



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

OCTOBER 2023

Executive Director

Zenia Shah

Assisted Living Director

Lana Vasquez

Business Office Director

Sonia Sandoval

Dining Services Director

Scott Klaisner

Maintenance Director

Jeramie Wagar

Sales Director

Melissa Walters

Health Services Director

Alycia Hardman



A Fall Favorite

The holiday classic “It’s the Great Pumpkin, Charlie Brown” premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz’s “Peanuts” comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy “flying” his doghouse as the World War I Flying Ace. It’s estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.

OCTOBER BIRTHDAYS

Happy Birthday to everyone for the month of October.

Victoria D. 10/12

Zenia S. 10/13

Maria H. 10/18

Have a great day and thank you for all your hard work.

OCTOBER 2023

Wonders of the Night Sky

Take time to look up and appreciate the marvels of the night sky. That's the mission behind Astronomy Day on Oct. 9. The biannual event, celebrated each fall and spring, invites people to get into stargazing, whether it's from their backyard, an observatory or planetarium, or a virtual event that streams telescopic views.

Meaningful Marigolds

October's birth flower, the marigold, also takes the spotlight at the beginning of November for *Día de los Muertos*, or the Day of the Dead. On Nov. 1-2, people of Mexican heritage around the world observe the holiday, which honors loved ones who have died. The fragrant, bright orange flowers are used in the festivities and are believed to guide the souls of the departed and reunite them with their living family members to celebrate the occasion.

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL COFFEE DAY 1 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 6:00 Movie & Popcorn	DAY OF THE DEAD 2 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Let's Travel - Spain 4:00 TRIVIA	RESIDENT COUNCIL 3 4:30 Jazz Music 9:30 Senior Exercises 11:00 Resident Council 1:30 Coloring Class 2:30 Balloon Volleyball/Hydration 3:30 Jenga	4 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Oldies Music & Discussion 1:30 Jenga 2:30 Tricks w/Banjo 3:30 Bingo 6:00 Movie	Do Something Nice Day 5 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Domino/Checker Game 2:00 Bingo 3:30 Happy Hour 4:00 Tricks w/Banjo 6:00 Bingo	6 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Balloon Volleyball 3:30 Fun Feet 6:00 Movie & Popcorn	7 9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Jenga 2:30 Hydration 3:30 Bingo
8 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	Columbus Day 9 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Jenga	National Angel Food Cake Day 10 9:30 Senior Exercises 10:00 Pet Visit w/ Riley & Marty 11:00 Word N Word 1:30 Music & Memories 2:00 TOWNHALL MEETING/Zenia 3:30 Jenga	11 9:30 Senior Exercise 10:30 Coffee Social 11:00 Oldies Music & Discussion 1:30 WELCOME COMMITTEE/MELISSA 3:30 Paper Mache Class 4:00 Domino/Checker Game	12 9:30 Balloon Volleyball 10:30 Arts & Crafts 1:30 Joggin' your Noggin 2:00 Bingo 3:30 Happy Hour 6:00 Movie & Popcorn	13 9:30 Balloon Volleyball 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Chef Chat w/Scott 3:30 Fun Feet	14 9:30 Fun Feet 10:30 Coffee Social 1:30 Jenga 2:30 Hydration 3:30 Bingo 6:00 Music & Memories
15 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 6:00 Movie & Popcorn	16 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 4 H Kids Here w/Animals 6:00 Bingo	TOWNHALL MEETING 17 9:30 Senior Exercises 10:30 Balloon Volleyball 1:30 Music & Memories 2:00 TOWNHALL MEETING/Zenia 3:30 Jenga	CANDLELIGHT DINNER 4 PM UNTIL 6 PM 18 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bean Bag Toss 1:30 Word N Word 2:30 Tricks w/Banjo 3:30 Music & Memories 4:00 CANDLELIGHT DINNER 4 TO 6 PM 6:00 Bingo	19 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Domino/Checker Game 2:00 Bingo 3:30 Happy Hour 4:00 Tricks w/Banjo 6:00 Bingo	20 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Balloon Volleyball 3:30 Fun Feet	21 9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Jenga 2:30 Hydration 3:30 Bingo
22 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	23 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Caption Contest 3:00 Hydration & Conversation 3:30 Bingo	National Bologna Day 24 9:30 Senior Exercises 10:00 Pet Visit w/ Riley & Marty 1:30 Baking Class 3:30 Jenga 6:00 Bingo	25 9:30 Senior Exercise 10:30 Coffee Social 11:00 Oldies Music & Discussion 1:30 Bingo 2:30 Tricks w/Banjo 3:00 Paper Mache Class 4:00 Word N Word	26 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bean Bag Toss 2:00 Bingo 3:30 Happy Hour 6:00 Movie & Popcorn	HALLOWEEN BASH 2PM-7PM 27 9:30 Senior Exercise 10:30 Coffee/Current Events 11:00 Music & Memories 1:30 Balloon Volleyball 2:00 Halloween Bash 2pm -7pm	28 9:30 Balloon Volleyball 10:30 Coffee Social 1:30 Jenga 2:30 Hydration 3:30 Bingo
29 10:30 Scenic Ride Memory Care 11:00 Coffee Social 1:30 Scenic Ride Assisted Living 2:30 Hydration & Conversation 3:30 Bingo	30 9:30 Senior Exercise 10:30 Coffee Social 11:00 Bible Study 1:30 Monday Manicures 3:00 Hydration & Conversation 3:30 Let's Travel - Spain	HAPPY HALLOWEEN 31 9:30 Senior Exercises 11:00 Jazz Music 1:30 Music & Memories 3:30 Jenga 6:00 Movie & Popcorn				

