



THE Mountain View Lifestyle

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

Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are called bunnies, they are actually kits or kittens. A female rabbit is a doe and a male rabbit is a buck.
- Carrot-crunching rabbits are often shown in cartoons, but the herbivores mainly eat grass, weeds, clover and other plants.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.
- The largest rabbit is the Flemish giant, a domesticated breed that weighs up to 20 pounds and grows 2.5 feet long.



APRIL 2023

Executive Director
Jennette Kinney

Assisted Living Director
Falisha Johns

Business Office Director
Sonia Sandoval

Dining Services Director
Scott Klaisner

Maintenance Director
Jeramie Wagar

Sales Director
Melissa Walters



Welcome Our New Residents

Jean Crabtree
Robin Sagan
Barbara Ballard
Marilyn Johnson
Patrick Mehtonen
James Sienkewitz
Donald Morris
Gracia Slater
Donna Silva
Thomas & Valerie Rothstein

APRIL 2023

Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before "throwing" the snacks to the birds.

Time for Tulips

A signal of spring's arrival is the annual appearance of tulips, one of the most popular flowers. After bulbs are planted in the fall and spend the winter being dormant, their perfectly shaped petals, atop long green stems, emerge as showstopping blooms.

"The sky is always beautiful. Even when it's dark or rainy or cloudy, it's still beautiful to look at ... and it'll be there no matter what."
—Colleen Hoover

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						April Fools' Day 1 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Coffee & Cookie Social 3:30 Bingo
WORLD AUTISM DAY 2 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 2:30 Checkers, Yahtzee 3:30 Bingo	Find a Rainbow Day 3 9:30 Walking Club 10:00 Riley & Marty Visit 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Talk about Rainbows 3:30 Ring Toss	4 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Hydration & Current Events 11:00 Resident Council 1:30 Bean Bag Toss 2:30 Sweet Treat Social 3:30 Bingo	National Walking Day 5 9:30 Balloon Volleyball 10:30 Walking Club 11:00 Domino Game 1:30 Jenga 2:30 Creative Craft Class with Drinks 3:30 Bean Bag Tournament with Drinks	6 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Bingo	7 9:30 Fun Feet Friday 10:30 Coffee Social w/Scott Chef Chat 1:30 Bean Bag Toss 2:30 Checkers, Yahtzee 3:30 4 H-R with animals	EASTER CELEBRATION 8 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:00 2ND ANNUAL EASTER CELEBRATION
Easter 9 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 1:30 Scenic Ride Assisted Living 2:30 Checkers, Yahtzee 3:30 Bingo	10 9:30 Walking Club 10:00 Riley & Marty Visit 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Current Events 3:30 Ring Toss	National Pet Day 11 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Hydration & Current Events 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Sweet Treat 3:30 Bingo	CANDLELIGHT DINNER 4 TO 6 PM 12 9:30 Balloon Volleyball 10:30 Coffee Social 11:30 Trivia 2:30 Creative Craft Class with Drinks 3:30 Bean Bag Tournament with Drinks 4:00 Candlelight Dinner	13 9:30 Senior Exercise 10:30 Coffee Social w/Jeremie 11:00 Ring Toss 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Bingo	14 9:30 Fun Feet Friday 10:30 Coffee Social w/Scott Chef Chat 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music & Memories 3:30 4 H-R with animals	15 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Coffee & Cookie Social 3:30 Bingo
16 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 1:30 Scenic Ride Assisted Living 2:30 Checkers, Yahtzee 3:30 Bingo	17 9:30 Walking Club 10:00 Riley & Marty Visit 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Current Events 3:30 Ring Toss	18 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Hydration & Current Events 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Sweet Treat 3:30 Bingo	National Wear Your Pajamas Day 19 9:30 Balloon Volleyball 10:30 Coffee Social 11:30 Trivia 1:30 Jenga 2:30 Creative Craft Class with Drinks 3:30 Bean Bag Tournament with Drinks	National High-Five Day 20 9:30 Senior Exercise 10:30 Coffee Social w/Jeremie 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Bingo	21 10:30 Coffee Social w/Scott Chef Chat 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music & Memories 3:30 4 H-R with animals	Earth Day 22 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Coffee & Cookie Social 3:30 Bingo
National Picnic Day 23 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 1:30 Scenic Ride Assisted Living 2:30 Checkers, Yahtzee 3:30 Bingo	24 9:30 Walking Club 10:00 Riley & Marty Visit 11:00 Bible Study 1:30 Monday Manicures 3:00 Fireside Chat w/Jeanette 3:30 Ring Toss	National Telephone Day 25 9:00 Toning Tuesday w/weights 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Hydration & Current Events 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Sweet Treat 3:30 Bingo	Administrative Professional Day 26 9:00 Denim Day-All Day 9:30 Balloon Volleyball 11:30 Trivia 12:00 Birthday Lunch 2:30 Creative Craft Class with Drinks 3:30 Bean Bag Tournament with Drinks	27 9:30 Senior Exercise 10:30 Coffee Social w/Jeremie 1:30 Music with Larry 2:30 Hydration & Current Events 3:30 Bingo	28 10:30 Coffee Social w/Scott Chef Chat 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music & Memories 3:30 4 H-R with animals	29 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Ring Toss 2:30 Coffee & Cookie Social 3:30 Bingo
International Jazz Day 30 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Balloon Volleyball 1:30 Scenic Ride Assisted Living 2:30 Checkers, Yahtzee 3:30 Bingo						



Mountain View Ribbon Cutting

Thank you to the Ukiah Chamber of Commerce for working with us to set up our ribbon cutting and allowing us to host the Chamber Mixer and invite everyone to share in our home for a night. We look forward to hosting many more events in the future.

Mountain View was voted Best Assisted Living in Lake & Mendocino County for 2023. We won the silver medal. When you see our staff in community, please thank them for the amazing service they provide to our residents.

