

Mountain View Gardens

Gracious Retirement Living

3477 Rodeo Drive • Sierra Vista, Arizona 85635 • Phone (520) 459-1898 • www.seniorlivinginstyle.com

NOVEMBER 2020

MOUNTAIN VIEW GARDENS STAFF

Managers.....JERRY & MICHELLE MCNUTT
Assistant Managers ..STEVE & LINDA KLINGER
Executive Chef.....TIM MOLINA
Community Sales DIANA FIELDS
Activity Coordinator MICHELLE MARQUEZ
Maintenance TONY TAYLOR
Bus Driver TERESA IRWIN
Head HousekeeperGAYLE BRYANT

TRANSPORTATION

Monday - Thursday: 9 a.m.-3 p.m.

Friday: 9 a.m.-12 p.m.

HAWTHORN
SENIOR LIVING

Fun Activities for November

November 4th: Let's Make Fall Wreaths at 2:30 p.m., in the Activity Room.

November 11th: Veterans Day. Please be down in the Dining Room by 11:30 a.m. for a ceremony to honor our veterans. Oldest and youngest veteran present will cut a cake. Name of our veterans will be named. Thank you for your service!

November 12th: It is National Mocktail Day. Grab and Go Mocktails in the Atrium, at 2:30 p.m.

November 18th: Crafting with Cranberries in the Activity Room, at 3:15 p.m.

November 26th: Thanksgiving Meal, at 12:25 p.m.



Honoring Our Veterans

We will be honoring the Veterans of Mountain View Gardens in the Dining Room on November 11th, at 11:30 a.m. We love and cherish your selfless service to our country. Thank you!





The Legend of Palominas

Written by: Mike, MVG Resident

Long, long ago, in the white man's counting of time, more than 9,000 years ago, in the San Pedro River Valley in Arizona, there lived two tribes of Native Americans. One of the tribes had a village situated along the West Bank of the river. The other tribe had built their village along the East Bank of the river. This was at a time, long before the white man had discovered that the lush valley was perfectly suited for raising cattle and building ranches. The Native Americans, however, had for many years raised livestock of their own. The tribe which lived on the West Bank of the river had raised horses, swift, sure-footed, were universally pure white in color, and referred to as the cloud spirits by their owners. Although neither tribe was especially aggressive or warlike, they rarely met for powwows, trade talks or other communication. Their attitude was basically to live and let live. The tribe who lived along the west side of the river had also discovered the benefits of the soil in the valley. They had always grown tomatoes for trade to other natives and for their own use as food. The tribe who lived on the opposite bank had also become proficient farmers and their major crop were green chilies due to the hot climate in Arizona.



As previously stated, the tribes had both assumed a live and let live posture with the other tribe. This continued for many years and would probably have remained so, until one dark winter evening, when all this changed. Nobody knows the how or why, but one of the pure white, 'cloud spirit' mares managed to escape her enclosure and to swim the river and make her way to the 'black snake' herd. Mother Nature had her way and two of the horses managed to mate. Within a year, a foal was born, and to the surprise and delight of both tribes, this new little horse was neither pure black nor pure white. This newcomer was beautiful, swift and sure-footed, too.

It was shortly thereafter, that another mixing of the two cultures occurred. One of the female natives had taken note of how the mixing of herds turned out so successfully. She mixed some of the tomatoes, grown by her tribe in a bowl and some chilies grown by the other tribe and was amazed by her discovery. She had prepared the first batch of salsa in the state of Arizona. It was delicious and cemented relations between the two Palominas tribes. This is the legend of Palominas.

Welcome Wagon

Please welcome our new residents. If anyone needs assistance or has questions, just let any of the staff know. We will go above and beyond to help make the transition to your new home smooth and easy.

- Brad Hough
- Don Grafues
- Sandra Farren
- Bobbie Smith

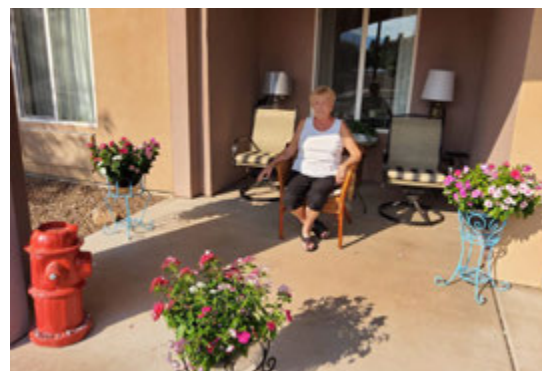


Mountain View Gardens October Patio of the Month

I wanted to make a correction.

