



# THE Mountain View Lifestyle

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

## DECEMBER 2023

**Executive Director**

Zenia Shah

**Business Office Director**

Sonia Sandoval

**Assisted Living Director**

Alycia Hardman

**Activities Coordinator**

Lana Vasquez

**Dining Services Director**

Scott Klaisner

**Maintenance Director**

Jeramie Wagar

**Sales Director**

Melissa Walters



## December Greetings

Hello, and welcome to the busiest month of the year! I would like to wish our residents and their families a joyous season full of peace and love. Happy holidays!



## Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous peoples of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.



## Staff Birthdays

Rosa L. ....	12/1
Maria P. ....	12/4
Lana V. ....	12/4
Jessica R. ....	12/26

## Resident Birthdays

Robin S. ....	12/2
Bill R. ....	12/9
Barbara G. ....	12/13

**DECEMBER 2023**

**Gingerbread Pecans**

Celebrate a sweet taste of the season with this festive snack.

**Ingredients:**

- 1 large egg white, beaten
- 2 cups raw pecan halves
- 2 tablespoons granulated sugar
- 2 tablespoons light brown sugar
- 2 teaspoons gingerbread spice blend
- 1 pinch salt

**Directions:**

Preheat oven to 300° F. Line baking sheet with parchment paper and set aside.

In a large bowl, whisk beaten egg white with a fork until frothy. Add pecans and stir until coated.

Sprinkle pecans with granulated sugar, brown sugar, gingerbread spice and salt. Stir to coat evenly. Spread pecans in an even layer on the prepared baking sheet.

Bake pecans for 40 minutes, stirring halfway. Allow pecans to cool completely before serving.

Store pecans in an airtight container for up to four days.

For more recipes, go to [AmericanPecan.com](http://AmericanPecan.com).

**"Bells are music's laughter."  
—Thomas Hood**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All Events Are Subject to Change</b>						
9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 2:30 Jenga 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	<b>National Sock and Cookie Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study <b>2:00 National Sock and Cookie Day!</b> 3:30 4 H Kids Here w/Animals 7:00 Puzzle Group	<b>RESIDENT COUNCIL</b> 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets <b>11:00 Resident Council</b> 2:00 Walk with Banjo 3:00 Bingo - Locations	9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion <b>2:00 Chef Chat w/Scott</b> 3:30 Bingo - Hats	<b>NATIONAL PEARL HARBOR REMEMBRANCE DAY</b> 9:30 Balloon Volleyball <b>10:30 Coffee Social - Remembering Pearl Harbor</b> 11:00 Domino/Checker Game 1:30 Jazz Music 3:30 Happy Hour 7:00 Jenga	<b>National Pie Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social - Current Events 11:00 Music & Memories 2:00 Walk with Banjo 3:00 Ice Cream Social <b>5:00 National Pie Day!</b>	<b>Parade of Lights!</b> 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 11:00 Music & Memories 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy <b>5:30 Parade of Lights! - Outing</b> 7:00 Jenga
9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 2:30 Jazz Music 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo 7:00 Puzzle Group	<b>TOWN HALL MEETING</b> 9:30 Balloon Volleyball 10:30 Coffee Social and Sweets <b>1:30 Town Hall</b> 2:30 Activity Chat 3:00 Bingo - Locations <b>4:00 Gingerbread House Day!</b>	<b>National Cocoa Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion <b>2:00 National Cocoa Day!</b> 3:30 Bingo - Hats	9:30 Balloon Volleyball 10:30 Coffee Social - Creamers 1:30 Jazz Music 2:00 Baking Class - Cupcakes 3:00 Walk with Banjo 3:30 Happy Hour 7:00 Jenga	<b>National Cupcake Day and Ugly Sweater Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social - Current Events 11:00 Music & Memories <b>12:00 National Cupcake Day!</b> <b>2:00 Ugly Sweater Day!</b> 3:00 Ice Cream Social	<b>Chocolate Covered Anything Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy <b>4:00 Chocolate Covered Anything Day!</b> 7:00 Jenga
<b>Maple Syrup Day!</b> 8:00 <b>Maple Syrup Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 1:30 Scenic Ride Memory Care 2:30 Baking Class - Bread 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study 1:30 Scenic Ride Assisted Living 3:30 Bingo 7:00 Puzzle Group	9:30 Balloon Volleyball 10:30 Coffee Social and Sweets 11:00 Music & Memories 2:00 Walk with Banjo 3:00 Bingo - Locations 4:00 Anagrams - Holidays	<b>National Sangria Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts <b>2:00 National Sangria Day!</b> 3:30 Bingo - Hats	<b>National Crossword Puzzle Day!</b> 9:30 Balloon Volleyball <b>10:30 WELCOME COMMITTEE/COFFEE SOCIAL</b> 1:30 Jazz Music <b>2:00 National Crossword Puzzle Day!</b> 3:30 Happy Hour 7:00 Jenga	9:30 Balloon Volleyball 10:00 Coffee Social - Current Events <b>10:30 Baking Class - Mystery Dish</b> 11:00 Music & Memories 2:00 Walk with Banjo 3:00 Ice Cream Social 4:00 Jenga	9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy 7:00 Jenga
<b>CHRISTMAS EVE</b> 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups <b>11:00 Eggnog Day!</b> 3:30 Bingo - Sundaes 7:00 Movie & Popcorn	<b>MERRY CHRISTMAS!</b> 9:30 Balloon Volleyball 10:30 Coffee Social 11:00 Bible Study <b>12:00 Christmas Feast</b> 1:30 Scenic Ride Assisted Living 3:30 Bingo 7:00 Puzzle Group	<b>Thank You Card and Candy Cane Day!</b> 9:30 Balloon Volleyball <b>10:30 Coffee Social and Candy Cane Day!</b> <b>2:00 Thank You Card Day!</b> 3:00 Bingo - Locations 4:00 Jenga	9:30 Balloon Volleyball 10:30 Coffee Social - Mocha 11:00 Hydration & Anagrams - Desserts 1:30 Oldies Music & Discussion 3:30 Bingo - Hats	<b>Card Playing and Chocolate Candy Day!</b> 9:30 Balloon Volleyball <b>10:30 Coffee Social and Chocolate Candy</b> 1:30 Jazz Music 3:30 Happy Hour <b>4:00 Card Playing Day!</b> 7:00 Jenga	9:30 Balloon Volleyball 10:30 Coffee Social - Current Events 11:00 Music & Memories <b>2:00 New Year's Resolutions</b> 3:00 Ice Cream Social	<b>National Bacon Day!</b> <b>8:00 National Bacon Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social and Ice Cream 2:30 Hydration & Anagrams - Dance 3:30 Bingo - Candy 7:00 Jenga
<b>New Year's Eve Party and Champagne Day!</b> 9:30 Balloon Volleyball 10:30 Coffee Social - Syrups 3:30 Bingo - Sundaes <b>7:00 New Year's Eve Party and Champagne Day!</b>						



