

October Birthdays!

Come celebrate our community's
October birthdays on 10/29

Mira B.	10/12
George K.	10/16
Phillip R.	10/18
Vicki B.	10/25

Ciela

(310) 310-8218

17310 Vereda de la Montura
Pacific Palisades, CA 90272

LIC. # 198320375

Ciela

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NEWSLETTER



October at Ciela: Harvest & Hauntings

October rolls into the Palisades with crisp evenings and the first real hint of fall in the air. It's a month built for music, mischief, and a little bit of magic. We're thrilled to welcome Hussain Jiffery and Teka for a live performance, and things get even more festive with a Halloween dress up show from Natalie Aley. We'll travel to Germany through Embracing the World and cap the month off with an Oktoberfest lunch worth raising a glass to. We're also excited to add two new offerings this month: music creation with Sam on Saturdays, and adaptive boxing with Will on Tuesdays. Be sure to check the concierge book to RSVP for the events you see throughout these pages.

Live Musical Performances and Events

October 3 at 3pm • Jazz Performance: Stu Katz
October 8 at 3pm • Performance: Hussain & Teka
October 9 at 3pm • Performance: Rufus Bortal
October 10 at 1:30pm • Silk Scarf Painting
October 11 at 2:30pm • Performance: LJ Music Academy
October 16 at 3pm • Opera Performance: Mia Rudham
October 21 at 1:30pm • Sound Bath with Amy
October 23 at 3pm • Shabbat with Cantor Mike
October 24 at 3pm • Jazz Performance: Julie Zhu
October 28 at 12pm • Oktoberfest Performance
October 29 at 3pm • Resident Birthday Celebration with
Performance by Stan Ayeroff
October 31 at 3pm • Halloween Performance: Natalie Aley



New Class: Boxing with Will Chapman

Tuesdays at 11am

We're welcoming a new adaptive boxing class with Will, every Tuesday at 11am. Seated or standing, all fitness levels are welcome. Expect footwork, combinations, and a feel good workout that gets your body moving and your mind sharp.



Annoucement: Open Gym Moves to Thursdays

Thursdays at 11am

Starting this month, catch your favorite workout in the Vitality Center on Thursdays at 11am instead of Tuesdays. Same energy, same great session, just a new spot on the calendar. Mark it down and we'll see you there!



Embracing the World

Wednesday 10/7 at 2pm

Pack your imagination, this month we're heading to Germany! Think charming villages, lively folk music, and the festive spirit of Oktoberfest. Join us for a hands-on craft activity and a taste of authentic German treats as we swap stories of travel and heritage together.

Men's Club

Tuesday 10/6 at 3pm

Men's Club offers a chance to connect through open, guided conversation. David leads discussions centered on what matters most, creating space to share, listen, learn, and build strong community connections. Join us in the Glass House Lounge.

Halloween Bash

Saturday 10/31 starting at 3pm

Halloween has long been a night for imagination, an evening to celebrate the season with a bit of mischief and delight. This year we'll mark the occasion with a performance and dress up show from Natalia, followed by a costume contest where you'll cast your vote for the best in show. From playful characters to classic favorites, we can't wait to see how creative our community gets. We'll carry the celebration into a Halloween dinner, so come dressed to impress and stay for great food, good company, and plenty of tricks and treats. Please be sure to RSVP at the concierge desk!



Performance: Hussain & Teka

Thursday 10/8 at 3pm

Brazilian musicians Hussain and Teka bring their bossa nova sound to Ciela, an intimate afternoon of warm rhythms performed on bass, guitar, and voice. Hussain, longtime bassist for Herb Alpert, joins Teka for a laid back set of smooth grooves and classic Brazilian melodies spanning generations.



Outing: Brentwood Country Mart

Friday 10/9 at 10:30am

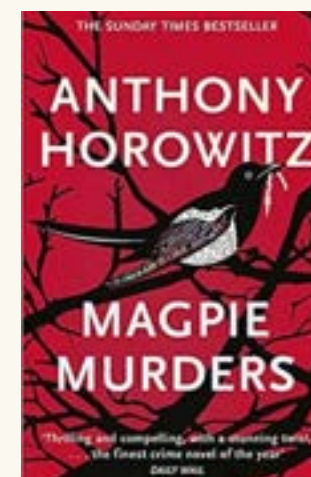
Join us for a morning of shopping and strolling at Brentwood Country Mart, a charming outdoor collection of boutiques, cafes, and hidden gems. Browse the shops at your own pace and maybe pick up a treat along the way, all in a spot known for its easy, walkable charm. Please be sure to RSVP at the concierge desk.



