

A Message from Murielle, *Executive Director*



February is known for being the month that celebrates sweethearts and love, and for this reason, we are hosting our Valentine's Senior Prom Dance on February 14th. We'll feature live entertainment, where residents can kick off their shoes and burn up the dance floor! And if dancing's not your thing, mix and mingle with your fellow residents because this is going to be a PARTY!

If you enjoy discussions or if the topic of personal growth appeals you, our TED Talk on Saturday, February 2nd should interest you. Realizing that who you are is not "fixed", and that there are approaches to personal development you can tap into. Maybe you're looking to push yourself more in your workouts, or perhaps you're thinking of writing a book or a set of poems, or journaling, or even starting an informative blog. Discovering that determination, or better yet, the grit inside of you to achieve that personal growth is something we could all benefit from. You know, it's been said that the road to success is not always a straight line, you need to trust that even the detours will make sense when you look back at them.

Some of our outings were pushed out in January due to those intense rains we had. So we've rescheduled the Aquarium of the Pacific in Long Beach visit we had planned to February 7th. While there, you'll get a chance to discover the world's largest ocean, the Pacific Ocean, with over 11,000 animals and over 500 different species.

If you want to connect with your own inner chef, then join our CityView Chef Agabid in his Monday Culinary Creations class starting at 2:30 p.m., where he always has something special on the menu for you to take a part in cooking.

In keeping with one of the more popular February themes, in *All You Need is Love*, the Beatles sang, "There's nowhere you can be that isn't where you're meant to be." And with that in mind, I'll leave you by telling you I'm so glad that you're all here at CityView.

Murielle Chocron

CityView Snapshots

Barbara Howard
with her dog
Cupcake



Gladys Dominguez



Mae Turner



Winnie Christine





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

2/03	Anjelin Noh Plays Violin	3:00 p.m.
2/10	Emma Dayhuff, Jazz Bassist Concert	3:00 p.m.
2/13	Margaret Plays the Harp	5:00 p.m.
2/14	Valentine's Day Senior Prom Dance	5:00 p.m.
2/17	TBD	3:00 p.m.
2/24	Jade Cook, singer, guitarist, pianist	3:00 p.m.

Birthdays this Month

Candice Marshall	2/13
Jane Price	2/16
Elvira Chavez	2/21
Estelle Phillips	2/22
Paul Doniger	2/24
Evelyn Turk	2/24



Religious Services and Study

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

Introducing Resident Dorothy McGarry

Dorothy McGarry was born to her parents Moore and Ruth Lasher in Nebraska on May 1st, or May Day (a common European holiday). She has one sister named Sylvia, and five children - three boys and two girls. And from her children, she has six grandchildren! Dorothy eventually made her way from Nebraska here to California, where she graduated from UCLA with her B.A. in Anthropology, and her Masters in Library Science. Dorothy worked as a Librarian at UCLA in the Science & Engineering Library there. She still volunteers there twice a week. As a Librarian, Dorothy was awarded the prestigious Margaret Mann Citation for professional achievement in cataloging and classification from the American Library Association. She also still active in a number of associations. Dorothy is always interested in current event topics and politics, so enjoys participating in our Social Hour Discussions with Shaquan which are scheduled on Wednesdays at 7:00 p.m. in February. You'll also find her participating in our Jeopardy Trivia games, which as a Librarian, you can bet she's good at it!

February 2019



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 Talk Discussions

2/02 3:00 p.m.

Personal Growth

Art History w/Sharon

2/03 11:00 a.m.

The Real Story of the Monuments Men, Part 2

Jewelry w/Juniper

2/10, 24 3:00 p.m.

Culinary Creations

2/04, 11, 18, 25 2:30 p.m.

Social Hour w/Shaquan

2/06, 13 7:00 p.m.

Refreshments & Group Discussions

Creative Zone with Stephanie

2/08 3:00 p.m.

French w/Yohan

2/9, 25 2:30 p.m.

Poetry Corner w/Stephanie

2/16 3:00 p.m.

