



October 2019 Newsletter

cityview.care

A Message from Avi Heyman



Ever notice how daytime gets noticeably shorter and shorter as we head towards Winter? According to the National Weather Service, by late September, days shorten by almost 3 minutes per day! The reason is because the earth is tilted on its axis at exactly 23.5 degrees. At the precise start of summer, the axis in the northern hemisphere is pointed directly at the sun. As seen from the ground, this is the highest point that the sun ever gets in the northern hemisphere. Every day that follows, the sun at solar noon gets progressively lower in the sky until we reach the winter solstice, when the sun is at its lowest.

And speaking of lows and highs, from sundown on October 8th to the day's next sundown, Jewish people observe their most sacred day of the year, Yom Kippur, known as the Day of Atonement. This day is typically a solemn, introspective affair, and it marks the last day of the 10 Days of Awe that begin with Rosh Hashana. Next, the joyous period of Sukkot follows Yom Kippur, and it starts at sundown Sunday, October 13th and lasts eight days until sundown on Sunday, October 20th.

This month, we'll travel to Romania's historic Transylvania... for obvious reasons (Halloween!), for our Ports of Call Tuesday evening dinners. We will be celebrating the medieval towns of central Romania, known for fortresses like the notorious Bran Castle associated with the legend of Dracula, as well as the Carpathian landscape and its rich history.

Some of you may have recently noticed that CityView now has a new van, and it seats even more people and can accommodate more wheelchairs. So we now have two vans, capable of providing greater opportunities for more residents to participate on our lovely scenic drives and excursions.

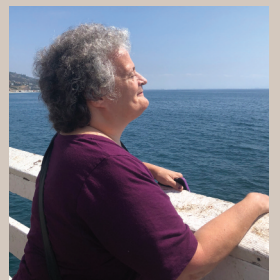
Yom Tov, have an easy fast, and have a beautiful October,

Avi Heyman

CityView Snapshots



Arnold and ??



I am?



I am?

Resident of the Month - Jill Rippchen



Jill describes herself as an open book, and when talking with her, you'll learn that she enjoys the idea of traveling around the world, is interested in ongoing educational pursuits, and likes any and all sports. Jill was born in Santa Monica, and body surfing was one of her favorite sports. She must have been good at it as she earned the nickname of "Rip". Jill is well-schooled with a BA in business administration, and MA in second education, and an AA in liberal studies. She's done a variety of jobs including flipping houses, owning and running a swimming pool business, she was an executive chef for Marriot, and a LAUSD teacher of business and the culinary arts. She likes to think of others as open books too, so when people say who they are, she believes them. Her philosophy in life is that when bad things happen, she doesn't give in, and when good things happen, she likes to enjoy every minute of them.



10/06	Afternoon Jazz Concert w/Finn Sagal	3:00 p.m.
10/13	Afternoon Jazz Concert w/Sophie Patterson	3:00 p.m.
10/20	Afternoon Jazz Concert w/Alena Bernardi	3:00 p.m.
10/27	Afternoon Accordion Concert w/David Childs	3:00 p.m.

Birthdays this Month

Need all AL birthdays - only have MC birthdays.

Nancy Williams	10/03
Ben Grant	10/25
John McCreary	10/31



Religious Services and Study

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

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*AL Resident Jill (L)
has fun playing bingo
with Cristina (R).*



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 poetry and books? Find out more about art? Participate in discussions? Do all this and more every month right here at CityView!

Spanish 101 w/Arnold	10/05, 12, 19, 26	11:00 a.m.
Jewelry w/Juniper	10/13	11:00 a.m.
Culinary Creations	10/07, 14, 21, 28	2:00 p.m.
Ports of Call Dinners	10/01, 08, 15, 22, 29	3:00 p.m.
Creative Zone w/Stephanie	10/07	3:00 p.m.
Art & Music w/Jane	10/14, 28	3:00 p.m.
Poetry Corner Louis Bogan	10/21	1:30 p.m.
Book Club <i>Radium Girls</i> by Kate Moore	10/25	3:00 p.m.



Our CityView Buddy System is off to a great start! We pair up some of our assisted living residents with our memory care residents in activities designed for both sets of residents to get the most out of this unique Buddy experience. Music & Art with Jane and Karaoke have both been successful programs whereby our residents get to spend quality, bonding time with one another.

Don't Miss Our October Outings!