Duane and Shirley won our Patio of the Month award. Those flowers and comfy chairs make you want to go outside and enjoy the beauty of the Huachuca Mountains in sunny Arizona.

Congratulations, Duane and Shirley!



Shirley relaxes on her beautiful patio.



The Perfect Place

Written by: Georgia, MVG Resident

It was getting late in the afternoon and we needed a place to camp. It had been a long day and all of us were tired. That is, four horses, one dog and two humans. It had taken quite an effort to get to the trail head to access this particular wilderness area. Perhaps that is why we had never been here before. Perhaps that is why it is the least traveled of all of Colorado's wilderness areas. The scenery had been outstanding, that was for sure. But it was time to call it a day. And then, behold, we made a turn in the trail and area opened up into a little park. And simultaneously we said "the perfect place." And it was. A nice little park would provide grass for the horses. "And look," I said, "A perfect place to pitch the tent. There are two twin pine trees there standing as sentinels and we can pitch the tent right there between the two of them." Without further discussion we started to make camp. The horses were put out on their picket lines to graze and then we proceeded to take care of our needs. Soon Gene returned with a huge load of wood. He suggested I go out behind the tent a way and look things over. I did. I was startled. It appeared to be a gigantic lightning strike area. Well, the sky was clear so we were not too alarmed.

In the middle of the night ominous thunder sounded and it got closer and closer. We made sure the horses were tied up short and tight and retired to the tent. It was a pretty good storm, but it passed without mishap. The next day dawned sullen and gray, and there was nothing for us to do but haste leave this perfect place and get back to our truck and trailer.

Since we were unfamiliar with the country, we did not know that we had to cross a huge boulder field. As we rounded a corner and saw it, I am sure the prayers started. Nothing to do but go. The lightening was busy ricocheting off of the boulders with sizzling snaps and our hair was grandstanding up. Fortunately, it was not striking real close to us but higher up on the cliff walls. We were all tensed up. Perfect place for what I thought. It was not long before an icy snowstorm started. Before long we all were frozen, white objects. The horses were all tensed up and little ice crystals were rolling down under their saddle blankets. It was a nervous and tense time. But the horses moved on through, not liking it any better than we did. Soon, but not soon enough for me, we reached the timber on the far side. It was late in the afternoon when we reached the trailer. We were all frozen white, wet, tired, hungry, thankful, and a bit grouchy. So much for the perfect spot. The West Elk Wilderness — the most primitive, the least traveled and with the most spectacular views of all of Colorado's Wilderness areas.



NOV 2020

Birthdays

Diana McKinney, 15th
Kay Thompson, 15th
Thomas Daniel, 16th
Joan Van Heuvel, 16th
Carol Godoy, 24th
Casper Weiss, 25th
Pamela Lee, 26th
Wanda Semon, 28th
Brad Hough, 28th

Locations

Activity Room, AR
Activity Room and Atrium, AR & AT
Activity Room and TV Room, AR & TVR
Atrium, AT
Balcony, BAL
Billiards Room, BR
Chapel, CH
Community Premises, CP
Dining Room, DR
Library, LIB
Library and Billiards Room, LIB & BR
Pool, Pool
TV Room, TVR
TVR and Library, TVR/LIB

