled with celebrations, special foods, and wrapping up not only gifts, but also any unfinished business of the year. If any of that sounds like stress to you, we have the perfect antidote: a regular massage therapist in the building. For some of you massage may be a new concept, maybe even disconcerting, but we're confident you'll have a positive experience. We can say this without hesitation because Gigi DeSouki, the founder of Wellness on Wheels, is an experienced professional with more than 30 years experience in health care, and she's spent 20 of those years recruiting top practitioners.

Massage offers many benefits beyond "it feels good." The Mayo Clinic reports it may also be helpful for anxiety, digestive disorders, fibromyalgia, headaches, insomnia, myofascial pain, injuries and joint pain. So sign up at the med office and get yourself on the schedule.

We'll enjoy services and special meals for both Hanukkah and Christmas at CityView, and there is another very special event happening, also something of a gift. We're happy to welcome Hedy Lamarr's son, Anthony, who will visit us December 11 for a special screening of his mother's inspiring documentary *Bombshell, the Hedy Lamarr Story*. This Austrian-born actress was known for her beauty, but her greatest legacy is her intellect.

With all the special foods we'll be enjoying this month, it's a good time to refocus on maintaining a healthy weight and blood pressure. Our new activities direction, Mike, leads a regular group in our gym. Join him for deep stretching, muscle repetition workouts and cardio, all of which can be done from a chair.

Happy Hanukkah, Merry Christmas and Happy New Year to all!

Murielle Chocron

CityView Snapshots Halloween Fun!

Elinore and her
dog in costume



Judah, Murielle &
Mike





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

12/02	Rick Vocals and Guitar	3:00 p.m.
12/16	Anjelina Plays Violin	3:00 p.m.
12/23	Jade Cooke Sings the Hits	3:00 p.m.
12/30	Chloe Vaught Opera & Jazz	3:00 p.m.

Birthdays this Month

Karen Lang	12/01
Gail Markley	12/11
Marsha Schindler	12/12
David Selburg	12/17
David Smith	12/17
Helen Jordan	12/20
Maurice Johnson	12/25
John Langlois	12/28



Religious Services and Study

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

Introducing Virginia Skinner

Virginia Skinner isn't new to California; she lived in our state until age 12, when her family moved to Longview, Texas. So when she later moved back to Orange County to start her family, it was a homecoming. She and her late husband, Charles Woolverton, raised two daughters who now live close by — one in Hancock Park and the other near Palm Springs. Virginia loved her work, teaching English to people from all over the world, and as might be expected from a language teacher, she's an avid reader who whips through a book every couple of days. But she still makes time to get involved in the many different activities the building offers, and to join in numerous urban adventures. Asked what piece of advice she has for young people, Virginia said, "Look at all the opportunities available, carefully select what you want to do, and just do it!" That's sound advice at any age.

CityView University



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

brushing up or learning new things. Want to learn Spanish? Explore contemporary poetry? Find out more about former presidents? These and other classes are offered every month right here at CityView.

TED Talks

How to tame your wandering mind 12/01 3:00 p.m.

Culinary Creations 12/03, 10, 17, 24 2:30 p.m.

Social Hour w/Shaquan 12/03, 10, 17, 31 3:00 p.m.
Group Discussions

French w/Yohan 12/04 4:00 p.m.

Discussions

History of Hanukkah 12/07 11:00 a.m.
Overcoming Obstacles 12/08 11:00 a.m.
The History of Christmas 12/16 10:30 a.m.
Oh Christmas Tree! 12/25 12:00 a.m.

Creative Zone with Stephanie 12/07 3:00 p.m.

Jewelry w/Juniper 12/09, 23, 30 3:00 p.m.

Poetry Corner w/Stephanie 12/14 3:00 p.m.

Book Club with Mike 12/28 3:00 p.m.
World's Fair - by E.L. Doctorow



December Outings to Put on Your Calendar

Below are a few of the fun outings we have planned for the month of December.



