



THE Mountain View Lifestyle

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

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint. From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa. There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread. Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie. Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog. This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



DECEMBER 2024

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

Resident Birthdays

Robin S.	12/2
Bill R.	12/9

Staff Birthdays

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



DECEMBER 2024

The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration. *Decorations.* Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work. *Music.* Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

"The more positivity, love and light you reflect, the more light is mirrored your way."
—Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo	2 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	3 Resident Council 10:00 Exercise Class 10:30 Coffee Social 11:00 Resident Council 1:30 Bingo 3:30 Game Group	4 National Cookie Day 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 11:00 National Cookie Day 1:30 Bingo 3:30 Game Group	5 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word	6 Activity and Chef Chat 10:00 Exercise Class 10:30 Coffee Social 11:00 Activity Chat 1:30 Chef Chat 2:30 Bingo & Happy Hour	7 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group
8 National Brownie Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 12:00 National Brownie Day 1:30 Chat with Alycia 2:30 Bingo	9 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	10 Town Hall 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:00 Town Hall 1:30 Bingo 3:30 Game Group	11 National Have A Bagel Day 8:00 National Have A Bagel Day 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Game Group	12 National Poinsettia Day 10:00 Exercise Class 10:30 Coffee Social 11:00 National Poinsettia Day 1:30 Bingo 3:30 Word in Word	13 National Cocoa Day 10:00 Exercise Class 10:30 Coffee Social 11:00 National Cocoa Day 1:30 Bingo 2:30 Happy Hour	14 Gingerbread Decorating Day 10:00 Exercise Class 10:30 Coffee Social 11:00 Gingerbread Decorating Day 1:30 Bingo 3:30 Puzzle Group
15 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo	16 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	17 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:30 Bingo 3:30 Game Group	18 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Game Group	19 10:00 Exercise Class 10:30 Coffee Social 11:00 Creative Thinking Workshop 1:30 Bingo 3:30 Word in Word	20 National Ugly Christmas Sweater Day 10:00 Exercise Class 10:30 Coffee Social 11:00 National Ugly Christmas Sweater Day 1:30 Bingo 2:30 Happy Hour	21 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group
22 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo	23 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	24 Christmas Eve 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:30 Bingo 3:30 Game Group	25 Christmas 10:00 Church Services with Dan and Wayne 10:00 Exercise Class 10:30 Coffee Social 1:30 Bingo 3:30 Game Group	26 National Candy Cane Day 10:00 Exercise Class 10:30 Coffee Social 11:00 National Candy Cane Day 1:30 Bingo 3:30 Word in Word	27 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Bingo 2:30 Happy Hour	28 10:00 Exercise Class 10:30 Coffee Social 11:00 Scrabble 1:30 Bingo 3:30 Puzzle Group
29 10:00 Exercise Class 10:30 Coffee Social 11:00 Music & Memories 1:30 Chat with Alycia 2:30 Bingo	30 10:00 Exercise Class 10:30 Coffee Social 11:00 Bible Study 1:30 Bingo 2:30 Scrabble	31 New Year's Eve 10:00 Exercise Class 10:30 Coffee Social 11:00 Manicures 1:30 Bingo 3:30 Game Group 9:00 New Year's Eve Bingo			All Events Are Subject to Change 	

A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

Pierogies. These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

Soupe a l'oignon. A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

Cha siu bao. A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

Picadillo. This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

Irio. In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish or served as a side to roasted meat.

Khichdi. Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

Moussaka. A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.

Kare-kare. This slow-simmered Filipino stew, traditionally made with oxtail and other cuts of beef, gets its signature flavor from peanut sauce.

Man'oushe. Think of this dish as a Lebanese spin on pizza. Flatbread is spread with olive oil and za'atar, a Middle Eastern spice blend, and can be topped with chopped tomatoes and onions, pickled turnips, and mint leaves.

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.

'Tis the Season To Save

The holiday season is approaching, but that doesn't mean it's time to overspend. Make this the year you set a budget and stick to it. Here are a few simple ways to accomplish that.

Head to the dollar store for greeting cards, gift bags, wrapping paper and bows. You may also find inexpensive decorations, seasonal candy, and tins and boxes for homemade presents.

Search online for store coupons. If you sign up for a retailer's email list, you will often receive an extra discount.

If you have a special skill, such as woodworking, sewing or decorating, give your talent as a present. Or offer to babysit, walk a dog or do some housecleaning.

Spend a day in your kitchen and make a whole batch of gifts. Homemade candy, cookies or trail mix can be presented in a canning jar decorated with a colorful ribbon.

If you typically host a sit-down holiday dinner, consider replacing the feast with a simple gathering and serve hors d'oeuvres, drinks and desserts. Save even more by making it a potluck and inviting your guests to bring an appetizer or dessert to share.

Avoid self-gifting. Holiday sales can tempt you to treat yourself while shopping for others, but this can lead to buying things you don't need. Remember that you made a budget for a reason!

HAPPY
Holidays!