

# Mountain View Gardens

## Gracious Retirement Living

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

JANUARY 2021

### 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 Housekeeper .....GAYLE BRYANT

### TRANSPORTATION

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

**Friday:** 9 a.m.-noon

**HAWTHORN**  
SENIOR LIVING

## Island Hopping 2021 Great Hawthorn Adventure

Swaying palms, powder-fine beaches, and clear blue waters — get ready Mountain View Gardens, for a tropical getaway you won't soon forget! Beginning the week of January 18th through February 5th, Mountain View Gardens will be embarking on an island hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island Hopping Kickoff on January 13th, to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide, Michelle the Activity Coordinator, for all the details!







## Celebration of Our Veterans

We love and appreciate our veterans. On November 11th, we wanted to show our gratitude for the service these gentlemen and ladies have provided to us and our country. Certificates and flag pins were presented to each veteran as their names were called in the Dining Room. Applause filled the room. Our oldest and youngest veteran at Mountain View Gardens took part in our annual cake cutting. This year, Ralph G. was our oldest veteran and Aaron was our youngest.

God bless each of these veterans for all they have done for us. Thank you for your service. Each one of you are loved and cherished.



*Our oldest and youngest veterans, Ralph (all United States branches) and Aaron, United States Army*



*Mike, United States Army*



*Lou, United States Marine Corp*



*Bob, United States Navy*



*United States Army and Retired Fire Chief*

## Second Place at the Festival of Trees

Congratulations, team! We got second place on our beautiful Raggedy Ann and Andy themed tree. How about that?



## 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.

- Leila Ballard
- David Smith







## Aloha! Welcome to Hawaii!

It's easy to see why Hawaii has become synonymous with paradise. Just look at the sugary beaches, technicolor coral reefs and volcanoes beckoning adventurous spirits.

### The Island's Natural Beauty:

Snapshots of these islands scattered in the cobalt blue Pacific Ocean are heavenly, without the need for any embellishment by tourist brochures. Sunrises and sunsets are so spectacular that they're cause for celebration all by themselves, such as atop Haleakalā volcano on Maui. As tropical getaways go, Hawaii couldn't be easier or more worth the trip. Whether you're dreaming of swimming in crystal waterfall pools or lazing on the golden sand beaches, you can find what you're looking for here.

### Island Style:

Floating all by itself in the middle of the Pacific, Hawaii proudly maintains its own distinct identity apart from the U.S. mainland. Spam, shave ice, surfing, ukulele and slack key guitar music, hula, pidgin, aloha shirts, 'rubba slippah' (flip-flops) — these are just some of the touchstones of everyday life, island style. Pretty much everything here feels easygoing, low-key and casual, bursting with genuine aloha and fun.

### Modern Multiculturalism:

Hawaii is proud of its multicultural heritage. On these Hawaiian Islands, the descendants of ancient Polynesians, European explorers, American missionaries and Asian plantation immigrants mix and mingle. What's remarkable about contemporary Hawaii is that harmonious multiculturalism is the rule, not the exception. Boisterous arts and cultural festivals keep diverse community traditions alive, from Hawaiian outrigger canoe races to Japanese taiko drumming.



## Let's Take a Trip to Hawaii

### Activities for Hawaii (two-week adventure):

**January 18th:** Hiking Mauna Kea: A Volcanic Walking Challenge Begins, at 9 a.m.

**January 18th:** Maui Mai Tais and Puzzle Packet Grab and Go in the Atrium, at 3 p.m.

**January 19th:** Skiing on Mauna Kea, at 9:30 a.m., after chair exercises and then again, at 10:30 a.m., after chair exercises and let's make beautiful paper leis in the Activity Room, at 3 p.m.

**January 20th:** We are making miniature garden island terrariums in the Activity Room, at 2 p.m. and Dole Whip Pineapple Refreshment Grab and Go in the Atrium, at 3 p.m.

**January 21st:** Show off your hula moves, at 3:15 p.m., in the Activity Room. This will lead into Chair Tai Chi and Meditation, at 3:30 p.m.

