



# THE Mountain View Lifestyle

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

## The Words of MLK

In honor of Martin Luther King Jr. Day, reflect on some of his most enduring speeches.

*Montgomery bus boycott speech.* One of King’s first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

*“I Have a Dream.”* King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children “will not be judged by the color of their skin, but by the content of their character.”

*Nobel Peace Prize speech.* In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as “more precious than diamonds or silver or gold.”

*“How Long, Not Long.”* On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, “The road ahead is not altogether a smooth one. ... But we must keep going.”

*“I’ve Been to the Mountaintop.”* King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



## JANUARY 2025

### Executive Director

Zenia Shah

### Business Office Director

Sonia Sandoval

### Assisted Living Director

Alycia Hardman

### Maintenance Director

Jeramie Wagar

### Activities Coordinator

Lana Vasquez

### Lead Cook

Alan Sanders

## Staff Birthdays

Heidi H.....	1/16
Lupita C.....	1/18

## Resident Birthdays

Thomas C.....	1/12
Clarence G.....	1/19



**JANUARY 2025**

**Laugh Lines:  
Ringing in the  
New Year**

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!  
Knock, knock.  
Who's there?  
Abby.

Abby who?  
Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter. My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."

**"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."  
—Robert Brault**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Year's Day</b> 1 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Game Group	2 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word	<b>Activity and Chef Chat</b> 3 10:00 Exercise Class 10:30 Coffee Social <b>11:00 Activity Chat</b> <b>1:30 Chef Chat w/Alan</b> 2:30 Bingo and Happy Hour	<b>National Spaghetti Day</b> 4 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group <b>5:00 National Spaghetti Day</b>
5 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo	6 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	<b>Resident Council</b> 7 10:00 Exercise Class 10:30 Coffee Social <b>11:00 Resident Council</b> 1:30 Bingo 3:30 Game Group	8 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Game Group	<b>National Law Enforcement Appreciation Day</b> 9 10:00 Exercise Class 10:30 Coffee Social <b>11:00 National Law Enforcement Appreciation Day</b> 1:30 Bingo 3:30 Word in Word	10 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour	11 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group
<b>National Hot Tea Day</b> 12 10:00 Exercise Class 10:30 Coffee Social <b>11:00 National Hot Tea Day</b> 1:30 Chat with Alycia 2:30 Bingo	13 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	<b>Town Hall</b> 14 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures <b>1:00 Town Hall</b> 1:30 Bingo 3:30 Game Group	15 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Game Group	16 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word	17 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour	<b>National Gourmet Coffee Day</b> 18 10:00 Exercise Class 10:30 National Gourmet Coffee Day 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group
<b>National Popcorn Day</b> 19 10:00 Exercise Class 10:30 Coffee Social <b>11:00 National Popcorn Day</b> 1:30 Chat with Alycia 2:30 Bingo	<b>Martin Luther King Jr. Day</b> 20 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	<b>National Hugging Day</b> 21 10:00 Exercise Class 10:30 Coffee Social <b>11:00 National Hugging Day</b> 1:30 Bingo 3:30 Game Group	22 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Game Group	<b>National Pie Day</b> 23 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word <b>5:00 National Pie Day</b>	24 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour	<b>National Fish Taco Day</b> 25 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble <b>12:00 National Fish Taco Day</b> 1:30 Bingo 3:30 Puzzle Group
26 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo	<b>National Chocolate Cake Day</b> 27 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study <b>12:00 National Chocolate Cake Day</b> 1:30 Bingo 2:30 Scrabble	28 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:30 Bingo 3:30 Game Group	<b>Lunar New Year</b> 29 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social <b>12:00 Lunar New Year</b> 1:30 Bingo 3:30 Game Group	<b>National Croissant Day</b> 30 <b>8:00 National Croissant Day</b> 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word	<b>National Hot Chocolate Day</b> 31 10:00 Exercise Class <b>10:30 National Hot Chocolate Day</b> 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour	<p style="text-align: center;"><b>All Events Are Subject to Change</b></p>

## Our Feathered Friends

One of nature's most inspiring sights is a bird in flight. From exotic species such as parrots and macaws to backyard beauties such as hummingbirds and cardinals, these majestic creatures bring joy to bird lovers everywhere.

