



# THE Mountain View Lifestyle

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

## Bursting With Spring Blossoms

This month, cities around the country are celebrating the bursting colors of spring blossoms with festivals dedicated to regional flora.

*Skagit Valley Tulip Festival.* Tulip farms scattered throughout Washington state's Skagit Valley begin blooming in April, and that's when thousands of visitors crowd area roads for a scenic driving tour of the spectacular fields of flowers. The event has grown into a month of festivities since it first began in 1984.

*North Carolina Azalea Festival.* The port city of Wilmington, N.C., draws more than 200,000 people to a weeklong celebration of the millions of lush, showy shrubs that come alive with blooms of pink, purple and red. Founded in 1948, the festival's garden tour is one of the longest-running in the South.

*Atlanta Dogwood Festival.* Flowering dogwood trees provide a beautiful backdrop for this Georgia tradition that dates back to 1936. Atlanta's historic Piedmont Park hosts the weekend event, which features one of the nation's top art shows, live music and family entertainment.

*Meriden Daffodil Festival.* During the last two weekends in April, thousands of people gather in this Connecticut city to view a sea of 650,000 sunny yellow and white daffodils in bloom. A parade, fireworks show and "Connecticut's largest tag sale" are the highlights of this fun fest, started in 1979.



## APRIL 2024

- Executive Director**  
Zeniah Shah
- Business Office Director**  
Sonia Sandoval
- Assisted Living Director**  
Alycia Hardman
- Maintenance Director**  
Jeramie Wagar
- Sales Director**  
Melissa Walters
- Activities Coordinator**  
Lana Vasquez
- Lead Cook**  
Alan Sanders

## Resident Birthdays

Wendi A .....	4/1
Judy R .....	4/4
Jean C .....	4/11
Donna F .....	4/30

## Staff Birthdays

Rosie M .....	4/8
Maria S .....	4/9
Cheri D .....	4/18
Matt W .....	4/29



APRIL 2024

## Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

## Japan's Fan Dances

Fan Dance Day on April 3 celebrates Japanese fan dancing, which dates all the way back to 600 B.C. Since then, many forms have developed, often sharing key elements of bright kimonos, bold makeup, handheld painted fans and live music. Through pantomime, musical timing and bending their bodies into geometrical shapes, dancers incorporate the fans to tell a compelling story and provide beautiful entertainment.

**"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."**  
—Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>April Fools' Day!</b> 1 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Bingo <b>3:30 April Fools' Day Jokes</b>	<b>Nature Day</b> 2 10:00 Exercise Class 10:30 Coffee Social <b>11:00 Nature Day Seminar</b> 2:30 Bingo 3:30 Scrabble	<b>National Chocolate Mousse Day</b> 3 10:00 Exercise Class 10:30 Coffee Social <b>1:30 Chef Chat</b> 2:30 Bingo <b>5:00 National Chocolate Mousse Day</b>	<b>National Chicken Cordon Bleu Day</b> 4 10:00 Exercise Class 10:30 Coffee Social <b>11:00 Resident Council</b> 2:30 Bingo 2:30 Happy Hour <b>5:00 National Chicken Cordon Bleu Day</b>	<b>National Self Care Day</b> 5 10:00 Exercise Class 10:30 Coffee Social <b>11:00 National Self Care Day Tips!</b> 2:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 2:30 Bingo 3:30 Music & Memories
7 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 2:30 Bingo 3:30 Puzzle Group	8 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Bingo 3:30 Scrabble	9 10:00 Exercise Class 10:30 Coffee Social <b>1:00 Town Hall</b> 2:30 Bingo 3:30 Scrabble	10 10:00 Exercise Class 10:30 Coffee Social <b>1:30 Activity Chat</b> 2:30 Bingo 3:30 Dart Board!	11 <b>Dog Therapy Appreciation Day!</b> 10:00 Exercise Class 10:30 Coffee Social <b>11:00 Dog Therapy Appreciation Day with Banjo!</b> 1:30 Bingo 2:30 Happy Hour	12 <b>National Grilled Cheese Sandwich Day</b> 10:00 Exercise Class 10:30 Coffee Social <b>12:00 National Grilled Cheese Sandwich Day</b> 2:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	13 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 2:30 Bingo 3:30 Music & Memories
<b>National Gardening Day</b> 14 10:00 Exercise Class 10:30 Coffee Social <b>11:00 National Gardening Day</b> 2:30 Bingo 3:30 Puzzle Group	15 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Bingo 3:30 Puzzle Group	16 10:00 Exercise Class 10:30 Coffee Social 1:30 Music & Memories 2:30 Bingo 3:30 Scrabble	<b>National Banana Day</b> 17 10:00 Exercise Class 10:30 Coffee Social <b>12:00 National Banana Day</b> 2:30 Bingo 3:30 Dart Board!	<b>National Exercise Day</b> 18 <b>10:00 National Exercise Day</b> 10:30 Coffee Social 1:30 Bingo 2:30 Happy Hour 3:30 Puzzle Group	19 10:00 Exercise Class 10:30 Coffee Social 2:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	20 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 2:30 Bingo 3:30 Music & Memories
<b>National Tea Day</b> 21 <b>8:00 National Tea Day</b> 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 2:30 Bingo 3:30 Puzzle Group	<b>Earth Day</b> 22 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Bingo <b>3:00 Earth Day</b>	<b>National English Muffin Day</b> 23 <b>8:00 National English Muffin Day</b> 10:00 Exercise Class 10:30 Coffee Social 1:30 Music & Memories 2:30 Bingo 3:30 Dart Board!	24 10:00 Exercise Class 10:30 Coffee Social 1:30 Music & Memories 2:30 Bingo 3:30 Dart Board!	25 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 2:30 Happy Hour 3:30 Scrabble	<b>National Pretzel Day</b> 26 10:00 Exercise Class 10:30 Coffee Social <b>11:00 National Pretzel Day</b> 2:30 Bingo 3:30 Ice Cream Social 4:00 Puzzle Group	27 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 2:30 Bingo 3:30 Music & Memories
<b>National Blueberry Pie Day</b> 28 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 2:30 Bingo 3:30 Puzzle Group <b>5:00 National Blueberry Pie Day</b>	<b>National Shrimp Scampi Day</b> 29 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Bingo <b>5:00 National Shrimp Scampi Day</b>	<b>National Oatmeal Cookie Day</b> 30 10:00 Exercise Class 10:30 Coffee Social <b>12:00 National Oatmeal Cookie Day</b> 2:30 Bingo 3:30 Scrabble				<p style="text-align: center;"><b>All Events Are Subject to Change</b></p>

