



THE Mountain View Lifestyle

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

Seasonal Skin Care Tips

Days of outdoor fun and sun are ahead, which means your skin will likely be feeling the heat. Protect it with some skin-saving reminders.

Dermatologists' top advice? Sunscreen, sunscreen, sunscreen! Protecting your skin from the sun's harmful ultraviolet rays should be a daily habit, but it's essential during summer days. Wear a broad-spectrum sunblock with a sun protection factor of 30 or higher, and reapply it every two hours when you're outside for long periods.

More sunshine, hot temperatures and humidity mean increased perspiration. When sweat gets trapped in the skin's pores, heat rash, also called prickly heat, can develop. To prevent it, wear loose-fitting, lightweight clothing and try to keep skin dry and cool.

Itchy bug bites are also common this time of year. Resist the urge to scratch them, which can lead to infection and scarring. Use a cold compress or hydrocortisone cream for itch relief.

With outdoor activities and time at the pool, beach or lake, you may be showering more often. Frequent bathing in water that's too hot can dry out skin, so adjust the water temp to warm or cool and slather on a moisturizing lotion afterward.

And remember that drinking plenty of water is one of the best habits that can keep both you and your skin hydrated and healthy.



MAY 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 Birthday

Doc S 5/1

Staff Birthdays

Melissa W 5/10
 Yati C 5/11
 Cristina B 5/31



MAY 2024

Marvelous Monogram of Flowers

Try this pretty, personalized project that is perfect for springtime.

Materials:

- Utility knife
- Papier-mâché initial of your choice
- Floral foam
- Hot glue gun and glue
- Wire cutters
- Faux flowers

Directions:

With the knife, carefully cut off the front face of the initial so that the letter is hollow. Cut the floral foam into pieces that will fit and fill up the space inside the initial. The pieces don't need to be perfect. Glue the foam pieces inside the letter.

Use the wire cutters to trim the stems of the faux flowers, leaving a short stem that can be inserted into the floral foam. Arrange the blossoms as desired to cover the face of the initial. If needed, secure the flowers in place with glue.

Combine several letters to spell out a word, such as "MOM" or "LOVE," or your first name.

"Wherever you go, no matter what the weather, always bring your own sunshine."