Tuesday, December 4
Shopping at Target



Tuesday, December 13
Ice Cream at The Grove



Tuesday, December 18
Nail Salon Visit



Tuesday, December 27
Skirball Center

More CityView Snapshots!



Michael Dimando, *Activities Director*

A refugee from his chilly birthplace of New Hampshire, Michael Dimando grew up in a close-knit family, including an older brother and a beloved Australian cattle dog. Mike is an active guy, which makes him a perfect fit for Activities Director. He likes to snowboard and play pick-up basketball as much as possible, and loves water-oriented activities such as fishing, longboard surfing and even reading at the beach. He also dreams of having a family and traveling to New Zealand, sometimes referred to as “longboard heaven,” or traveling cross-country with his family, the way he did on a three-week trip with friends before starting work at CityView. Mike’s favorite part of his job is “being able to get to get to know everybody and make them happy in the process.” In addition to planning activities for the building, Mike also leads workout sessions in the gym, so stop by and say hello; it’s good for your health!



Film — *The Illusionist*

If you see only a single movie this month, the one not to miss isn’t a hot new box office release; it’s a 2006 award-winning film titled *The Illusionist*. Set in turn-of-the-century Vienna and starring Edward Norton, Jessica Biel and Paul Giamatti, the story is a mystery about a magician who uses his abilities to reunite with his beloved childhood friend, a woman far above his social standing. The events depicted will have you on the edge of your seat — not scary, but suspenseful — and there’s a wonderful Philip Glass soundtrack. You may even consider taking a nap that day because you’ll really want to be wide awake to follow the action! December 20, 6:30pm.



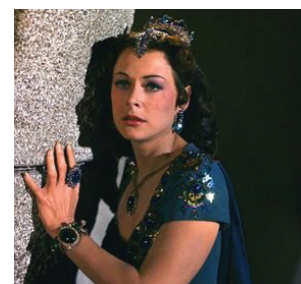
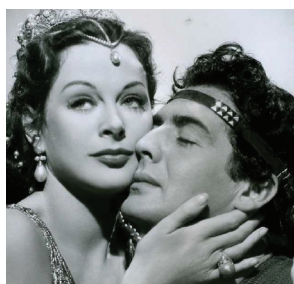
Give Peace a Chance

With the world seeming increasingly chaotic, it’s reassuring to hear a vision for a peaceful future. In our December 12 TED Talk, *The Road to Peace*, a number of presenters offer diverse ideas, practical advice and real-world examples from around the globe of how it just might be attainable.

Hedy Lamarr, Star of the Screen and Bluetooth



We all remember Hedy Lamarr as a glamorous movie star, but how many of us know she was also an inventive genius? A Hollywood icon who was hailed as “the most beautiful woman in the world,” Lamarr’s good looks obscured her significant development of a radio guidance system that today is the basis for WiFi, Bluetooth and GPS. The star had escaped Europe on the eve of the Nazi conquest and was enjoying a successful film career in Hollywood when she offered the technology she’d co-developed with avant-garde composer George Antheil to the Allies, hoping it would help win the war. Don’t miss this PBS American Masters glimpse into the extraordinary life of a fascinating, brainy beauty, along with the opportunity to discuss it with her son, Anthony Loder, on December 11 at 2:30pm.



Our Staff



Murielle Chocron
Executive Director
Director@CityView.Care



John McMahon
Wellness Director
Wellness@CityView.Care



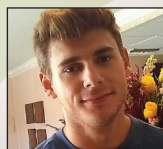
Rosie Julinek
Executive Assistant
RosioJ@CityView.Care



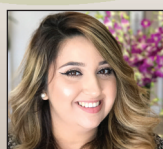
Mark Mullen
Chief Engineer
Maintenance@CityView.Care



Arcadio Quijada
Maintenance Director
Maintenance@CityView.Care



Michael Dimando
Activity Director
Activities@CityView.Care



Natalie Janbakhsh
Assistant Activity Director
ActivitiesAsst@CityView.Care