**January 25th:** Blue Hawaiian Mocktails and Elvis Trivia, at 3:15 p.m., in the Activity Room.

**January 26th:** We will be Sitting Seaside (craft), at 3 p.m., in the Activity Room.

**January 27th:** Kona Coffee Taste Test and Learning about Kona, at 2:15 p.m., in the Atrium.

**January 28th:** Let's Make Coffee Bean Cream, at 3:30 p.m., in the Activity Room.





JAN 2021

Birthdays









Phyllis Glenn, 10th  
Dennis Hutson, 14th  
Rochelle Katz, 15th  
Roberta Paeper, 17th  
Trudy Cotner, 18th  
Darrell Griffin, 24th

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

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR’S DAY1</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, 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>2</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>10:00 Chapel Service, CH3</div> <div>1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 3:00 Grief Support Group, AR 3:15 Hula Moves (Exercise), AR 7:00 Movie Night, TVR</div>	<div>9:00 Chair Exercises, AR4</div> <div>10:00 Chair Exercises, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:00 Skip-Bo, AR 7:00 Movie Night, TVR</div>	<div>9:00 Chair Exercises, AR5</div> <div>10:00 Chair Exercises, 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>6</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 7:00 Movie Night, TVR</div>	<div>7</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 7:00 Movie Night, TVR</div>	<div>9:00 Chair Exercises, AR8</div> <div>10:00 Chair Exercises, 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>9</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>10:00 Chapel Service, CH10</div> <div>1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 3:00 Grief Support Group, AR</div> <div>7:00 Movie Night, TVR</div>	<div>11</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:00 Skip-Bo, AR 7:00 Movie Night, TVR</div>	<div>12</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, 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>13</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:15 Island Hopping Kickoff Party, AT 7:00 Movie Night, TVR</div>	<div>14</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 7:00 Movie Night, TVR</div>	<div>15</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, 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>16</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>10:00 Chapel Service, CH17</div> <div>1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 3:00 Grief Support Group, AR</div> <div>7:00 Movie Night, TVR</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>9:00 Chair Exercises, AR 9:00 Hiking Challenge Begins, CP 10:00 Chair Exercises, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:00 Skip-Bo, AR 3:00 Maui Mai Tais and Puzzle Packets, AR</div> <div>7:00 Movie Night, TVR</div>	<div>19</div> <div>9:00 Chair Exercises, AR 9:30 Skiing on Maui (Exercise), AR 10:00 Chair Exercises, AR 10:30 Skiing on Maui (Exercise), AR 11:00 Writers Interest Group, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 2:15 Mexican Train, BR 3:00 Let’s Make Hawaiian Leis, AR 7:00 Movie Night, TVR</div>	<div>20</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 10:30 Cochise County Bookmobile, CP 1:45 Movie Matinee, TVR 2:00 Garden Island Terrariums (Craft), AR 3:00 Dole Whip Grab and Go (Refreshment), AT 7:00 Movie Night, TVR</div>	<div>21</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 7:00 Movie Night, TVR</div>	<div>22</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, 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>23</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>10:00 Chapel Service, CH24</div> <div>1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 3:00 Grief Support Group, AR</div> <div>7:00 Movie Night, TVR</div>	<div>25</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 11:00 Bean Bag Baseball, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:00 Skip-Bo, AR 3:15 Blue Hawaii Mocktails and Elvis Trivia, AR 7:00 Movie Night, TVR</div>	<div>26</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 11:00 Writers Interest Group, AR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 2:15 Mexican Train, BR 3:00 Sitting Seaside (Craft), AR 7:00 Movie Night, TVR</div>	<div>27</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:15 Kona Coffee Tasting, AR 7:00 Movie Night, TVR</div>	<div>28</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 2:15 Coffee Bean Cream (Craft), AR 7:00 Movie Night, TVR</div>	<div>29</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, 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>30</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>10:00 Chapel Service, CH31</div> <div>1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 3:00 Grief Support Group, AR 7:00 Movie Night, TVR</div>						





## The Devil Within

Written by: Georgia, MVG resident

There exists somewhere in my innermost depths, a devil. Sometimes in the past, I honestly believe that I have rid myself of the little rascal. Then when I least expect it, the darned thing makes a showing. This is a story about one of those appearances.

