



THE Mountain View Lifestyle

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

Wit & Wisdom

"When the weather is hot, keep a cool mind."

—Ajahn Brahm

"I find peace where the sun-kissed leaves dance in the melody of the cool breeze that floats through the air."

—Saim Cheeda

"Summer is a great time to visit art museums, which offer the refreshing rinse of swimming pools—only instead of cool water, you immerse yourself in art."

—Jerry Saltz

"All my life I've always come back to one thing, my need to feel free and the need to feel the breeze."

—Jess "Chief" Brynjulson

"If you tiptoe into cold water, you're missing out on the rush of plunging in headfirst."

—Simone Elkeles

"What you really want for yourself is always trying to break through, just as a cooling breeze flows through an open window on a hot day. Your part is to open the windows of your mind."

—Vernon Howard

"Iced tea is too pure and natural a creation not to have been invented as soon as tea, ice and hot weather crossed paths."

—John Egerton

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you."

—Langston Hughes

"Keep cool, my babies."

—Conan O'Brien



AUGUST 2023

Executive Director

Alexandria Rodriguez

Assisted Living Director

Falisha Johns

Business Office Director

Sonia Sandoval

Dining Services Director

Scott Klaisner

Maintenance Director

Jeramie Wagar

Sales Director

Melissa Walters



Make 'em Laugh

LOL! Aug. 16 is Tell a Joke Day!

AUGUST 2023

**Brain Bender:
Summertime
Treats**

Unscramble each of the following words to reveal a refreshing treat on a hot summer day. Then rearrange the letters in bold for some seasonal advice.

EIC ECMRA
OLEADMEN
OSWN OCEN
EMNRWELTOA
RYEHRC MAEELID
IAKKESMLH
LEEMSICRCA
DCIE ATE

(Answers: Ice cream, lemonade, snow cone, watermelon, cherry limeade, milkshake, Creamsicle, iced tea. The summery advice is "Stay cool.")

A cousin of the Popsicle, the classic Creamsicle has been a refreshing summertime delight since it debuted in the 1930s. Recognized by its outer shell of tangy orange sherbet that surrounds a mellow vanilla ice cream center, the cool and creamy treat has been adapted as a flavor for a variety of desserts and sweets.

"The winds and the waves are always on the side of the ablest navigators."
—Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Fun Feet 2:30 Hydration & Conversation 3:30 Bingo	1 National Ice Cream Sandwich Day 9:30 Senior Exercise 10:30 Coffee Social 11:00 Oldies Music & Discussion 2:30 National Ice Cream Sandwich Day 3:30 Balloon Volleyball	2 NATIONAL WATERMELON DAY 9:30 Balloon Volleyball 11:00 Domino Game 2:30 Hydration 3:30 Happy Hour	9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Music & Memories 2:30 Ice Cream Social 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 2:30 Hydration 3:30 Bingo
9:30 Senior Exercise 10:00 Coffee Social 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 11:00 GAMES 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Bean Bag Toss	9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Fun Feet 2:30 Hydration 3:30 Bingo	9:30 Senior Exercise w/weights 10:30 Coffee Social 11:00 Oldies Music & Discussion 2:00 Hydration & Conversation 2:30 Music & Memories 3:30 Balloon Volleyball	9:30 Balloon Volleyball 10:00 Coffee Social 11:00 Domino Game 1:30 Jenga 2:30 Hydration 3:30 Happy Hour	'80s FUN DAY 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 12:00 '80S DAY Luncheon. Dress for '80s 1:30 Balloon Volleyball 2:30 Ice Cream Social 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Trivia 1:30 Fun Feet 2:30 Hydration 3:30 Bingo
9:30 Balloon Volleyball 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	14 NATIONAL CREAMSICLE DAY 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 11:00 Dominos, Checkers 1:30 Monday Manicures 3:00 National Creamsicle Day 3:30 Bean Bag Toss	9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Fun Feet 2:30 Hydration 3:30 Bingo	16 CANDLELIGHT DINNER 4pm-6pm 9:30 Senior Exercise 10:30 Coffee Social 11:00 Oldies Music & Discussion 2:00 Hydration & Conversation 2:30 Bingo 4:00 CANDLELIGHT DINNER 4 TIL 6 PM	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Domino Game 1:30 Joggin Your Noggin 2:30 Hydration 3:30 Happy Hour	9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Jenga 2:30 Ice Cream Social 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Jenga 2:30 Hydration 3:30 Bingo
9:30 Fun Feet 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Bean Bag Toss	9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Fun Feet 2:30 Hydration 3:30 Bingo	9:30 Senior Exercise 10:30 Coffee Social/WELCOME COMMITTEE 11:00 Joggin Your Noggin 11:00 Oldies Music & Discussion 2:00 Hydration & Conversation 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Domino Game 2:30 Hydration 3:30 Happy Hour	9:30 Scavenger Hunt 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Balloon Volleyball 2:30 Ice Cream Social 3:30 Bingo	9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Jenga 2:30 Hydration 3:30 Bingo
27 JUST BECAUSE DAY 9:30 Senior Exercise 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Bean Bag Toss	9:30 Senior Exercises 10:00 Pet Visit w/ Riley and Marty 11:00 Beanbag Toss 1:30 Fun Feet 2:30 Hydration 3:30 Bingo	9:30 Senior Exercise 10:30 Coffee Social 11:00 Oldies Music & Discussion 1:30 Bean Bag Toss 2:00 Hydration & Conversation 3:00 Balloon Volleyball	31 NATIONAL TRAIL MIX DAY 9:30 Balloon Volleyball 11:00 Domino Game 1:30 Jenga 2:30 Hydration 3:30 Happy Hour		