# Brain Bender: Snow Day Scramble

Unscramble each of the wintry words below, then rearrange the bolded letters in each set of answers to reveal another related word.

1.

**E I M N T S T**: \_\_\_\_\_

**L O P W**: \_\_\_\_\_

**G B A O T G N O**: \_\_\_\_\_

**A C F R S**: \_\_\_\_\_

Secret word: \_\_\_\_\_

2.

**E E E F R Z**: \_\_\_\_\_

**L C I E C I**: \_\_\_\_\_

**O M S R T**: \_\_\_\_\_

**F A U S R E F M**: \_\_\_\_\_

Secret word: \_\_\_\_\_

3.

**R O M B O**: \_\_\_\_\_

**L K I S A T H**: \_\_\_\_\_

**F E I L**: \_\_\_\_\_

**L Y O L J**: \_\_\_\_\_

Secret word: \_\_\_\_\_

(Answers: 1. mittens, plow, toboggan, scarf, snowman; 2. freeze, icicle, storm, earmuffs, flurries; 3. broom, silk hat, life, jolly, Frosty)

# Laugh Lines: Eat, Drink and Be Merry

The gingerbread man went to the medical clinic because he had a sore knee. After examining it, the doctor said, "Have you tried icing it?"

Q: Why did the gingerbread man go to the dentist?

A: He had gingervitis.

Q: What does gingerbread do when it's done baking?

A: It just loafa around.

Q: What is a gingerbread man's favorite drink?

A: Ginger ale.

Q: How would you rate the eggnog?

A: It's egg-cellent.

Q: Who tells the best eggnog jokes?

A: Comedi-hens!

Q: What's a fun party activity to do while drinking eggnog?

A: Singing kara-yolkie!

Q: What happens when no one comes to your holiday party?

A: You can have your fruitcake and eat it too.

Q: Why is history like a fruitcake?

A: Because it's full of dates.

Q: When is a fruitcake like a golf ball?

A: When it's been sliced.

Q: Why was the German tourist searching for fruitcake?

A: It was stollen.



## Memories of Wintertime

There's something about freshly fallen snow that turns many adults into kids again. Cozy up to a discussion about winter memories.

- What were winters like where you grew up? Was snow common or rare?
- Do you remember the first time you saw snow? Where were you? How old were you?
- Describe how you bundled up to go outside on a winter day. What clothing and gear did you wear? Did you have snow boots? Have you ever worn snowshoes?
- Have you ever built a snowman? What did you use to decorate it? Did you make snow forts or have snowball fights?
- Did you go sledding as a kid? Was there a favorite spot where you and your friends went? What kind of sled did you have?
- Have you ever gone ice skating? If so, was it on a pond, lake or rink? Have you played ice hockey? What about other winter sports, such as skiing, snowboarding, curling or ice fishing?
- Did you ever have a snow day from school or work? How did you spend the day?
- Nowadays, what do you like to do on a wintry day?

