



THE Mountain View Lifestyle

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

Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.

Irish music, with an emphasis on fiddles, played a part in the foundation of America's folk and country music. Lively Irish step dancing became popular entertainment, with shows and competitions still prevalent today.

In the sports world, Irish athletes dominated the early days of baseball and boxing, and Irish influence is evident in the names of the NBA's Boston Celtics and the University of Notre Dame's Fighting Irish.



MARCH 2024

Executive Director

Zenia Shah

Business Office Director

Sonia Sandoval

Assisted Living Director

Alycia Hardman

Activities Coordinator

Lana Vasquez

Maintenance Director

Jeramie Wagar

Sales Director

Melissa Walters

Resident Birthdays

Lois B	3/20
Heidi V	3/23
Edward G	3/23
Mary Z	3/26
James S	3/30

Staff Birthdays

Paula M	3/8
Sonia S	3/10



MARCH 2024

**Brain Bender:
St. Paddy's
Word Puzzle**

- The answers to the clues below all contain a word related to St. Patrick's Day: green, luck, gold or jig. How many can you get right?
- Words containing "green":
 - Building for plants
 - Fresh, minty flavor
 - A newcomer
 - Words containing "luck":
 - A chicken says ...
 - A gathering with food
 - Brave and scrappy
 - Words containing "gold":
 - Yellow bird
 - October's birth flower
 - Koi's cousin
 - Words containing "jig":
 - Type of puzzle
 - A doodad or gizmo
 - To wiggle

(Answers: 1. greenhouse, wintergreen, greenhorn; 2. cluck, potluck, plucky; 3. goldfinch, marigold, goldfish; 4. jigsaw, thingamajig, jiggle)

Easter Joy

We want to wish all of our residents a happy Easter! We hope you and your loved ones have a joyous holiday.

**"Life is a painting,
and you are the artist.**

**You have on your palette all
the colors in the spectrum."
—Paul J. Meyer**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All Events Are Subject to Change		National Peanut Butter Lover's Day! 10:00 Exercise Class 10:30 Coffee Social & Chef Chat 12:00 National Peanut Butter Lover's Day! 1:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	Dr. Seuss's Birthday 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 Dr. Seuss's Birthday 3:30 Scrabble
National Anthem Day Celebration 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 National Anthem Day Celebration 3:30 Scrabble	National Pound Cake Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 12:00 National Pound Cake Day 1:30 Bingo 3:30 Jenga	10:00 Exercise Class 10:30 Coffee Social 11:00 Resident Council 1:30 Bingo 2:30 Hydration & Anagrams 3:30 Scrabble	10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 Hydration & Anagrams 3:30 Music & Memories	National Cereal Day 8:00 National Cereal Day 10:00 Exercise Class 10:30 Coffee Social 1:30 Manicures 2:30 Happy Hour 3:30 Bingo	International Women's Day Celebration 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 International Women's Day Celebration 3:30 Ice Cream Social 4:00 Puzzle Group	10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:00 Hydration & Anagrams 4:00 Jenga
10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 3:00 Jenga	10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 3:00 Music & Memories	10:00 Exercise Class 10:30 Coffee Social 1:30 Town Hall 2:30 Bingo 3:30 Scrabble	Good Samaritan Day Celebration 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 Good Samaritan Day Celebration 3:30 Scrabble	National Pi Day 10:00 Exercise Class 10:30 Coffee Social 1:30 Music & Memories 2:30 Happy Hour 3:30 Bingo 5:00 National Pi Day	10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:00 Hydration & Anagrams 4:00 Jenga
St. Patrick's Day 10:00 Exercise Class 10:30 Coffee Social 12:00 St. Patrick's Day Lunch 1:30 Bingo 3:00 Scrabble	10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 3:00 Scrabble	First Day of Spring 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 3:30 Scrabble	National Ravioli Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Casino Outing! 1:30 Bingo 3:30 Jenga 5:00 National Ravioli Day	California Strawberry Day 10:00 Exercise Class 10:30 Coffee Social 1:30 Manicures 2:30 Happy Hour & California Strawberry Day 3:30 Bingo	10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	National Puppy Day Celebration 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 National Puppy Day Celebration 3:30 Jenga
Palm Sunday 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 3:00 Scrabble	National Tolkien Reading Day Celebration 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 National Tolkien Reading Day Celebration	Epilepsy Awareness Day 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 Epilepsy Awareness Day Lecture 3:30 Scrabble	10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:00 Jenga 4:00 Scrabble	Resident Birthday Celebration! 10:00 Exercise Class 10:30 Coffee Social 12:00 Resident Birthday Celebration! 1:30 Bingo 2:30 Happy Hour 5:00 National Black Forest Cake Day	Good Friday 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	Doctors Day Celebration 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 Doctors Day Celebration 3:30 Scrabble
Easter Sunday 10:00 Exercise Class 10:30 Coffee Social 12:00 Easter Sunday Lunch 1:30 Bingo 3:30 Scrabble						

Laugh Lines: March Moments

March holds many holidays and events, including Dr. Seuss Day, St. Patrick's Day, Pi Day and the March Madness basketball tournament. Browse through these jokes for laughs about all things March.

Q: What should you say to a runner in the St. Patrick's Day marathon?

A: Irish you luck!

Q: Why don't you iron four-leaf clovers?

A: Because you don't want to press your luck.

Q: What did March say to all the madness?

A: What's all that bracket?!

Q: Why doesn't the Grinch like knock-knock jokes?

A: Because there are always Whos there.

Q: What is the official animal of Pi Day?

A: The pi-thon.

Q: Why is everyone so tired on April 1?

A: Because they've just finished a long, 31-day March.

Q: How is the letter A like a spring flower?

A: A "B" comes after it!

Q: What kind of bird was banned from the jewelry store?

A: A robin.

It's allergy season again?! You've got to be pollen my leg.

The roundest knight of King Arthur's court was Sir Cumference ... he ate too much pi!

It's impossible to plant vegetable seeds when you haven't botany.

Spring's Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin' robin facts:

- As the weather warms, you'll see many robins returning from their winter homes, but not all robins migrate. They're just harder to see in winter, since they mostly stay nestled in the trees.
- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours. The birds also love berries, and at feeders, they prefer suet and mealworms to birdseed.
- Impressive singers, robins' best-known tune is their wake-up call of "cheer up, cheer up, cheerily." Dawn is their noisiest time, but they'll tweet throughout the day, and are among the last songbirds heard before sunset.
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!
- The American robin is the state bird of Connecticut, Michigan and Wisconsin.
- In some Native American tribes, robins are symbols of peace and protection, and they are valued as hardworking and nurturing.

Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They're also called jonquils, which are smaller varieties, and daffadowndillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves.

All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center. Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season. The birth flower for March, the daffodil is said to represent hope and happiness. It's also the traditional flower for a 10th wedding anniversary as well as the national flower of the country of Wales.