Wit & Wisdom

"Now came the dog days—
day after day of hot, still summer, when for hours at a time light seemed the only
thing that moved."

—Richard Adams

"A dog is a window to Mother Nature."

—Cesar Millan

"You know, a dog can snap you out of any kind of bad mood that you're in faster
than you can think of."

—Jill Abramson

"Dogs laugh, but they laugh with their tails."

—Max Eastman

"I have found that when you are deeply troubled, there are things you get from the
silent devoted companionship of a dog that you can get from no other source."

—Doris Day

"Dogs have boundless enthusiasm but no sense of shame. I should have a dog as a
life coach."

—Moby

"A dog can't think that much about what he's doing, he just does what feels right."

—Barbara Kingsolver

"If I could be half the person my dog is, I'd be twice the human I am."

—Charles Yu

"You can say any foolish thing to a dog, and the dog will give you a look that says,

"Wow, you're right! I never would've thought of that!"

—Dave Barry

V-J Day

On the evening of Aug. 14, 1945, President Harry S. Truman announced the news
that Japan had surrendered to the Allies in World War II. The six-year war formally
ended on Sept. 2. Both dates have come to be known as Victory Over Japan Day, or
V-J Day.

Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of
lemonade. Research shows that sour flavors stimulate salivation, which hydrates the
mouth and creates a thirst-quenching feeling long after the drink is finished.
Additional studies also suggest that tart flavors and scents, especially citrus, are
often associated with refreshment.

Volleyballoon Fun!

Bump, set and spike your way to fun with Volleyballoon! This game is a great way to
get some exercise and share some laughs with your neighbors. Check the calendar
for dates, times and location.

Nutrition Times a Melon

For a sweet taste of summer that's healthy, too, load up your plate with melon.
Cantaloupe, honeydew and watermelon are full of nutrients, including vitamin C and
potassium. Thanks to the fruits' natural sweetness and high water content, snacking
on melon is a great way to quench thirst and stay full without excess calories
or sugar.

Wild World: Capybara

You've heard of the groundhog,
but what about a water hog?
That's one of the nicknames of
the capybara, the biggest rodent
in the world. Resembling a
guinea pig that's the size of a
large dog, these animals live in
Central and South America,
where they spend much of their
time by riverbanks, ponds and
marshes. Like a hippo, a
capybara's eyes, ears and
nostrils are near the top of their
head so they can hide most of
their body underwater. Their
webbed feet and quick-drying,
stiff fur also suit them to a
lifestyle of swimming. Most of
their diet consists of grass and
aquatic plants, and they're
known by a particular Amazon
tribe as "master of the grasses,"
eating 6 to 8 pounds of
vegetation every day with their
long front teeth that never stop
growing.

HAPPY BIRTHDAY AUGUST RESIDENTS

Barbara B. 8/2

Chris C. 8/6

Rita R. 8/12

Les Y. 8/25

Wishing all of you the HAPPIEST
BIRTHDAY EVER.

Shine a Light

National Lighthouse Day, Aug. 7,
shines the spotlight on the more
than 700 beacons on America's
shoreslines.

