



THE Mountain View Lifestyle

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

A Floral Favorite

With more than 100 million of them grown for Valentine’s Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose’s thorns aren’t true thorns; they’re actually prickles.
- It’s been a longtime tradition to convey a message by using a rose’s color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America’s national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you’ll find the world’s tallest rosebush, growing to 18 feet, 8 inches.
- Rose hips are the plant’s berry-like fruit. Rich in vitamin C, they are used to make tea, jam and herbal remedies.
- The Juliet is the most expensive rose variety. This apricot-colored bloom cost \$5 million and took 15 years to develop.
- The Tuscany region of Italy is home to the world’s largest private rose garden, which features more than 7,500 different varieties of the flower.

FEBRUARY 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

February Birthdays

Residents

Gracia S 2/12

Staff

Mariah V 2/4

Brittney M 2/7

Clarissa G 2/7



FEBRUARY 2024

**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)

**"Connecting our hearts
through love yields a
nectar so sweet we are
forever full."
—Amy Leigh Mercree**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>All Events Are Subject to Change</p>			<p>Black History Month 1 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Jazz Music 2:00 Black History Month 2:30 Happy Hour</p>	<p>Chef Chat 2 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Chef Chat 2:30 Jenga 3:30 Ice Cream Social & National Hedgehog Day</p>	<p>National Women Physicians Day 3 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 National Women Physicians Day 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy</p>
<p>World Cancer Day 4 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 World Cancer Day Lecture 2:30 Ping Pong 3:30 Bingo - Sundaes</p>	<p>World Nutella Day 5 10:00 Exercise Class 11:00 Bible Study 1:30 Jenga 2:00 World Nutella Day & Bingo 3:30 Bingo</p>	<p>Resident Council 6 10:00 Exercise Class 11:00 Resident Council 1:30 Ring Toss 2:30 Coffee Social & Checkers 3:30 Scrabble</p>	<p>National Fettuccine Alfredo Day 7 10:00 Exercise Class 12:00 National Fettuccine Alfredo Day 1:30 Jenga 2:30 Bean Bag Toss 3:00 Bingo</p>	<p>Activity Chat 8 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Jazz Music 2:00 Activity Chat 2:30 Happy Hour</p>	<p>National Pizza Day 9 10:00 Exercise Class 10:30 Coffee Social & Bingo 12:00 National Pizza Day 1:30 Ring Toss 3:30 Ice Cream Social</p>	<p>Lunar New Year 10 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Lunar New Year 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy</p>
<p>Super Bowl Sunday 11 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Super Bowl Sunday 2:30 Ping Pong 3:30 Bingo - Sundaes</p>	<p>Super Bowl Sunday 12 10:00 Exercise Class 11:00 Bible Study 1:30 Jenga 2:00 Coffee Social & Bingo 3:30 4H Kids</p>	<p>Townhall Meeting 13 10:00 Exercise Class 11:00 Mardi Gras 1:00 Town Hall 2:00 Ring Toss 2:30 Coffee Social & Checkers 3:30 Scrabble</p>	<p>Valentine's Day 14 10:00 Exercise Class 10:30 Bean Bag Toss 1:30 Jenga 2:30 Valentine's Day 3:30 Coffee Social & Bingo</p>	<p>Valentine's Day 15 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Jazz Music 2:00 Word in Word 2:30 Happy Hour 4:00 Jenga</p>	<p>Valentine's Day 16 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Ring Toss 2:30 Ping Pong 3:30 Ice Cream Social</p>	<p>Random Acts of Kindness Day 17 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Random Acts of Kindness Day 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy</p>
<p>Super Bowl Sunday 18 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Jazz Music 2:30 Ping Pong 3:30 Bingo - Sundaes</p>	<p>Presidents Day 19 10:00 Exercise Class 11:00 Bible Study 1:30 Jenga 2:30 Presidents Day 3:30 Bingo</p>	<p>Applebee's Outing 20 10:00 Exercise Class 12:00 Applebee's Outing 1:30 Music & Memories 2:30 Coffee Social & Checkers 3:30 Scrabble</p>	<p>Applebee's Outing 21 10:00 Exercise Class 10:30 Bean Bag Toss 1:30 Jenga 2:30 Jazz Music 3:30 Coffee Social & Bingo</p>	<p>National Chili Day 22 10:00 Exercise Class 10:30 Coffee Social & Bingo 12:00 National Chili Day 1:30 Jazz Music 2:00 Word in Word 2:30 Happy Hour</p>	<p>National Banana Bread Day 23 10:00 Exercise Class 10:30 Coffee Social & Bingo 12:00 National Banana Bread Day 1:30 Ring Toss 2:30 Ping Pong 3:30 Ice Cream Social</p>	<p>National Chili Day 24 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Jeopardy 3:00 Bingo - Candy</p>
<p>Super Bowl Sunday 25 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Music & Memories 2:30 Ping Pong 3:30 Bingo - Sundaes</p>	<p>Super Bowl Sunday 26 10:00 Exercise Class 11:00 Bible Study 1:30 Jenga 2:00 Bingo 3:30 Scrabble</p>	<p>Super Bowl Sunday 27 10:00 Exercise Class 10:30 Pre-Tournament Checkers 1:30 Ring Toss 2:30 Bingo 3:30 Scrabble</p>	<p>National Pancake Day 28 8:00 National Pancake Day 10:00 Exercise Class 10:30 Bean Bag Toss 1:30 Jenga 2:30 Scrabble 3:30 Coffee Social & Bingo</p>	<p>National Pancake Day 29 10:00 Exercise Class 10:30 Coffee Social & Bingo 1:30 Jazz Music 2:00 Word in Word 2:30 Happy Hour</p>		