NEW EXECUTIVE DIRECTOR

Hi Everyone,

My name is Zenia Shah. I am the new Executive Director here at Mountain View Assisted Living. Many of you have already met my dog, Banjo. He is a Beagle Boxer mix. He is a therapy dog that loves to visit and bring joy to you! Stay tuned in October for scheduled events with him; he's lovable and lots of fun!

I am originally from Southern California. My parents and I lived there for 20+ years. I then moved to Missouri for 5 years, then to Colorado for 1 year and now I'm here! I have a Bachelor's in Health Science, a Master's in Healthcare Administration and my RCFE certification for California, Colorado and Missouri. I have 3 years of experience working in Assisted Living and Independent Living. In my spare time I like to write, go to the beach and bake!

I'm so glad to be here and I look forward to making a difference in your lives.

NEW HEALTH SERVICES DIRECTOR

Hi, I'm Alycia.

I've been a nurse for over 35 years, much of the time here in Mendocino County, where I grew up in the hills of Willits on twenty acres of land that my parents still live on. I have two brothers and a sister, and I am the eldest child. I have two grown children and one very spoiled cat. In my spare time I am an avid reader and amateur painter. Come by my office sometime if you want to see one of my painted creations.

I've known I wanted to be a nurse since I was about 5 years old and used to make myself nurse's hats out of paper, and even though those hats have gone out of style, I hope my care and compassion mark me as a nurse. I'm looking forward to getting to know you all better as I settle into my new job.



Happy Halloween!

We hope you have a spook-tacular holiday!

Monster Patrol

Please watch out for all the little ghosts, witches and goblins haunting our community on the spookiest holiday. Have a safe and happy Halloween!

Famous Faces Born in October

Oct. 1, 1924: Jimmy Carter
Oct. 9, 1964: Guillermo del Toro
Oct. 10, 1958: Tanya Tucker
Oct. 11, 1992: Cardi B
Oct. 14, 1978: Usher
Oct. 18, 1939: Mike Ditka
Oct. 23, 1986: Emilia Clarke
Oct. 30, 1987: Ashley Graham

What Goes Bump in the Night?

We hope everyone will do their part to reduce the bumps in the night by keeping loud noises to a minimum, especially after 10 p.m.