I was a senior in high school at the time. After a rocky start, I had collected myself together and was an honor roll student. I had begun to enjoy school and liked all my teachers. They were all older. Some were men and some were women. Except for one, my Spanish teacher. Mr. Lopez. He was a neophyte and we all enjoyed teasing him. In addition to being a good and enjoyable instructor, he had a great sense of humor. We all enjoyed his class, and he was adept at getting his language in our brain cells. He was a chubby little guy — not very tall. Probably as big around as he was tall, he was neatly groomed and daily wore a grey suit with a white shirt and a nice tie.

My class was right after lunch. I was more desirous of a map than learning Spanish. This day I was having a time concentrating. It was study time and Mr. Lopez was busy moving among the students helping them with the lesson. He stopped in front of me and up a couple of desks. He bent over the student's desk to point something out and his little round bottom made a wonderful target. Without thinking, that little devil in me crowded my thoughts. Into my hands quickly went my ruler and pink pearl eraser. I took aim and let it fly. WOP. It was a direct hit on that round bottom. He jumped and immediately asked, "Who did that?" He was mad. He asked again as he glared at all of us. I finally raised my hand and volunteered my guilt. He took that as a joke. I made one more offer to which he declined, and I shut up. At this point I had rapped my little devil back into my recesses somewhere. "We'll see about this," he said. Nobody had seen me and I never offered my guilt again.