Happy Groundhog Day!

Every Feb. 2, we look to one of nature's critters to answer an important question: How long until spring arrives?

The tradition behind the holiday we know as Groundhog Day is actually several hundred years old. In Europe, people would gather for a festival marking the halfway point of winter. If it was a cloudy day, they predicted that spring would arrive soon. But if the sun was out, they believed many more weeks of cold weather were still to come.

Eventually, folks in Germany added their own spin to the legend, saying that burrowing animals like badgers and hedgehogs could predict the weather. If these critters emerged from underground during the midwinter festival and saw their shadow, then they would be spooked back into their homes, signaling that it was a long wait to spring.

When German immigrants settled in North America, they brought this seasonal celebration with them, changing the tradition to include a groundhog, which was more common in their new country.

Whether the groundhog sees his shadow or not, Groundhog Day is a fun holiday to celebrate! Here are some fun facts about groundhogs to share with your family and friends.

- Groundhogs are also called woodchucks and whistle-pigs.
- They're members of the squirrel family, which also includes chipmunks and prairie dogs.
- They live throughout the U.S. and Canada.
- Their burrows can be up to 50 feet long, and about 5 feet deep.
- Groundhogs hibernate from October to March, but of course they sneak a peek outside on Groundhog Day!

About Oranges

Winter is the prime season for one of the most popular citrus fruits. Peel into these tidbits about oranges.

- They originated about 6,000 years ago in Southeast Asia.
- Christopher Columbus brought orange seeds to the New World on his second voyage in 1493. Later, in the 1500s, Spanish explorers planted orange trees in Florida.
- The color orange was named after the fruit, not the other way around.
- Oranges are classified into two categories: sweet oranges, which are consumed fresh and in juice; and bitter oranges, used to make marmalades and flavor desserts and liqueurs.
- There are about 600 varieties of oranges worldwide.
- Juicy and seedless, the navel orange is the most popular variety for eating. Other types include Valencia, Cara Cara, and blood oranges, named for their deep red flesh.
- Florida grows the most oranges in the U.S., followed by California.
- Nearly 90% of Florida's orange crop is processed to make juice. Most California oranges are sold fresh.
- One of the two trees that started the California navel orange industry still stands in Riverside, Calif. Planted in the 1870s, it continues to produce fruit.
- Oranges are high in fiber and celebrated for being an excellent source of vitamin C.



Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.



Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause, and join us for some heart-healthy activities.