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>DAYLIGHT SAVING TIME ENDS</div><div>1</div></div> <div>10:00 Chapel Service, CH 1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 7:00 Movie Night, TVR</div>	<div><div>2</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 7:00 Movie Night, TVR</div>	<div><div>ELECTION DAY</div><div>3</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Writers Interest Group, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 2:15 Mexican Train, BR 7:00 Movie Night, TVR</div>	<div><div>4</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Spanish Club, TVR 1:45 Movie Matinee, TVR 2:30 Let’s Make Fall Wreaths, AR 7:00 Movie Night, TVR</div>	<div><div>5</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 1:45 Movie Matinee, TVR 2:00 Challenge Yourself, AR 3:30 Chair Yoga and Meditation, AR 7:00 Movie Night, TVR</div>	<div><div>6</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:30 Chair Zumba, AR 7:00 Movie and Popcorn Night, TVR</div>	<div><div>7</div></div> <div>9:45 Trivia, AR 11:00 Wii Open Bowling, AR 1:45 Movie Matinee, TVR 3:00 Rummikub, BR 7:00 Movie and Popcorn Night, TVR</div>
<div><div>8</div></div> <div>10:00 Chapel Service, CH 1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 7:00 Movie Night, TVR</div>	<div><div>9</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 7:00 Movie Night, TVR</div>	<div><div>10</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Writers Interest Group, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 2:15 Mexican Train, BR 7:00 Movie Night, TVR</div>	<div><div>VETERANS DAY</div><div>11</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Spanish Club, TVR 1:45 Movie Matinee, TVR 7:00 Movie Night, TVR 11:30 Recognizing Our Veterans, DR</div>	<div><div>12</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 1:45 Movie Matinee, TVR 2:00 Challenge Yourself, AR 2:30 National Mocktail Day Grab and Go, AT 7:00 Movie Night, TVR</div>	<div><div>13</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:30 Chair Zumba, AR 7:00 Movie and Popcorn Night, TVR</div>	<div><div>14</div></div> <div>9:45 Trivia, AR 11:00 Wii Open Bowling, AR 1:45 Movie Matinee, TVR 3:00 Rummikub, BR 7:00 Movie and Popcorn Night, TVR</div>
<div><div>15</div></div> <div>10:00 Chapel Service, CH 1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 7:00 Movie Night, TVR</div>	<div><div>16</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 7:00 Movie Night, TVR</div>	<div><div>17</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Writers Interest Group, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 2:15 Mexican Train, BR 7:00 Movie Night, TVR</div>	<div><div>18</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Spanish Club, TVR 1:45 Movie Matinee, TVR 2:00 Crafting with Cranberries, AR 7:00 Movie Night, TVR</div>	<div><div>19</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 1:45 Movie Matinee, TVR 2:00 Challenge Yourself, AR 3:30 Chair Yoga and Meditation, AR 7:00 Movie Night, TVR</div>	<div><div>20</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:30 Chair Zumba, AR 7:00 Movie and Popcorn Night, TVR</div>	<div><div>21</div></div> <div>9:45 Trivia, AR 11:00 Wii Open Bowling, AR 1:45 Movie Matinee, TVR 3:00 Rummikub, BR 7:00 Movie and Popcorn Night, TVR</div>
<div><div>22</div></div> <div>10:00 Chapel Service, CH 1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 7:00 Movie Night, TVR</div>	<div><div>23</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 7:00 Movie Night, TVR</div>	<div><div>24</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Writers Interest Group, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 2:15 Mexican Train, BR 7:00 Movie Night, TVR</div>	<div><div>25</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Spanish Club, TVR 1:45 Movie Matinee, TVR 7:00 Movie Night, TVR</div>	<div><div>THANKSGIVING</div><div>26</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 1:45 Movie Matinee, TVR 2:00 Challenge Yourself, AR 7:00 Movie Night, TVR</div>	<div><div>27</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 7:00 Movie and Popcorn Night, TVR</div>	<div><div>28</div></div> <div>9:45 Trivia, AR 11:00 Wii Open Bowling, AR 1:45 Movie Matinee, TVR 3:00 Rummikub, BR 7:00 Movie and Popcorn Night, TVR</div>
<div><div>29</div></div> <div>10:00 Chapel Service, CH 1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 7:00 Movie Night, TVR</div>	<div><div>30</div></div> <div>9:00 Chair Exercises with Helen, AR 10:00 Chair Exercises with Michelle, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 7:00 Movie Night, TVR</div>					



Pete and the Evil Teacher: First in a Series of Three

Written by: Susan, MVG Resident

Peter was a busy and happy 13-year-old boy in Egerland, Bohemia. At that time, in 1942-3, his home was part of Germany, even though it had been given to Czechoslovakia by treaty after WWI. His father had been recalled into the German Army and his mother was required to work in a factory. The children went to school and in the summer they were needed by farmers to work on farms. The staffing of the schools had fallen to whomever they could get, as all able-bodied males were drafted and the women all had to work in factories.