## Island Hopping 2021 Kickoff Party!

**When:** January 13th, at 2:15 p.m.

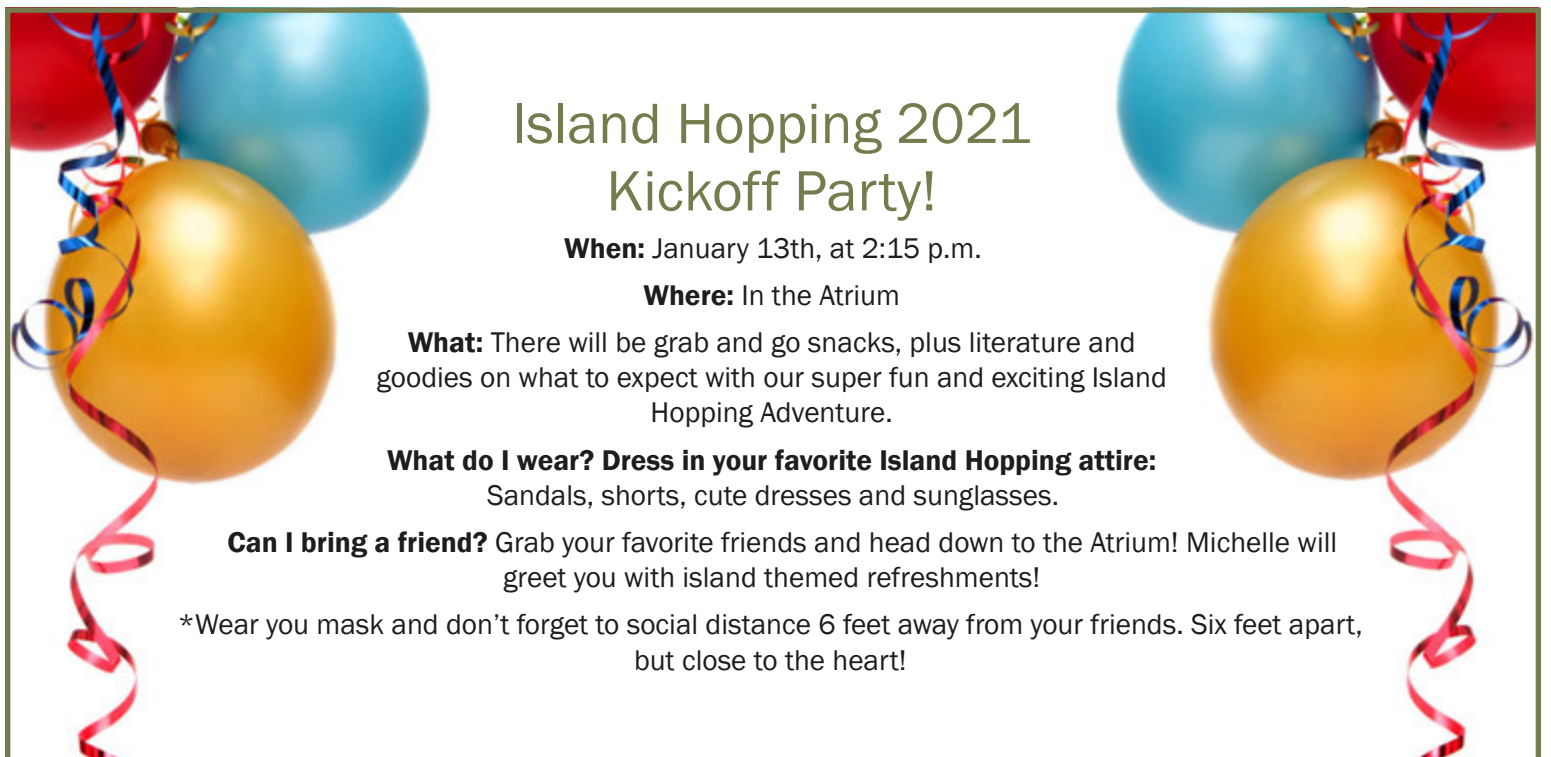
**Where:** In the Atrium

**What:** There will be grab and go snacks, plus literature and goodies on what to expect with our super fun and exciting Island Hopping Adventure.

**What do I wear? Dress in your favorite Island Hopping attire:**  
Sandals, shorts, cute dresses and sunglasses.

**Can I bring a friend?** Grab your favorite friends and head down to the Atrium! Michelle will greet you with island themed refreshments!

\*Wear your mask and don't forget to social distance 6 feet away from your friends. Six feet apart, but close to the heart!





## Teen at the Wheel Part 2

Written by the beautiful Joy, MVG resident

Automatic transmissions were just beginning to make an appearance in 1953; and anyone who took a driver's test in an automatic was prohibited on his license from driving a stick shift. I would have welcomed an automatic transmission, prohibition or not. The shift on the '39 was stiff; there was no power steering nor power brakes; and it had an obstinate, embarrassing habit of honking the horn on right turns. It took most of my strength to get it moving, much less steer it or make it stop. The driver's test also involved curb-side parking between two cars; that was the most difficult thing for me to learn and execute. It may seem hard to believe now, but at age 16, I was a sickly 100 pounds and had little strength.

The day of the driving test finally arrived. To add to my anxiety, my dad had put an additive in the gas tank which was supposed to make the car's engine run nice and smooth. In reality, however, the additive made the engine die at every stop and send out a cloud of black exhaust at every start.

So, with the Department of Transportation inspector in the car, I started my hands-on driving test. Dad, using his good sense, stayed at the vehicle testing station. I turned the key, pulled the choke out a little, and said a quick, but sincere prayer. The car started ... and stalled ... and died. I did manage to back out of the parking space, but upon applying the brake, the engine died again. I started again; the engine held. The inspector said to turn right out of the parking lot. Oh, no! I approached the street, stopped as required; engine died. I started it in a cloud of black smoke. But, in tears, I made it back to the check-point. The inspector gave me a passing grade, shook my hand, told me to wait in the car and approached my dad. I have no idea what the conversation was, but dad seemed to shrink visibly as the inspector spoke to him.

On my way home, we stopped at the Chevrolet dealer and looked at the beautiful, new 1953 Chevrolets. Dad and mom put in an order for a new car a few days later.



## Five Hawaiian Phrases to Learn Before You Visit!

### 1. Aloha! — Hello

**Pronounced:** a-lo-ha

Okay, so this is one of the easiest Hawaiian phrases to remember. This tropical greeting is known around the world, but its literal meaning is 'love.' In Hawaii, Aloha means more than 'hello;' it expresses wishes for a positive and respectful life. Use Aloha kakahiaka to say, 'good morning,' Aloha 'auinalā for 'good afternoon' and Aloha ahiahi for 'good evening.'

### 2. Mahalo — