



THE Mountain View Lifestyle

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

Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.



NOVEMBER 2023

Executive Director

Zenia Shah

Activities Director

Lana Vasquez

Business Office Director

Sonia Sandoval

Dining Services Director

Scott Klaisner

Maintenance Director

Jeramie Wagar

Sales Director

Melissa Walters

Assisted Living Director

Alycia Hardman



New Transportation Schedule

Hi Everyone, just a reminder that if you need transportation, please let me know two weeks in advance. The van schedule is Tuesdays and Thursdays from 8am to 5pm.

- Lana Vasquez, Activities Director

NOVEMBER 2023

Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.

Laugh Lines: Giggle Till You Gobble!

Q: What did the turkey say to the computer?
A: "Google, Google!"
Q: Why didn't the band play on Thanksgiving Day?
A: Because somebody ate the drumsticks!
Q: What's a turkey's favorite dessert?
A: Cherry gobbler!
Q: Why did the turkey go out in the rain?
A: Because turkeys love fowl weather!
Q: What sound does a turkey's phone make?
A: "Wing, wing!"
Q: If an apple comes from an apple tree, where do turkeys come from?
A: A poul-tree.

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Move to the Beat! 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 3:30 Bingo - Hats 6:00 Movie & Popcorn	2 9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 1:30 Jazz Music 3:30 Happy Hour 6:00 Bingo - Ice Cream	3 Sandwich Day Celebration! 9:30 Move to the Beat! 10:30 Coffee Social - Current Events 11:00 Music & Memories 2:00 Sandwich Day Celebration! 3:00 Ice Cream Social 4:00 Bingo - Movies	4 Pumpkin Destruction Day! 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 11:00 Music & Memories 1:30 Pumpkin Destruction Day! 2:30 Hydration & Anagrams - Dance 4:00 Bingo - Candy 6:00 Movie & Popcorn
5 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 4:30 Hydration & Anagrams - Animals 6:00 Movie & Popcorn	6 National Nacho Day! 9:30 Move to the Beat! 10:30 Coffee Social 11:00 Bible Study 12:00 National Nacho Day! 1:30 Scenic Ride Assisted Living 3:30 Bingo - Philippines 6:00 Music & Memories	7 Resident Council 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 11:00 Resident Council 2:00 Walk with Banjo 3:00 Bingo - Locations	8 9:30 Move to the Beat! 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 2:00 Chef Chat with Scott 3:30 Bingo - Hats 6:00 Movie & Popcorn	9 9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 11:00 Baking Class 1:30 Jazz Music 3:30 Happy Hour 6:00 Bingo - Ice Cream	10 Veterans Day (Observed) 9:30 Move to the Beat! 10:30 Coffee Social - Current Events 11:00 Music & Memories 2:00 Walk with Banjo 3:00 Ice Cream Social 4:00 Bingo - Movies	11 Veterans Day 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 12:00 Veterans Day Luncheon 2:30 Hydration & Anagrams - Dance 4:00 Bingo - Candy 6:00 Movie & Popcorn
12 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 4:30 Hydration & Anagrams - Animals 6:00 Movie & Popcorn	13 Caregiver Appreciation Day! 9:30 Move to the Beat! 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 2:00 Caregiver Appreciation Day! 3:30 Bingo - Philippines	14 World Diabetes Day! 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 11:00 World Diabetes Day! 1:30 Town Hall 2:30 Activity Chat 3:00 Bingo - Locations	15 9:30 Move to the Beat! 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 3:30 Bingo - Hats 6:00 Movie & Popcorn	16 9:30 Balloon Volleyball 10:30 Welcome Committee/ Coffee Social 11:00 Domino/Checker Game 1:30 Jazz Music 2:30 International Tolerance Day! 3:30 Happy Hour 6:00 Bingo - Ice Cream	17 Homemade Bread Day! 9:30 Move to the Beat! 10:30 Coffee Social - Current Events 11:00 Music & Memories 1:00 Homemade Bread Day! 2:00 Walk with Banjo 4:00 Bingo - Movies	18 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 4:00 Bingo - Candy 6:00 Movie & Popcorn
19 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 4:30 Hydration & Anagrams - Animals 6:00 Movie & Popcorn	20 9:30 Move to the Beat! 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:00 Thanksgiving Cookie Decorating 3:30 Bingo - Philippines	21 Gratitude Crafts and Cards 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 2:00 Walk with Banjo 3:00 Bingo - Locations 4:00 Gratitude Crafts and Cards 6:00 Movie & Popcorn	22 Thanksgiving Family Dinner 9:30 Move to the Beat! 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 2:00 Go For a Ride Day! 4:00 Thanksgiving Family Dinner 6:00 Movie & Popcorn	23 Thanksgiving Day 9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 11:00 Word N Word 1:30 Jazz Music 2:30 Bingo - Thanksgiving 3:30 Happy Hour 4:00 Thanksgiving Celebration	24 9:30 Move to the Beat! 10:30 Coffee Social - Current Events 11:00 Music & Memories 2:00 Walk with Banjo 3:00 Ice Cream Social 4:00 Bingo - Movies	25 National Parfait Day! 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 1:30 National Parfait Day! 2:30 Hydration & Anagrams - Dance 4:00 Bingo - Candy 6:00 Movie & Popcorn
26 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 3:30 Bingo - Sundaes 4:30 Hydration & Anagrams - Animals 6:00 Movie & Popcorn	27 9:30 Move to the Beat! 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo - Philippines	28 French Toast Day! 8:00 French Toast Day! 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 2:00 Walk with Banjo 3:00 Bingo - Locations	29 Square Dance Day! 9:30 Move to the Beat! 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Square Dance Day! 3:30 Bingo - Hats 6:00 Movie & Popcorn	30 9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 1:30 Jazz Music 3:30 Happy Hour 6:00 Bingo - Ice Cream		