A Toast to Oktoberfest

Wednesday 10/28 starting at 12pm

Prost! Join us as we celebrate Oktoberfest with a festive lunch and live performance from Dave Winstone, all in one afternoon. Think hearty food, good music, and the kind of gathering that makes for a great celebration. Come hungry and ready for a good time.



Book Club: Magpie Murders

Tuesday 10/27 at 3pm

Join our Book Club this spooky season as we dive into *Magpie Murders* by Anthony Horowitz, a mystery within a mystery perfect for the Halloween month. When a renowned crime author is found dead, his editor discovers the final manuscript is missing its last chapter, and the answer to who did it. Clever, twisty, and full of suspense, it's the kind of puzzle that keeps you guessing until the very last page.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
October 2026 Activity Calendar								10:15am Water Aerobics	1	11am Music and Movement	2	11am Meditation	3
								11am Open Gym with Quoc		1:30pm Challah Braiding		12pm Saturday Social	
								1:30pm Resin Art Class		3pm Masters on Screen: Cézanne		1pm Music Creation	
								2:30pm Activities Discussion		4:30pm Happy Hour		2:15pm Rummikub	
								3pm Resident Council		7pm Movie: The Secret Life of Walter Mitty		2:30pm Performance: Stu Katz	
								4:30pm Happy Hour				4:30pm Happy Hour	
								7:00pm Movie: The Duke				7pm Movie: The Proposal	
4		5		6		7		8		9		10	
10am LA Rams vs. Eagles		11am Balance and Breathwork		10:15am Water Aerobics		10am Garden Club		10:15am Water Aerobics		10:30am Outing: Brentwood Country Mart		11am Meditation	
11am Pilates		1pm Tech Bar		11am Boxing Class		11am Hatha Yoga		11am Open Gym with Quoc				12pm Saturday Social	
12:30pm Sunday Social		2pm Backgammon with Moshe		1:30pm Art Class		2pm Embracing the World: Germany		1:30pm Resin Art Class		11am Music and Movement		2:15pm Rummikub	
1:30pm Art Class		3pm Beat Based Movement		3pm Men’s Club		3pm Brain Gym		3pm Performance: Hussain & Teka		1:30pm Challah Braiding		3pm Silk Scarf Painting	
2pm Matinee: Our Great National Parks: Patagonia		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		3pm Performance: Rufus Bordial		4:30pm Happy Hour	
4:30pm Happy Hour		7pm Movie: The Monuments Men		7pm Movie: The Curious Case of Benjamin Button		7pm Movie: The Holiday		7pm Movie: The Help		4:30pm Happy Hour		7pm Movie: Maybe I Do	
7pm Movie: Julie & Julia										7pm Movie: Quartet			
11		12		13		14		15		16		17	
11am Pilates		11am Balance and Breathwork		10:15am Water Aerobics		10am Garden Club		10:15am Water Aerobics		11am Music and Movement		11am Meditation	
12:30pm Sunday Social		1pm Tech Bar		11am Boxing Class		11am Hatha Yoga		11am Open Gym with Quoc		1:30pm Challah Braiding		12pm Saturday Social	