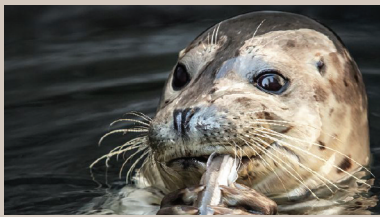
Book Club with Stephanie

2/22 3:00 p.m.



February Outings To Not Miss!

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



Thursday, February 7

The Aquarium of the Pacific

Now celebrating their 20th Anniversary, is your chance to get a good look at seal pups, sea lions, penguins, otters, sting rays, sharks, and many other species indigenous to the Pacific Ocean.



Thursday, February 14

Valentine's Day Senior Prom

Now's your chance to dress up in your finest party clothes and dance and mingle with your fellow residents on Valentine's Day.



Thursday, February 21

See it on the Big Screen - *Serenity*

Starring Matthew McConaughey and Anne Hathaway, *Serenity* is a neo-noir thriller film about a fishing boat captain who is approached by his ex-wife to murder her abusive new husband.



Thursday, February 28

Enjoy the Treats of Italy

The Olive Garden's family-style restaurant specializes in Italian-American cuisine including pasta dishes, steaks and salads. Be sure to sample their delicious never ending freshly baked breadsticks!

CityView Tuesday Shopping Shuttles

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

2/05	Shuttle to Bank & Target	2:00 p.m.
2/12	Shuttle to the Sprouts	2:00 p.m.
2/19	Shuttle to the Bank & Trader Joes	2:00 p.m.
2/26	Shuttle to Target	2:00 p.m.

Putting The Montessori Method into play

Every Sunday through Friday in The Court

We're introduced a new activity program in The Court designed to help our memory care residents rediscover the world around them. The Montessori Method has worked with children for many years by creating activities designed to engage the senses and abilities of each individual child. And caregivers are finding that the same approach works with people with dementia related issues who are at risk of losing access to their world. By creating sensory experiences through physical activities like puzzles, sorting exercises, folding, assembling, and art such as painting and drawing, the Montessori Method helps the person to reconnect with positive experiences from their past, and the pleasant emotions those memories emit. This approach helps to re-engage the types of memory that have been spared by dementia like how to dress and eat. The Montessori Method looks to flip the system on its ear and change people's expectations of what those with dementia are capable of. Residents get the opportunity to enjoy the process of participating in something they used to do regularly, and come away from the activity with a sense of accomplishment that helps to improve the quality of their life.



Romeo Angeles

Wellness Director
our featured Employee
of the Month



One important approach Romeo takes in life is to always be bettering oneself. After spending nine years in the Army, Romeo knows how to do just that! He also attended college and received his Associates Degree and LVN license. Romeo was born in Manila, Philippines, and has three boys, Justin, Kyle, and Brandon. He loves spending time with his family, traveling to other countries in Europe, as well as certain southern states like Florida, South Carolina, and Virginia. Romeo loves different cars, especially the Tesla SUV, and backs our popular LA sports teams, the Lakers (basketball) and the Rams (football). Romeo also enjoys hanging out and walking with his two dogs, a Cocker Spaniel and a Poodle-mix. Lily Tomlin is credited with having said that the road to success is always under construction, and Romeo is always building forward on his.

Amazon's

The Marvelous Mrs. Maisel

Enjoy our Matinee Showings throughout the month!



Starring Rachel Brosnahan, this Golden Globe Award winner (3) and Emmy Award (5) winning comedy is about a delightfully funny housewife in the 1950s who decides to become a stand-up comedian. The housewife, Miriam "Midge" Maisel, is a young, upper middle-class Jewish housewife living on the Upper West side of Manhattan. Fearing rejection and judgement, Midge hides that she is moonlighting as a comedian from her family and friends, including her estranged husband. Midge eventually discovers that she performs best when using the material from her own life, but that sometimes gets her into trouble with her family and friends.

Valentine's SENIOR PROM

Dress up in your finest Valentine's colors on Thursday, February 14th at 5:00 p.m.
Mingle and Dance with one another to Live Entertainment

Our Staff



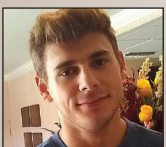
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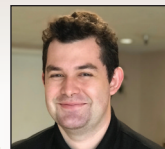
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