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



Thursday, October 3

Getty Villa

Join us on a visit to the ancient world of Greece and Rome in the heart of Malibu. The Getty Villa is a recreation of an ancient Roman country house featuring 7000 years of ancient art from the end of the Stone Age to the fall of the Roman Empire.



Thursday, October 10

California Science Center

Located in Los Angeles' Exposition Park, the Center offers fun and informative gallery exhibits where you can learn about human inventions and innovations, the life processes of living things and much more.



Thursday, October 17

Pumpkin Patch

Did you know that the pumpkin is the symbol of prosperity and well-being. If you dream about a pumpkin, it's thought to represent a good omen. At the very least, a visit to the pumpkin patch offers a fun reminder of our childhood years.



Thursday, October 23

The Grove

Like a grown-up theme park, The Grove is everything that is cheerful, impressive, and stylish. Star sightings are likely, the water fountains are lovely, and the dining choices are plentiful and delicious!



Thursday, October 31

Griffith Park

Called the gateway to the cosmos, Griffith Observatory visitors gaze through powerful telescopes, explore exhibits, and see life shows in the Planetarium. The Park also provides spectacular panoramic views of Los Angeles as well.

CityView Tuesday Shopping Shuttles

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

10/01	Shuttle to Trader Joes	1:00 p.m.
10/08	Shuttle to CVS	1:00 p.m.
10/15	Shuttle to Sprouts	1:00 p.m.
10/22	Shuttle to Ralphs	1:00 p.m.
10/29	Shuttle to Target	1:00 p.m.