1:30pm Art Class		2pm Backgammon with Moshe		1:30pm Art Class		2pm Presentation: Beekeeping		1:30pm Resin Art Class		3pm Opera Performance: Mia Rudham		1:30pm Music Creations	
2:30pm Performance: LJ Music Academy		3pm Beat Based Movement		3pm Pumpkin Decorating		3pm Brain Gym		4:30pm Happy Hour		4:30pm Happy Hour		2:15pm Rummikub	
4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		7pm Movie: Star Trek IV: The Voyage Home		7pm Movie: Coraline		3pm Performance: Brodie P.	
7pm Movie: The World’s Fastest Indian		5:15pm LA Rams vs. Bills		7pm Movie: Terms of Endearment		7pm Movie: Northanger Abbey						4:30pm Happy Hour	
		7pm Movie: 9 to 5										7pm Movie: Thelma & Louise	
18		19		20		21		22		23		24	
11am Pilates		11am Balance and Breathwork		10:15am Water Aerobics		10am Garden Club		10:15am Water Aerobics		10:30am Outing: Getty Villa		11am Meditation	
12:30pm Sunday Social		1pm Tech Bar		11am Boxing Class		11am Hatha Yoga		11am Open Gym with Quoc		11am Music and Movement		12pm Saturday Social	
1:10pm LA Rams vs. Cardinals		2pm Backgammon with Moshe		1:30pm Art Class		1:30pm Sound Bath with Amy		1:30pm Resin Art Class		1:30pm Challah Braiding		1pm Music Creations	
1:30pm Art Class		3pm Beat Based Movement		3pm Technology Help with Conor		3pm Brain Gym		3pm Masters on Screen: Cézanne		3pm Shabbat with Cantor Mike		2:15pm Rummikub	
2pm Matinee: Our Great National Parks: Tsavo, Kenya		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		3pm Performance: Julie Zhu	
4:30pm Happy Hour		7pm Movie: My Cousin Vinny		7pm Movie: Holes		7pm Movie: Walk the Line		7pm Movie: Romeo + Juliet		7pm Movie: The Beverly Hillbillies		4:30pm Happy Hour	
7pm Movie: Short Circuit												7pm Movie: Straight Talk	
25		26		27		28		29		30		31	
11am Pilates		11am Balance and Breathwork		10:15am Water Aerobics		10am Garden Club		10:15am Water Aerobics		11am Music and Movement		11am Meditation	
12:30pm Sunday Social		1pm Tech Bar		11am Boxing Class		11am Hatha Yoga		11am Open Gym with Quoc		1:30pm Challah Braiding		12pm Saturday Social	
1:25pm LA Rams vs. Raiders		2pm Backgammon with Moshe		1:30pm Art Class		12pm Oktoberfest Lunch & Performance		1:30pm Resin Art Class		3pm Masters on Screen: Cézanne		1pm Music Creations	
1:30pm Art Class		3pm Beat Based Movement		3pm Book Club Discussion		3pm Brain Gym		3pm Resident Birthday Celebration and Performance by Stan A.		4:30pm Happy Hour		2:15pm Rummikub	
4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		4:30pm Happy Hour		7pm Movie: Beetlejuice		3pm Halloween Costume Party and Performance	
7pm Movie: Practical Magic		7pm Movie: The Nightmare Before Christmas		7pm Movie: Ghostbusters		7pm Movie: Halloweentown		7pm Movie: Coco				4:30pm Happy Hour	
												5pm Halloween Dinner	
												7pm Movie: Hocus Pocus	