Brain Bender: Words of a Feather

Use your ol' noodle to solve these Thanksgiving-themed analogies!

Example: Thanksgiving is to November as Valentine's Day is to: February.

1. Turkey is to bird as cranberry is to _____.
 2. Corn is to field as pumpkin is to _____.
 3. Mash is to potatoes as _____ is to turkey.
 4. Thanksgiving is to Thursday as Mother's Day is to _____.
 5. Drumstick is to turkey leg as spud is to _____.
 6. Stuffing is to side dish as pumpkin pie is to _____.
 7. Turkey is to platter as _____ is to boat.
 8. Green bean is to casserole as _____ is to sauce.
 9. Massasoit is to Wampanoag as William Bradford is to _____.
 10. Black is to Friday as _____ is to Monday.
- (Answers: 1. fruit; 2. patch; 3. carve; 4. Sunday; 5. potato; 6. dessert; 7. gravy; 8. cranberry; 9. Pilgrims; 10. Cyber)



Apple-Cranberry Cobbler

Ingredients:

- Nonstick cooking spray
- 5 apples, peeled, cored and cut into 1/2-inch-thick slices
- 1 1/2 cups fresh or frozen cranberries
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1 container (10.2 ounces) refrigerated homestyle biscuits, quartered
- 2 tablespoons butter, melted
- 2 tablespoons sparkling sugar

Directions:

Heat oven to 375° F.

Prepare pie pan with nonstick cooking spray.

In large bowl, mix apple slices, cranberries, lemon juice and vanilla extract.

In small bowl, whisk sugar, cornstarch and cinnamon. Stir into fruit mixture.

Spoon mixture into prepared pan. Cover with foil. Bake on cookie sheet 40 to 45 minutes. Remove from oven.

Toss biscuits in melted butter. Distribute cut biscuits over fruit. Sprinkle biscuits with sparkling sugar.

Return to oven and bake 18 to 20 minutes. Remove from oven.

Let cool 15 minutes before serving.

Find more recipes at www.Culinary.net.

November Birthdays!

Resident

Vivienne Bathe 11/30

Staff

Amy Arredondo-Valdez 11/09

George Pejana 11/29



How Can We Help You?

Attention Residents!

If you have any concerns or compliments, please fill out the *How Can We Help You?* form at the front desk! This form is used if you can't find a member of the management team or feel more comfortable writing it down. You may write it anonymously as well if you prefer. Once you are done with the form you can submit it into the *Rent Box* or hand it to a management team member.

We value your feedback and strive for excellence!

- Zenia Shah, Executive Director

