



A Message from Murielle, *Executive Director*



The first Thanksgiving back in 1621 was celebrated for three days, but most people now celebrate for at least four, because although our national holiday is the third Thursday in November, it continues until all the leftover turkey is gone. Since the average turkey now weighs about 30-pounds—roughly double what it did in the 1950s—that can be a long time!

At CityView we'll enjoy a traditional roast turkey Nov. 22 (seconds are encouraged!) and an afternoon concert to ease your digestion. You may also want to get ready for the feast with an exercise workout in the morning led by our new teacher, Tuekeha.

That's not our only special luncheon this month. On Nov. 21 we'll host a Veterans Appreciation Lunch, when we join with firefighters in honoring those who served in our armed forces. They were willing to fight for our American freedoms, and the best way to honor their sacrifice is to vote Nov. 6. If you haven't registered, you can still cast a provisional ballot with ID.

Two days later we'll visit the Skirball Center featuring an exhibit about Supreme Court Justice Ruth Bader Ginsburg, or [*Notorious RBG*](#). Nominated in 1993, RBG's exceptional credentials got her approved by a Senate vote of 96–3. This stellar daughter of Russian Jewish immigrants is still proudly serving at 85!

Some of our residents her age may be veterans of WWII who served in France. This month our Book Club will discuss a delightful and romantic book set in the "City of Lights," *The Little Paris Bookshop*. If you believe in the power of story to change people's lives, don't miss it.

Happy Thanksgiving, and thank you all for sharing it with us!

Murielle Chocron

CityView Snaps

Nancy Williams



Elinore Timmons



Nola Irvin &
Bernice Levin



Mae Turner





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

11/04	Jack B on the Keys	3:00 p.m.
11/10	Joey Plays Guitar	3:00 p.m.
11/11	Rick Plays Guitar	3:00 p.m.
11/18	Angelina Plays Violin	3:00 p.m.
11/24	Senior Sensory Entertainment	3:00 p.m.
11/25	Jade Cook Sings the Hits	3:00 p.m.



Get Creative with Cards

In the Creative Zone with Stephanie this month we'll focus on Holiday Card Making. Let your imagination run free when you join us to design a beautiful holiday greeting for your family or a friend.



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.

Sages & Seekers 11/01, 08, 15 3:30 p.m.

Art & Music w/Jane 11/02, 17 3:30 p.m.

TED Talks w/Lorna 11/03 3:00 p.m.
Why do we sleep?

Culinary Creations 11/05, 12, 19, 26 2:30 p.m.

French w/Yohan 11/05, 19 4:00 p.m.

Flower Arranging 11/07, 14, 21, 28 3:00 p.m.

Social Hour w/Shaquan 11/01, 08, 15, 29 3:00 p.m.
Group Discussion

Creative Zone with Stephanie 11/09 3:00 p.m.
Holiday Card Making

Jewelry w/Juniper 11/11, 25 3:00 p.m.

Poetry Corner 11/16 3:00 p.m.
Dylan Thomas

Art History Presentation 11/18 10:30 a.m.

Book Club with Stephanie 11/30 3:00 p.m.
Little Paris Bookshop - by Nina George

Religious Services and Study

Shabbat Services - Friday at 6:30 p.m.

Bible Study - Saturdays at 1:30 p.m.



Tuesday, November 06

Trim time at the .99 cent store

Now's your chance to get some great trim for your tree and decorate up your apartment for the holidays. The .99 cent store is also a great place to do some of your holiday gift buying.



Target, November 13

Queue up the Season!

Looking to add a little personal flair to your holiday celebration? From plates, to pumpkins, to turkeys, to trimmings, you'll find what you need at Target.



Tuesday, November 20

Don't forget to trim your nails too!

What better way to sit down to a Thanksgiving feast, then to pick up your silverware with a set of beautifully trimmed Thanksgiving nails?



Tuesday, November 27

CVS

Okay, now it's time to get seriously ready for the holidays. If you are looking for holiday cards, holiday gift cards, or holiday gifts, Black Friday was last week, so now is the time to go get them.

CityView Thursday Shopping Shuttles

CityView offers a shuttle on Thursdays in November that will take you to some of your favorite shops.

11/01	Shuttle to Sprouts	1:30 p.m.
11/15	Shuttle to Trader Joes	1:30 p.m.
11/29	Shuttle to Bank & CVS	1:30 p.m.



Movement for Health with Tuekeha Huntly

Tuekeha Huntley, a five-time All-American in track and field, two-time school record holder in the pentathlon and heptathlon, and personal trainer and motivator of more than 100 people, became a health coach when she realized how much fitness had changed her life. Being fit reassures her of how strong and mentally tough she really is, she says, and how ready to take on life's challenges. "I love coaching others," she adds. Her fervent hope is for everyone to feel great and make healthy choices. Come on a Thursday morning at 10 and try a session for yourself; health and well-being are definitely something to be thankful for.



Staff Spotlight Roxanna Paige, Reception

"I grew up in Los Angeles and my family has southern roots as well as a mixture of different cultures and traditions. I love working at CityView and my favorite time spent with residents is our great conversations. They're like extended grandparents to me. I love to spend time with my family and friends and love to be a positive light. I'm the mom of one daughter, who is dear to my heart. I love a good laugh, being helpful, and I appreciate all the simple moments in life before anything else. I love my CityView extended family; every day is an adventure."

Birthdays this Month

Gwendolyn Kincy	11/04
Delores Richardson	11/04
Robert Stone	11/04
Natalie Shaffer	11/08
Dorothy Carter	11/20
Eleanor Timmons	11/26
Evelyn Mastrov	11/27
David Kornblum	11/29



Poetry Corner ~ Dylan Thomas



Amidst all the challenges faced by members of the press these days, we can be grateful that the First Amendment protects not just the right of free speech, but also our courageous, skilled and sometimes poetic journalists. In fact, renowned poet Dylan Thomas got his first job at age 16 as a newspaper reporter. Thomas went on to become the archetypal Romantic poet of the American imagination, a highly theatrical alcoholic who loved to pick fights but wrote [heart-stirring words](#). Join us Friday, Nov 16 at 3pm to read and discuss some of his work.

Our Staff



Murielle Chocron
Executive Director
Director@CityView.Care



John McMahon
Wellness Director
Wellness@CityView.Care



Rosie Julinek
Executive Assistant
RosioJ@CityView.Care



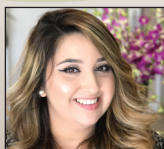
Mark Mullen
Chief Engineer
Maintenance@CityView.Care



Arcadio Quijada
Maintenance Director
Maintenance@CityView.Care



Judah Cohen
Activity Director
Activities@CityView.Care



Natalie Janbakhsh
Assistant Activity Director
ActivitiesAsst@CityView.Care