His school was a one-room schoolhouse and they only had elementary and middle school students, all in the same room. The teacher they had was a very elderly woman who did not appear to be very healthy. Peter said that she was always chewing something and would spit black stuff onto the woodpile, which was stacked next to the potbellied stove in the center of the room. She hated Peter and that feeling was mutual. It was winter and very cold, which was normal for that forested area, and they needed that stove to function for their lessons.

One day, after eating their lunches, the children were allowed to go out to run around and play for a while. Peter met his friends and they kept playing. But Peter wandered over to the edge of the field near the Chestnut trees to play there. While nobody was watching, he carefully filled both pockets with nuts. Then he returned to the group.

When back in the classroom, the teacher told Peter to add wood to the fire. She liked to do this because she picked on him. So, he got up with an unhappy looking face and did as he was told. The stove had a front door to open, as well a removable plate on top, and the usual piping to the roof to let out the chimney smoke. After putting in the wood (black spit and all) he carefully emptied both pockets into the stove. Then he closed the door and returned to his seat. As the wood began to catch on fire the nuts started to get warm. When they got really hot the moisture in the hulls caused each nut to explode.

It didn't take too long before it sounded as if the school was under attack from an army. The stove plate flew off, the chimney blew to pieces and the children were all sent home from school. There was no blaming anyone nor was there any penalty meted out. And when the school next opened there was a new teacher and a brand new stove.



Chair Yoga With Meditation and Chair Zumba Begins in November

Chair Yoga and Meditation in the Activity Room

- November 5th, at 3:30 p.m.
- November 19th, at 3:30 p.m.

Chair Zumba in the Activity Room

- November 6th, at 3:30 p.m.
- November 13th, at 3:30 p.m.
- November 20th, at 3:30 p.m.

Please join us to find out more about the benefits these exercises can provide for you!





Crazy for Cranberries

Why Are Cranberries So Good for Us?

It's no secret that berries are good for us. Strawberries, blueberries, raspberries — they're all packed with antioxidants, fiber, and many other all-star nutrients. However, there's one often-overlooked berry that's also oozing with health benefits — cranberries. And no, they're not just great for delicious Thanksgiving sauce. Below are just a few great cranberry benefits!



1. Cranberries may help prevent urinary tract infections

When you think of cranberry juice, the first thing that comes to mind is that it's said to help with urinary tract infections. That's because cranberries are loaded with an antioxidant called proanthocyanidins, or PACs for short. PACs reduce the ability for bacteria to stick to the wall of the urinary tract and thus reduce chances of developing urinary tract infections.

Note: Before you sip unsweetened cranberry juice for this explicit purpose, however, you should know that research on the subject is mixed. However, some experts still recommend drinking cranberry juice as a preventative measure, but talking to your doctor and trying a better, science-backed natural remedy is a better bet until more research can be done.

2. They can improve your digestion

Fiber is great for overall gut health, and cranberries are packed with it — one cup has about 5.3 grams of fiber. "This is important because we need fiber for a healthy digestive system and to maintain regular bowel movements," Dr. Agarwal adds. Plus, fiber keeps you fuller longer, which means you're less likely to reach for a not-so-healthy snack.

3. They can help prevent gum disease

Remember those PACs? The urinary tract isn't the only place these anti-microbial, anti-inflammatory antioxidants work their magic. Preliminary studies show that cranberries can help reduce bacteria's ability to stick and grow in the oral cavity and limit gum disease, in the same way as they do with UTIs.

Pumpkin Painting? Yes, Please!

It is that special time of the year again — pumpkin season! These ladies did an amazing job painting their pumpkins. You will be seeing the pumpkins displayed around the community.



What an artist Ann is!



Diana is doing a great job!



Looking great, Bobbie!

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A still life photograph of various autumn-themed items including several pumpkins (orange and white), ears of corn, and gourds on a dark, textured surface.

Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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