



October 2018 Newsletter

cityview.care

A Message from Murielle, Executive Director



Some folks insist that Los Angeles has only one season, but anyone who lives here knows that's not true. Just take a stroll with the afternoon Walking Club and you'll notice that leaves are starting to turn, and if you're up with the birds in the morning, you'll definitely notice a sweet coolness to the air.

You'll find another type of sweetness right after Walking Club when you join us for Culinary Creations: cream cake, honey cake, chocolate ice cream cookies, fruit parfait and cream... do any of those whet your appetite? We all know that too much

sugar isn't good for our health, especially for someone with diabetes, but

"the brain is dependent on sugar as its main fuel," says [Vera Novak, MD](#), an associate professor of medicine at Beth Israel Deaconess Medical Center, and when something is this delicious, all you'll want is a small amount.

Were you a fan of the TV show *Jeopardy*, maybe even had the board game to play at home? Are you great with details and recall titles of songs, news events and cultural phenomena? Please join us for Trivia Time on Sunday October 7 and 14 at 11 a.m. You may not win a pile of cash—like contestant Roger Craig who won \$77,000 in a single game during his first appearance on the show in 2010—but you'll have a pile of fun and exercise your brain in the process.

Halloween always makes for a lively October, culminating in the [West Hollywood Halloween Carnaval](#) October 31. We'll have our own costume party on the roof that afternoon, so dig in your closet and make yourself a costume! There will be prizes.

Have a BOO-tiful October!

Murielle Chocron

Featured this month...

Culinary Creations



Wit and Wisdom in Poetry



Shopping for Halloween



Participating in craft time





Introducing Marek Rotman

Marek Rotman was born in Poland, but it wasn't long before his family migrated to Argentina. He studied engineering in college, when he wasn't busy enjoying the delicious cuisine of his country. Unfortunately he liked the steaks more than he liked the government, so he moved to L.A. and gradually became a systems director working with computers. Marek loved to resolve technology problems and enjoyed fixing things. In his down time he spent many hours playing tennis, going to the movies and enjoying the beach with some of his wonderful friends. True to form, Marek especially enjoys socializing with other residents, so if you see a nearby chair, don't be shy. He won't give you advice, but he offers this bit of sage wisdom to younger folks: "Enjoy the best of your life and don't waste time. Always accomplish your goals and stay positive."



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

10/07	Iris Plays Piano	3:00 p.m.
10/12	Comedy w/Michael	3:00 p.m.
10/14	Anjelina Plays Violin	3:00 p.m.
10/20	Brian Plays Guitar	3:00 p.m.
10/21	Jack B on the Keys	3:00 p.m.
10/27	Comedy w/Michael	3:00 p.m.
10/28	Jonah Sings Jazz	3:00 p.m.

Religious Services and Study

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



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.

Learn to Speak French w/Yohan

10/01, 08 3:30 p.m.

Crafts w/Karen

10/03, 10, 17, 24, 31 3:00 p.m.

Sages & Seekers

10/4, 11, 18, 25 3:30 p.m.

Painting w/Jane

10/05 3:00 p.m.

TED Talks w/Lorna

10/06 3:00 p.m.

Poetry Corner w/Lorna Dorothy Parker

10/13 3:00 p.m.

Creative Zone

Handmade Bookmarks

10/19 3:00 p.m.

Book Club with Stephanie

Bell Canto
by Anne Patchette

10/26 3:00 p.m.

CityView Thursday Shopping Shuttles

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

10/04	Shuttle to Sprouts	1:30 p.m.
10/11	Shuttle to CVS	1:30 p.m.
10/18	Shuttle to Trader Joes	1:30 p.m.
10/25	Shuttle to Ralphs	1:30 p.m.



Tuesday, October 2

Where your next surprise awaits

Join us on a shopping trip to Marshalls where they offer brand name fashions for less. Maybe you're looking for a new handbag or fall scarf. Whatever it is, Marshalls has plenty to offer.



Tuesday, October 9

Thrift store hunting time at Goodwill

Whether you're looking for a costume for Halloween or a new shirt or blouse, or maybe some diamond in the rough, you can uncover lots of treasures at a Goodwill store.



Tuesday, October 16

Lunch at Shanghai Diamond Garden

Located in the Pico-Robertson area, this kosher Chinese restaurant is always a crowd favorite. Patrons love their Mongolian Beef, Orange Chicken, or their Sizzling Fish Filet, so come with us and experience the Chinese gem for yourself.



Tuesday, October 23

Nail Salon

With Halloween nearing, this may be the perfect time to have your fingernails or toenails painted to reflect the holidays. A basic black, or fun candy corn stripes would look spooktacular on your nails for Halloween!



Tuesday, October 31

CVS

If you're buying candy for yourself, or to pass out on Halloween, a visit to CVS on the 31st is a perfect opportunity to make sure you have some on hand.



Dorothy Parker Sashays into the Poetry Corner

How many poets have been featured in a popular song? Not many, so we know Dorothy Parker must have captured the public's imagination in 1935. Do you know the name of the song? It was Cole Porter's "[Just One of Those Things](#)," and her name is mentioned in the very first line. Parker is best known for her wit and wisecracks, and her poems do not disappoint. Here's a sample from one poem: "My own dear love, he is all my heart,—And I wish somebody'd shoot him." This month Lorna will be exploring the poetry of Ms. Parker in our Poetry Corner. Join the fun October 13!



Staff Spotlight - Marylou Anjolie Jeanty

Take one look at Marylou Anjolie Jeanty and you'll understand why her middle name means "happy angel." Her bright smile at reception greets all who visit the building. Born in nearby Palmdale, Marylou and her family often visited L.A. in her childhood, so it was a natural migration when she got older. Although she's a California native, her parents are Haitian by birth, and she treasures that culture's food and music. She's the youngest of six children in a close-knit family, and especially happy that her mom and she are able to work on the same staff. Marylou enjoys chatting with the residents, helping them when she can and even making them laugh. Connecting with residents is what she likes best about her job, but she adds, "My dream job is to be a mental health

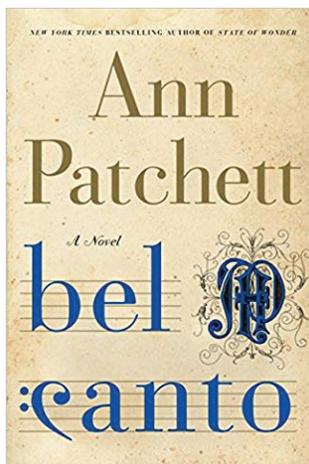
counselor to help young children." She definitely has the energy; even with her full work schedule she works for The Leukemia and Lymphoma Society, raising money for blood cancer research. Somehow this fun-loving lady still finds time for dancing and music, and exploring L.A.'s many wonderful restaurants. And one more surprise: she has 18 tattoos!

Birthdays this Month

Nancy Williams	10/03
Glynis Johns	10/10
Maria Haughton	10/12



Book Club – *Bel Canto* by Ann Patchett



Music fans may be particularly interested in this month's Book Club selection: *Bel Canto*, by Ann Patchett. The story revolves around a famous soprano who is taken hostage in a South American country — along with a houseful of other guests — by a gang of terrorists. Things go awry with the plot, and the 58 international hostages, who have no common language besides music, must learn to adapt to their bizarre plight. Join us October 26 to talk about what happens.

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