—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		All Events Are Subject to Change		National Chocolate Parfait Day 1 10:00 Exercise Class 10:30 Coffee Social 2:30 Bingo 3:30 Dart Board! 5:00 National Chocolate Parfait Day	National Truffle Day 2 10:00 Exercise Class 10:30 Coffee Social 12:00 National Truffle Day 1:30 Music Discussion 2:00 Word in Word 2:30 Bingo	National Garden Meditation Day 3 10:00 Exercise Class 10:30 Coffee Social 11:00 National Garden Meditation Day 1:00 Bingo 2:30 Happy Hour 3:30 Ice Cream Social 4:00 Puzzle Group	Tzu Chi Group 4 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Tzu Chi Group 2:30 Bingo 3:30 Music & Memories
Cinco De Mayo 5 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 12:00 Cinco de Mayo 2:30 Bingo 3:30 Ice Cream Social	National Nurses Day 6 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Bingo 3:30 National Nurses Day	Resident Council 7 10:00 Exercise Class 10:30 Coffee Social 11:00 Resident Council 2:30 Bingo 3:30 Scrabble	National Have a Coke Day 8 10:00 Exercise Class 10:30 Coffee Social 11:00 Activity Chat 2:30 Bingo 3:30 Dart Board! 4:00 National Have a Coke Day	Chef Chat 9 10:00 Exercise Class 10:30 Coffee Social 11:00 Chef Chat 1:30 Music Discussion 2:00 Word in Word 2:30 Bingo	World Lupus Day 10 10:00 Exercise Class 10:30 Coffee Social 11:00 World Lupus Day 1:00 Bingo 2:30 Happy Hour 3:30 Ice Cream Social	11 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 2:30 Bingo 3:30 Music & Memories	
Mother's Day Breakfast 12 8:00 Mother's Day Breakfast 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 2:30 Bingo 3:30 Puzzle Group	National Apple Pie Day 13 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Bingo 5:00 National Apple Pie Day	National Buttermilk Biscuit Day 14 8:00 National Buttermilk Biscuit Day 10:00 Exercise Class 10:30 Coffee Social 1:00 Town Hall 2:30 Bingo 3:30 Scrabble	Bring Flowers to Someone Day 15 10:00 Exercise Class 10:30 Coffee Social 11:00 Bring Flowers to Someone Day 2:30 Bingo 3:30 Dart Board!	National Mimosa Day 16 10:00 Exercise Class 10:30 Coffee Social 12:00 National Mimosa Day 1:30 Music Discussion 2:00 Word in Word 2:30 Bingo	National Pizza Party Day 17 10:00 Exercise Class 10:30 Coffee Social 1:00 Bingo 2:30 Happy Hour 3:30 Ice Cream Social 5:00 National Pizza Party Day	Lake Outing 18 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Lake Outing 2:30 Bingo 3:30 Music & Memories	
World Baking Day 19 10:00 Exercise Class 10:30 Coffee Social 11:00 World Baking Day 2:30 Bingo 3:30 Puzzle Group	Resident Baking Class 20 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 2:30 Resident Baking Class 3:30 Bingo	Spaghetti Luncheon 21 10:00 Exercise Class 10:30 Coffee Social 12:00 Spaghetti Luncheon 2:30 Bingo 3:30 Scrabble	Sherlock Holmes Day 22 10:00 Exercise Class 10:30 Coffee Social 11:00 Word in Word 2:30 Bingo 3:30 Sherlock Holmes Day	23 10:00 Exercise Class 10:30 Coffee Social 1:30 Music Discussion 2:00 Word in Word 2:30 Bingo	World Schizophrenia Awareness Day 24 10:00 Exercise Class 10:30 Coffee Social 1:00 Bingo 1:30 World Schizophrenia Awareness Day 2:30 Happy Hour 3:30 Ice Cream Social	Bingo & Root Beer Floats 25 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo & Root Beer Floats 3:30 Music & Memories	
National Blueberry Cheesecake Day 26 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 12:00 National Blueberry Cheesecake Day 2:30 Bingo 3:30 Puzzle Group	Memorial Day 27 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Memorial Day Celebration 2:30 Bingo	National Hamburger Day 28 10:00 Exercise Class 10:30 Coffee Social 12:00 National Hamburger Day 2:30 Bingo 3:30 Scrabble	National Senior Health and Fitness Day 29 10:00 Exercise Class 10:30 Coffee Social 11:00 National Senior Health and Fitness Day 2:30 Bingo 3:30 Dart Board!	National Water a Flower Day 30 10:00 Exercise Class 10:30 Coffee Social 1:30 Music Discussion 2:00 National Water a Flower Day 3:30 Bingo	National Smile Day 31 10:00 Exercise Class 10:30 Coffee Social 11:00 National Smile Day 1:00 Bingo 2:30 Happy Hour 3:30 Ice Cream Social		



HAPPY
MOTHER'S
DAY

Mother's Day Celebration

Moms, it's your day to shine! Join us for our Mother's Day event, where we will be celebrating YOU! Check the calendar for details.

Laugh Lines: Stadium Snickers

Hit a home run with your pals by sharing some of these baseball jokes!

Q: What has 18 legs and catches flies?

A: A baseball team!

Q: Where does a baseball player go when he gets his uniform dirty?

A: New Jersey.

Q: What takes longer—running from first to second base, or running from second to third base?

A: Running from second to third, because there's a shortstop in the middle.

Q: How do ball players stay cool?

A: By standing next to the fans!

Q: What is a designated hitter's favorite spot at the playground?

A: The swings.

Q: What does a baseball team and a stack of pancakes have in common?

A: They both need a good batter.

Q: What do you call a baseball player who likes to climb trees?

A: Babe Root.

Q: Why aren't chickens good at baseball?

A: Because they always hit fowl balls.

Q: Where do ball players clean their bats?

A: In the bat tub!

Q: What did the outfielder say to the baseball?

A: "Catch you later!"

Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof. Called the "garden of Europe," this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles.

Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden. The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d'Este. The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.

