



MOUNTAIN VIEW  
SENIOR LIVING AT EASE

Like Us!  

# THE Mountain View Lifestyle

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

## JUNE 2023

### It's BBQ Time!

We're firing up the grill and serving some of your summer favorites! Join us for a delicious cookout with all the fixin's. Check the calendar for details.

#### Executive Director

Jennette Kinney

#### Assisted Living Director

Falisha Johns

#### Business Office Director

Sonia Sandoval

#### Dining Services Director

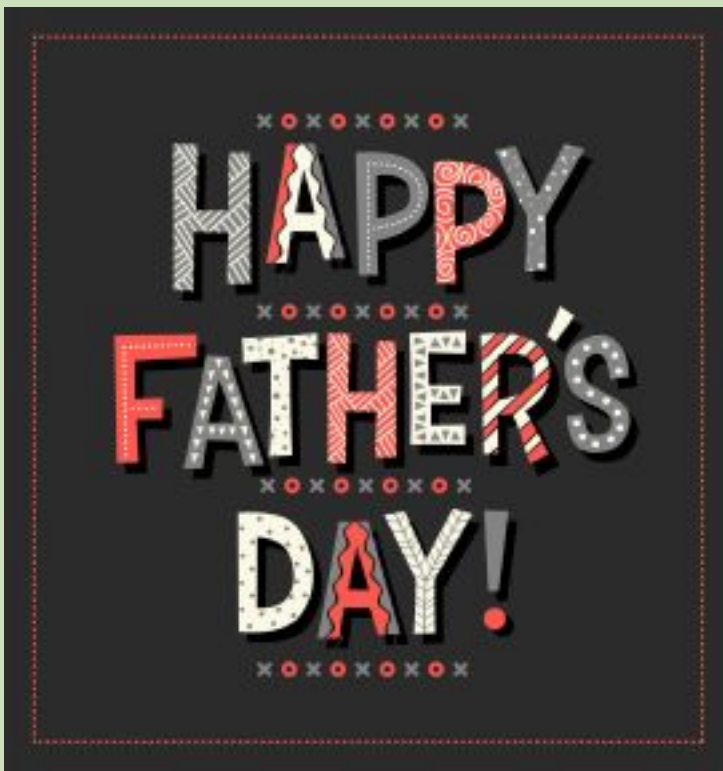
Scott Klaisner

#### Maintenance Director

Jeramie Wagar

#### Sales Director

Melissa Walters



### Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.

### A 'Dad Joke' for Dad

Q: When does a joke become a "dad joke"?

A: When the punchline is apparent!

JUNE 2023

# The History of Father's Day

Father's Day was initiated by Sonora Smart Dodd of Spokane, Wash., whose father, a Civil War veteran, raised six children on his own after his wife died in childbirth. Dodd suggested honoring men like her father in 1909 after listening to a sermon about Mother's Day. The first Father's Day took place the next year on June 19, her father's birthday. In the years following, many congressional resolutions proclaimed a national Father's Day. The holiday only became official, however, in 1972 when President Richard Nixon signed a presidential resolution declaring Father's Day as the third Sunday in June.

While Mother's Day is the biggest holiday for phone calls, Father's Day is the busiest for collect calls.

## A Patriotic Pop

The last Thursday in June, celebrate a red, white and blue favorite. It's Bomb Pop Day!