Vitality Center Schedule

Music and Movement

Fridays at 11am

Music and Movement is a dynamic class that blends dance, pilates, and strength training to create the ultimate full-body workout. The addition of music is especially important, as it stimulates memory, supports cognitive function, and helps participants stay engaged, coordinated, and emotionally connected throughout the class.



Balance and Breathwork

Mondays at 11am

A gentle practice combining balance-focused movement with deep, mindful breathing. Designed to ground the body and calm the mind, it cultivates stability, presence, and inner peace.



Open Gym

Thursday at 11am

Join Quoc as he guides you through getting started on the HUR equipment, answers your fitness questions, and creates a safe space for independent exercise.



Hatha Yoga

Wednesdays at 11am

A calm practice focused on balancing mind and body through controlled poses, breathing techniques, and relaxation. It improves flexibility, strength, and mental clarity while promoting overall well-being.



Boxing

Tuesdays at 11am

Will Chapman is a fitness professional specializing in older adult wellness, Parkinson's, and brain health training. He brings that expertise to every session of adaptive boxing, seated or standing.



Pilates

Sundays at 11am

Nicole DeRuvo is a certified Pilates instructor. With nearly a decade of teaching experience, she brings a blend of gentle movements and uplifting energy to her classes.



Sound Bath

Wednesday 10/21 at 1:30pm

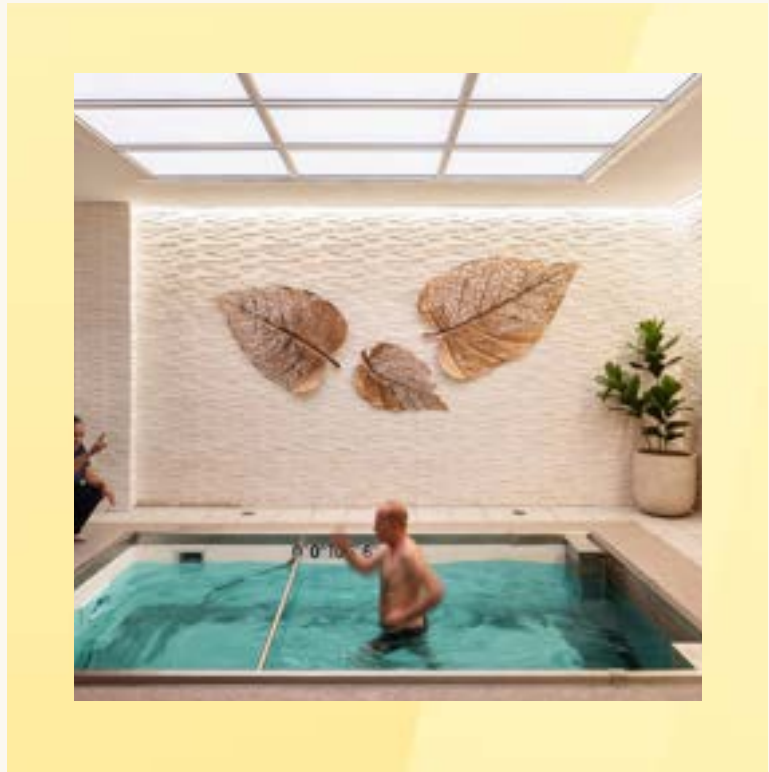
A sound bath is a relaxing meditative experience where soothing sounds from instruments like gongs and singing bowls help reduce stress, promote relaxation, and support mental clarity.



Guided Meditation

Saturdays at 11am

A calming session designed to help you relax, focus, and clear your mind. Led by Robin, this meditation offers gentle guidance to help you connect with your breath, release stress, and find inner peace.



Water Aerobics

Tuesdays and Thursdays at 10:15am

Water Aerobics is a fun, low-impact workout designed to build strength, improve flexibility, and boost cardiovascular health—all while being gentle on the joints. We'll incorporate the pool treadmill, giving you the opportunity to walk against water resistance for an added challenge that supports balance, endurance, and overall fitness.



Transportation Schedule

Monday – Friday
8:00am to 4:00pm

Ciela is happy to offer transportation for appointments or errands! Just fill out a request at the front desk or with our concierge. Please provide 24-hour notice so we can serve you best!

Ciela wins Best Senior Living U.S. News awards

Ciela has been recognized by U.S. News & World Report as a 2026 Best Senior Living Community in Independent Living, Assisted Living, and Memory Care.

The 2026 ratings evaluated more than 3,000 senior living communities nationwide, with awards based on resident and family satisfaction in areas such as care, safety, staff, management, dining, activities, and overall quality of life. This recognition reflects Ciela's commitment to providing an exceptional living experience and a place that truly feels like home.



Download the Quiltt Resident App

Get the latest events on happenings at more on our mobile app. Follow the instructions below to get started.

1. Scan the code to open the app in the iOS app store if you're using an iPhone or Google Play Store if you're using an android
2. Download the app and enter the code 'Ciela' to view our daily menu and activities.
3. Turn on notifications when prompted to stay up to date.



Our Service Pledge

We understand that we are responsible for the delivery of excellent Resident service. We represent our company, our communities, and ourselves. At each "service moment", we will initiate a warm and friendly greeting, treat residents with care and understanding, and communicate clearly. We will do our part to implement the essentials of service excellence.

Service Hours

The Aviary	7:00 am to 7:00 pm
Good-to-Go	8:00 am to 1:00 pm
Beauty Bar	By Appointment
Vitality Center	By Appointment
Life Engagement	10:00 am to 5:00 pm

Our Team

Rony Shram	Executive Director
Lauren Miketa	Community Relations Director
Liz Morgan	HR & Business Administration Director
Janet Daniels	Director of Resident Care
Santos Navarro	Executive Chef
Chuy Duran	Maintenance Coordinator
Gillian Davis	Activities Coordinator
Claudia Dominguez	Rooted Program Specialist
Vera Hamlett	Bloom Activities Specialist
Lisa Maris	Bloom Dining Room Manager