National Bird Day, celebrated every year on Jan. 5, gives you the chance to not only show your appreciation for birds, but also raise awareness of the problems affecting them.

Many of the world's exotic birds are threatened or endangered due to habitat loss, disease, and illegal captivity. Wild birds face unnatural dangers here at home, too—even something as simple as a window can be harmful to a bird flying toward it.

Fortunately, there are plenty of steps we can take to bring good fortune to our feathered friends. This National Bird Day, share these tips and spread the word about the issues affecting birds throughout the world.

- Donate to or volunteer for organizations that provide support for endangered and threatened birds, as well as groups that promote nature conservancy.
- Keep cats indoors, especially during the spring and summer, when fledglings make easy prey.
- Keep your home's drapes and blinds closed as much as possible. This prevents the windows from reflecting the sky, which can fool birds into thinking they can fly through the window.
- If you're interested in becoming a pet parent to a bird, go through a reputable seller. Remember that birds live a long time, and they are just as much of an investment as dogs and cats.
- If you're already a bird parent, keep your bird happy and thriving by providing a healthy, varied diet; interactive toys and perches; fresh water and sunlight; and daily time out of their cage so they can fly freely in a safe place.

## About Oranges

Winter is the prime season for one of the most popular citrus fruits. Peel into these tidbits about oranges.

- They originated about 6,000 years ago in Southeast Asia.
- Christopher Columbus brought orange seeds to the New World on his second voyage in 1493. Later, in the 1500s, Spanish explorers planted orange trees in Florida.
- The color orange was named after the fruit, not the other way around.
- Oranges are classified into two categories: sweet oranges, which are consumed fresh and in juice; and bitter oranges, used to make marmalades and flavor desserts and liqueurs.
- There are about 600 varieties of oranges worldwide.
- Juicy and seedless, the navel orange is the most popular variety for eating. Other types include Valencia, Cara Cara, and blood oranges, named for their deep red flesh.
- Florida grows the most oranges in the U.S., followed by California.
- Nearly 90% of Florida's orange crop is processed to make juice. Most California oranges are sold fresh.
- One of the two trees that started the California navel orange industry still stands in Riverside, Calif. Planted in the 1870s, it continues to produce fruit.
- Oranges are high in fiber and celebrated for being an excellent source of vitamin C.

## 'Laugh-In' It Up

The show that changed comedy forever, "Rowan & Martin's Laugh-In" made its regular series debut on Jan. 22, 1968.

Originally aired as a one-time special in 1967, the zany energy and humor of "Laugh-In" made it a hit with audiences. The show's name was a play on the sit-ins and teach-ins that were a prominent feature of the "peace and love" era of the '60s.

Producer George Schlatter created the show as a twist on classic variety programs, focusing instead on unstructured comedy with no musical guests. Anchoring the series were the hosts, nightclub comedy duo Dan Rowan and Dick Martin, who exchanged banter in between skits, spoof newscasts and one-liners lobbed by other members of the large ensemble cast.

Catchphrases including "Verrrrrry interesting," "Sock it to me!" and "Here comes the judge" quickly entered the public lexicon, and characters like Lily Tomlin's phone operator Ernestine and Goldie Hawn's ditzzy newscaster became familiar friends. Also featured were recurring celebrity guests such as Sammy Davis Jr., Carol Channing, John Wayne and Tiny Tim.

"Laugh-In" ended after six seasons, but its legacy has lasted a lifetime, paving the way for future sketch comedy shows like "Saturday Night Live" and launching the careers of Tomlin, Hawn and more.