## Laugh Lines: Springtime Silliness

Q: What is the best appetizer to enjoy in spring?

A: A bloomin' onion.

Q: Why did the bird go to the hospital?

A: It needed tweet-ment.

Q: How do you make a waterbed bouncer?

A: Fill it with spring water.

Q: Why is Yoda so good at gardening?

A: He has a green thumb!

Q: What do you call a bear that gets caught in the rain?

A: A drizzly bear.

Q: After a long winter, what did the tree say when spring began?

A: "What a re-leaf!"

What if April Fools' Day is actually on April 2 and we've all been fooled into thinking it's April 1?

A and C were going to prank their friend ... but they just letter B.

I decided to start an aerobics class. I bent, twisted, jumped up and down, and perspired for an hour, but by the time I got my leotard on, the class was already over.

When it starts raining ducks and chickens, that's some fowl weather.

There are some friends you know who will never pull an April Fools' Day prank because they think it's still March.

## Brain Bender: Seasonal Analogies

Unlike springtime allergies, these analogies are a fun way to celebrate the season.

How many can you solve?

Example: Bird is to nest as honeybee is to hive.

1. Mother's Day is to May as Father's Day is to \_\_\_\_\_.

2. Shovel is to \_\_\_\_\_ as garden hose is to water.

3. Tadpole is to frog as \_\_\_\_\_ is to butterfly.

4. Horses are to the Kentucky Derby as \_\_\_\_\_ are to the Indy 500.

5. \_\_\_\_\_ are to wagon as blades are to lawnmower.

6. Trunk is to tree as \_\_\_\_\_ is to flower.

7. Mortarboard is to graduate as toque is to \_\_\_\_\_.

8. Hot dog is to \_\_\_\_\_ as taco is to shell.

9. Sunglasses are to eyes as \_\_\_\_\_ is to skin.

10. \_\_\_\_\_ is to golf as bat is to baseball.

(Answers: 1. June; 2. dig; 3. caterpillar; 4. cars; 5. wheels; 6. stem; 7. chef; 8. bun; 9. sunscreen; 10. club)



## Earth Day Every Day

Earth Day is observed every year on April 22, motivating people to take part in protecting the planet. There are many ways you can help the environment on Earth Day and every day, and they offer additional benefits for you as well.

Need to stop at the supermarket, pharmacy and ATM? Combine these errands in one trip, and plan your route so you don't have to backtrack.

*Perks:* If taking your own vehicle, you'll save money on gas and reduce fuel emissions.

Take reusable bags with you when you go shopping, carry a refillable water bottle instead of buying bottled water, and bring your own travel mug to coffee shops and convenience stores.

*Perks:* Many businesses offer discounts to customers who bring their own bags and drink containers. Saving a few cents on every purchase can add up quickly!

Leaving the water running for just a minute can send 3 gallons of water down the drain, so turn the faucet off while brushing your teeth or shaving. Try to trim a few minutes off your shower time. *Perks:* In addition to saving hot water for the rest of the people in your household, you will be contributing to water conservation in your community.

When you can, reduce your carbon footprint by walking or cycling to your destination.

*Perks:* You'll get exercise and fresh air, which benefits both your physical and mental health.

