



THE Mountain View Lifestyle

ASSISTED LIVING COMMUNITY
1343 S Dora Street · Ukiah, CA 95482 · (707) 462-6212

How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain. At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia. In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or *yolka*, beneath the water's surface, symbolizing a new beginning.

Germany. Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a *Berliner*, *Pfannkuchen* or *Krapfen*.

Japan. All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia. Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece. Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil. To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey. At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland. A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania. For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.

JANUARY 2024

Executive Director

Zenia Shah

Business Office Director

Sonia Sandoval

Assisted Living Director

Alycia Hardman

Activities Coordinator

Lana Vasquez

Dining Services Director

Scott Klaisner

Maintenance Director

Jeramie Wagar

Sales Director

Melissa Walters

Resident Birthdays

Thomas C	1/12
Bernadine S	1/12
Clarence G	1/19

Staff Birthdays

Heidi H	1/16
Lupita C	1/18



JANUARY 2024

Frosty Bird Feeder

Transform a few natural ingredients into a beautiful bird feeder.

Materials:

- Bundt or tube pan
- Distilled water
- Apple slices
- Whole cranberries
- Star anise
- Evergreen needles
- Ribbon or twine

Directions:

Fill the pan with about an inch of water and freeze. Next, scatter the apple slices, a handful of cranberries, some star anise and a few evergreen needles on top of the ice. Pour another inch of water on top and freeze. After a few hours, add another inch of water to the pan, freeze, then repeat a final time. Once the last layer is solid, run the pan under warm water to loosen the ice ring. Remove it from the pan and loop ribbon or twine through the center, tying the ends together to make a hanger. Hang the ring from an outdoor hook or sturdy tree branch. Watch birds enjoy a winter snack as the ice melts.

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been.”
—Rainer Maria Rilke

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	New Year's Day 1 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo 7:00 Puzzle Group	Swiss Cheese Day 2 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 2:00 Dancers! 3:00 Bingo - Locations 4:00 Swiss Cheese Day	3 9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 3:30 Bingo - Hats	4 National Spaghetti Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 1:30 Jazz Music 3:30 Happy Hour 5:00 National Spaghetti Day! 7:00 Jenga	5 National Bird Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Current Events 11:00 Music & Memories 2:00 National Bird Day! 3:00 Ice Cream Social	6 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy 7:00 Jenga	
	7 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	English Toffee Day! 8 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo 5:00 English Toffee Day! 7:00 Puzzle Group	9 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 11:00 Resident Council 2:00 Dancers! 3:00 Bingo - Locations	10 9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 2:00 Activity Chat 3:30 Bingo - Hats	11 International Party Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 1:30 Jazz Music 2:00 International Party Day! 3:30 Happy Hour 7:00 Jenga	12 National Hot Tea Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Current Events 11:00 Music & Memories 1:00 National Hot Tea Day! 2:00 Chef Chat 3:00 Ice Cream Social	13 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy 7:00 Jenga
	14 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	Martin Luther King Jr. Day 15 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo 4:30 MLK Celebration 7:00 Puzzle Group	16 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 1:00 Town Hall 2:00 Dancers! 3:00 Bingo - Locations	17 9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 3:30 Bingo - Hats	18 National Gourmet Coffee Day! 9:30 Balloon Volleyball 10:30 National Gourmet Coffee Day! 1:30 Jazz Music 3:30 Happy Hour 7:00 Jenga	19 National Popcorn Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Current Events 11:00 Music & Memories 2:00 National Popcorn Day! 3:00 Ice Cream Social	20 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy 7:00 Jenga
	Mariachi Day! 21 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 11:00 Mariachi Day! 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	22 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo 7:00 Puzzle Group	23 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 1:00 Music & Memories 2:00 Dancers! 3:00 Bingo - Locations	24 9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 3:30 Bingo - Hats	25 National Fish Taco Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 12:00 National Fish Taco Day! 1:30 Jazz Music 3:30 Happy Hour 7:00 Jenga	26 9:30 Balloon Volleyball 10:30 Coffee Social - Current Events 11:00 Music & Memories 1:00 Bingo 3:00 Ice Cream Social	National Chocolate Cake Day! 27 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy 5:00 National Chocolate Cake Day! 7:00 Jenga
	National Blueberry Pancake Day! 28 8:00 National Blueberry Pancake Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	29 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo 7:00 Puzzle Group	National Croissant Day! 30 8:00 National Croissant Day! 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 2:00 Dancers! 3:00 Bingo - Locations	31 National Hot Chocolate Day! 9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 2:00 National Hot Chocolate Day! 3:30 Bingo - Hats			

Brain Bender: Snow Day Scramble

Unscramble each of the wintry words below, then rearrange the bolded letters in each set of answers to reveal another related word.

1.

E I M N T S T: _____

L O P W: _____

G B A O T G N O: _____

A C F R S: _____

Secret word: _____

2.

E E E F R Z: _____

L C I E C I: _____

O M S R T: _____

F A U S R E F M: _____

Secret word: _____

3.

R O M B O: _____

L K I S A T H: _____

F E I L: _____

L Y O L J: _____

Secret word: _____

(Answers: 1. mittens, plow, toboggan, scarf, snowman; 2. freeze, icicle, storm, earmuffs, flurries; 3. broom, silk hat, life, jolly, Frosty)

Laugh Lines: Ringing in the New Year

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!

Knock, knock.

Who's there?

Abby.

Abby who?

Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."



This Month's Birthstone

The January birthstone is the garnet. Commonly red, the jewel also comes in the colors orange, yellow, purple and green. Garnet is found in many different locations, but during Victorian times, the region of Bohemia in the Czech Republic was the main source of these jewels. An antique garnet hair comb, fashioned during those times, is in the Smithsonian's possession. Resembling an elaborate tiara, it is the most famous piece of garnet jewelry.



Geography 101: Japan's Snow Monsters

Each winter, an army of towering monsters takes over the upper slopes of the Zao mountain range in northern Japan. Known as *juhyo* in Japanese, the monsters are actually hundreds of fir trees covered in thick layers of snow and ice created from seasonal storms and fierce Siberian winds. The snowy figures resemble fantastical creatures looming over the winter wonderland. Visitors can view the snow monsters by way of cable car rides to an observation area and also hike or ski among the formations. At night, colorful lights illuminate the dramatic landscape.