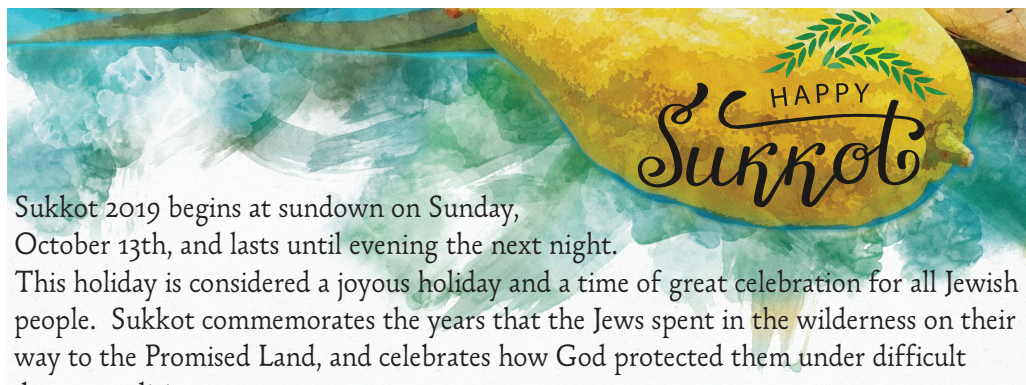
Memories in the Making®

Alzheimer's LA ~ Painting Class

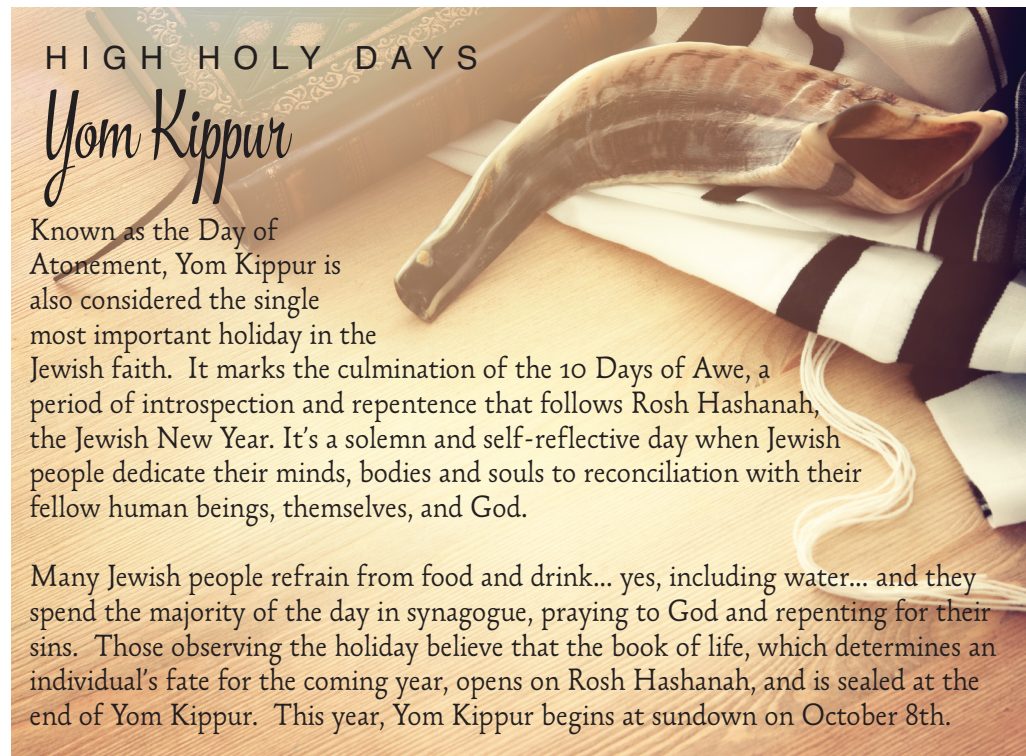


This unique art program enables persons with Alzheimer's disease or any other forms of dementia to creatively express themselves through art. The program was first introduced in 1988, and is a signature art program of the Alzheimer's Association Orange County chapter. With a stroke of a paintbrush, participants are able to express themselves, often painting memories from a long time ago, or images that represent their hobbies and passions. CityView held our first Memories in the Making® painting class for our Court memory care residents on September 5th, and they loved it! Our memory care residents can look forward to participating in this special activity at least once a month.

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Sukkot 2019 begins at sundown on Sunday, October 13th, and lasts until evening the next night. This holiday is considered a joyous holiday and a time of great celebration for all Jewish people. Sukkot commemorates the years that the Jews spent in the wilderness on their way to the Promised Land, and celebrates how God protected them under difficult desert conditions.



HIGH HOLY DAYS

Yom Kippur

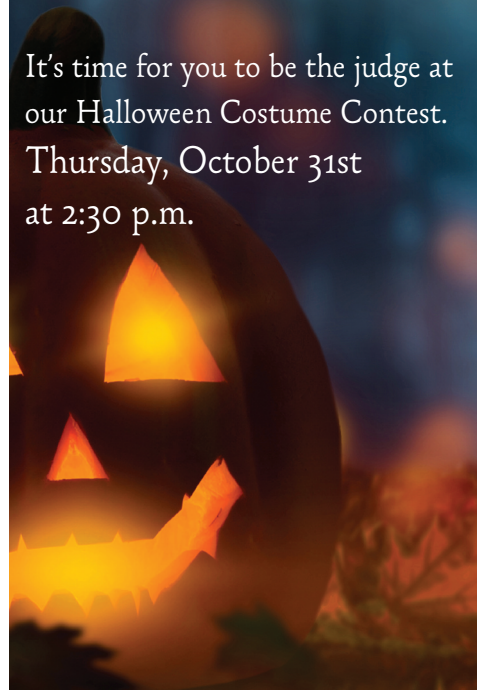
Known as the Day of Atonement, Yom Kippur is also considered the single most important holiday in the Jewish faith. It marks the culmination of the 10 Days of Awe, a period of introspection and repentance that follows Rosh Hashanah, the Jewish New Year. It's a solemn and self-reflective day when Jewish people dedicate their minds, bodies and souls to reconciliation with their fellow human beings, themselves, and God.

Many Jewish people refrain from food and drink... yes, including water... and they spend the majority of the day in synagogue, praying to God and repenting for their sins. Those observing the holiday believe that the book of life, which determines an individual's fate for the coming year, opens on Rosh Hashanah, and is sealed at the end of Yom Kippur. This year, Yom Kippur begins at sundown on October 8th.

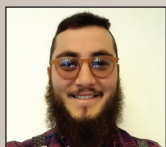
Join us for our Halloween Activities!

Join Arnold and let's carve up some pumpkins!
Wednesday, October 30th
at 1:30 p.m.

It's time for you to be the judge at our Halloween Costume Contest.
Thursday, October 31st
at 2:30 p.m.



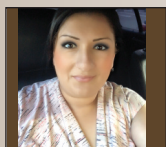
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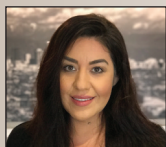
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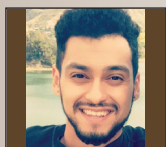
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