**"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."**  
—Lori Longbotham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Arts &amp; Crafts 2:30 Jenga 3:30 Happy Hour (On The Patio)</p>	<p>10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music &amp; Memories 3:30 Bingo</p>	<p>9:30 Balloon Volleyball 10:30 Coffee Social 2:30 Hydration 3:30 Ring Toss</p>
<p><b>NATIONAL GINGERBREAD DAY</b> 9:30 Senior Exercise 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living 2:30 Hydration and Conversation 3:30 Bingo</p>	<p><b>NATIONAL PEANUT BUTTER COOKIE DAY</b> 9:30 Walking Club 10:30 Coffee Social 11:00 Bible Study 11:00 Dominos, Checkers 1:30 Bean Bag Toss 3:00 Hydration &amp; Current Events 3:30 Jenga</p>	<p><b>NATIONAL CHOCOLATE ICE CREAM DAY</b> 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee Social 10:30 Coffee/Current Events 11:00 Resident Council 1:30 Ring Toss 2:30 Sweet Treats 3:30 Bingo</p>	<p><b>THEMED DINNER/CHICKEN &amp; WAFFLES</b> 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Trivia 1:30 Bingo 1:30 Fun Feet 3:30 Bowling Outside</p>	<p>9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Bingo Outside on Patio 2:30 Jenga 3:30 Happy Hour (On The Patio)</p>	<p>9:30 Senior Exercise 10:30 Coffee Social 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Chef Chat w/Scott 2:30 Music &amp; Memories 3:30 Jenga</p>	<p>9:30 Balloon Volleyball 10:30 Coffee Social 2:30 Hydration 3:30 Ring Toss</p>
<p>10:30 Coffee Social 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living 2:30 Hydration and Conversation 3:30 Bingo</p>	<p><b>NATIONAL GARFIELD DAY</b> 9:30 Walking Club 10:30 Coffee Social 11:00 Bible Study 11:00 Oldies Music &amp; Discussion 1:30 Bean Bag Toss 3:00 Hydration &amp; Current Events 3:30 Jenga</p>	<p>9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee Social 10:30 Coffee/Current Events 11:00 Oldies Music from '40s &amp; '50s 1:30 Bean Bag Toss 2:30 Sweet Treats 3:30 Bingo</p>	<p>9:30 Senior Exercise 10:00 Coffee Social 11:00 Bean Bag Toss 1:30 Bingo 2:30 Hydration &amp; Conversation 3:00 Jenga</p>	<p>9:30 Balloon Volleyball 10:30 Coffee Social 2:30 Jenga 3:30 Happy Hour (On The Patio)</p>	<p>9:30 Senior Exercise 10:30 Coffee Social 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music &amp; Memories 3:30 Jenga</p>	<p><b>FATHER'S DAY EVENT/BASEBALL BBQ</b> 9:30 Balloon Volleyball 10:30 Coffee Social 12:00 BBQ FATHER'S DAY 2:30 Hydration 3:30 Ring Toss</p>
<p>10:30 Coffee Social 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living 2:30 Hydration and Conversation 3:30 Bingo</p>	<p><b>NATIONAL STRAWBERRY PARFAIT DAY</b> 9:30 Walking Club 10:30 Coffee Social 10:30 Scenic Ride Memory Care 11:00 Domino Game 1:30 Scenic Ride Assisted Living 2:30 Hydration and Conversation 3:30 Bingo</p>	<p><b>NATIONAL SUNGLASS DAY/WEAR JEANS</b> 9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 10:30 Coffee Social 10:30 Coffee/Current Events 11:00 Domino Game 1:30 Ring Toss 2:30 Sweet Treats 3:30 Bingo</p>	<p><b>BIRTHDAY LUNCHEON</b> 9:30 Exercise w/weights 10:30 Balloon Volleyball 10:30 Coffee Social 11:30 Joggin Your Noggin 1:30 Fun Feet 2:00 Ring Toss 3:30 Bowling Outside</p>	<p><b>NATIONAL BOMB POP DAY</b> 9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Ring Toss 2:30 Jenga 3:30 Happy Hour (On The Patio)</p>	<p>10:30 Coffee Social 10:30 Coffee/Current Events 11:00 Ring Toss 1:30 Bean Bag Toss 2:30 Music &amp; Memories 3:00 Word N A Word</p>	<p><b>CLASSIC CAR SHOW</b> 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Classic Car Show (Begins) 2:00 Classic Car Show (Finished) 2:30 Hydration 3:30 Ring Toss</p>





## Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.

## Father's Day Celebration

It's a day for dads! Please join us for a special event celebrating the men in our community. Check the calendar for details.

## Historic Moments for Old Glory

Each year on June 14, the U.S. commemorates the adoption of the nation's flag. Since it was first sewn, the Stars and Stripes has been part of many defining moments in history.

*Fort McHenry.* After a daylong bombardment by British forces during the War of 1812, Francis Scott Key saw "by the dawn's early light" that the "flag was still there," flying over Baltimore Harbor's Fort McHenry. Inspired to write about the moment, his words later became the national anthem, "The Star-Spangled Banner."

*Iwo Jima.* The iconic World War II image of Marines raising a U.S. flag during the Battle of Iwo Jima in 1945 won a Pulitzer Prize for photography. The event has been commemorated in a bronze monument outside Washington, D.C., with an American flag that flies 24 hours a day.

*Moon landing.* After the crew of the Apollo 11 mission made the first moon landing on July 20, 1969, astronauts Neil Armstrong and Buzz Aldrin planted a flag on the lunar surface.

*9/11.* On Sept. 11, 2001, terrorist attacks reduced New York City's World Trade Center to rubble. Three firefighters hoisted a flag above the ruins, serving as a symbol of hope and unity. Another American flag that had flown atop one of the twin towers was later found in the debris. That tattered flag was carried by Team USA athletes and first responders at the opening ceremonies of the 2002 Winter Olympics in Salt Lake City.

## Thank You, Dads

We'd like to say Happy Father's Day to all the dads in our community. We appreciate all you do.

## The Stars and Stripes

Flying outside businesses and homes, in classrooms and on TV, the American flag is seen by many of us every day. Each year on June 14, Flag Day is an opportunity for us to appreciate this patriotic symbol and all it stands for. The holiday marks the date in 1777 when the Second Continental Congress adopted the nation's first flag, which had 13 red and white stripes and 13 white stars on a blue field in the upper left corner. The number of stars and stripes represented the 13 Colonies that formed the U.S. Today's flag continues to honor the original Colonies by keeping the 13 stripes, but there are now 50 stars in the corner, as the country has grown to include 50 states.

