



A Message from Murielle, Executive Director



It's September back-to-school time and that can mean only one thing as far as CityView is concerned: a delightful new crop of students for our Sages & Seekers program! We're looking for seniors to partner with them for the eight-week mentorship program, so if you haven't signed up yet, please join us September 13 and learn all about it. The program starts September 27 and meets Thursdays at 3:45pm.

Students aren't our only small visitors. And they aren't necessarily our liveliest visitors. That distinction might go to our furry friends from Paws-to-Share. The dogs arrive escorted by friendly humans, who walk them from room to room to share some affection and receive plenty of pats. They come on Thursdays and if you've somehow missed them, let us know you'd like a visit.

Do you consider yourself a "craftsy" person, someone who enjoys making things? In our craft session with Steph on September 14 we'll be making rock and bead photo holders. They make a great addition to any desktop or nightstand, and Steph will walk you through the steps while you let your imagination fly.

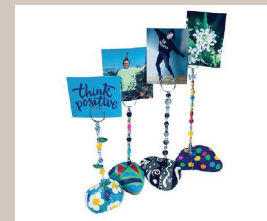
Speaking of steps, you'll probably be surprised to learn that before baseball and football became popular, the favored American sport was pedestrianism, also known as competitive walking. In the 1870s and '80s, arenas were packed with folks who gathered to watch walkers (mostly men) scurry around dirt tracks for up to six days, nonstop! Some of them became so famous they had their pictures on trading cards. We don't hold competitions at CityView, but our Walking Club walks almost daily for health and pleasure.

Enjoy your month!

Murielle Chocron

Featured this month...

Fun with Photos



Library Visit



Paws-to-Share



Benefits of Bingo





Introducing Leon Spector

A native of Rochester, New York, 101-year-old Leon Spector moved

with his wife — “the sweetest thing I ever had” — to Los Angeles to be closer to their two daughters and three grandchildren. Leon sold cars all his life and although he liked meeting a lot of people and seeing and learning about different kinds of cars, he worked hard and for long hours. For relaxation he always enjoyed getting away to the St. Lawrence River, which he says is a great place for vacation and fishing. Here at CityView he especially enjoys being out in the garden, admiring the various flowers and enjoying other residents. He no longer plays poker, but enjoys movies and is partial to chocolate cookies. How did he get started in the car business? “When I was 15-years old I used to drive around town without a license and that’s how I learned to drive.” It must have suited him because he stuck with it, and advises that “If you are going to pick a job for a lifetime, make sure you love it and enjoy it.”



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

9/01	Brian Plays Guitar	3:00 p.m.
9/02	Jade Plays the Piano	3:00 p.m.
9/09	Landan Sings Jazz	3:00 p.m.
9/15	Hugo Plays Piano	3:00 p.m.
9/16	Jimmy the Las Vegas Singer	3:00 p.m.
9/23	Jack B. on the Keys	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.

Crafts with Stephanie Rock and Bead Photo Holder	9/14	3:00 p.m.
Book Club with Stephanie <i>The Color of Water</i> by James McBride	9/21	3:00 p.m.
Learn to Speak French w/Yohan	9/20	3:30 p.m.
Poetry Corner w/Lorna Oscar Wilde	9/29	3:00 p.m.
Sages & Seekers	9/13, 27	3:30 p.m.
TED Talks w/ Lorna	9/08	3:00 p.m.

CityView residents love to be creative!

Craft: a seaglass mosaic pot for planting succulents



Lida



Rosalie, Shirley, and Winnie



Billie



Tuesday, September 4

Where style meets savings

There always a great clearance rack at the Nordstrom Rack and the day after Labor Day will prove to be no exception. Be sure to join us if you are looking for some excellent savings on your favorite clothes.

Tuesday, September 11

Instant shopping happiness

Whether it be groceries, make-up, clothing, living essentials or electronics, you'll find everything you need and more at this popular store. And if you have the Target Red card, you'll save even 5% more. Bet you can't buy just one thing!



Tuesday, September 25

Happiness is having your nails done.

Whether you are looking for a simple manicure with a seasonal color, or to go all out and really mix it up, be sure to join us for what promises to be another fun adventure at the nail salon.

Tuesday, September 18

Remember your Library Card!

You can always find something to read at the library and this visit is no exception. You can jump online, flip through your favorite magazine, or dive deep into a favorite author's novel.



High Holidays

For those raised in Judaism, the "high holidays" can be the high point of their year. Rosh Hashanah is the Jewish New Year, a time of both rejoicing and self-reflection. It's a time to celebrate the year just completed and take a good look at where we are in life, what we have completed and what we hope to accomplish in the coming year. Yom Kippur is a day of atonement and an opportunity for compassion, an opportunity to wipe the slate clean, not unlike confession in the Christian religions. Whatever your religious affiliation,

you're welcome to join our gatherings on September 10 and 19 with Rabbi Gerry Corn. Gerry is a middle school history teacher and part-time disc jockey; his You Tube channel, *DJ Gerry from Starlight Music*, features a variety of popular song lyrics and artists, as well as local historic locations that involve music. His services focus on universal themes of personal growth, love and peace, with English translation of the Hebrew prayers.



Staff Spotlight - Yessy Hernandez

Wouldn't we all like to work with our best friends? That's how Yessy Hernandez feels about her co-workers at CityView. Born in El Salvador, Yessy came to the United States at 18 for an education and opportunities, and "to grow as a person." Clearly she's succeeded in her growth goals because she loves "to make residents laugh [and] see a smile in their faces every day." Her birth family is also in L.A.: both parents and her twin sister Wendy, and she has three beautiful sons: Jacob, 10; Steven, 8; and Matthew, 3. As she says, "They are my strength." Yessy loves going to movies, swimming for hours with her boys in the pool, and listening to all different kinds of music, in Spanish or English. Although she has a dream of traveling and experiencing other cultures, food and

beautiful places, for now, she says, "I am so grateful to work here in this big family with these residents and co-workers. I feel that I am always at home."



Bingo!

Bingo seems like a simple game. There are seemingly no special skills required and it doesn't require a tutorial, but is there more to it than meets the eye? Experts say yes. Because players must listen attentively and respond quickly as numbers are called, it enhances hand-eye coordination. It also boosts cognitive abilities and relieves stress, and studies at the Rush University Medical Center in Chicago showed that people who take part in social activities such as bingo are twice as likely to remain independent in their early 80s. Bingo players were faster and more accurate than non-bingo players in many of the cognitive tests performed by a British cognitive psychologist, and recent studies among elderly individuals who played games like bingo during recovery periods had shorter hospital stays and faster healing times. Ready to play? We have bingo games throughout the month, so please check the calendar and join us.

Birthdays this Month

Kenneth Huggins	9/02
Barbara Weitzman	9/03
Rochelle Ginsberg	9/07
Jill Pickering	9/08
Robert Fidler	9/28



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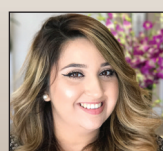
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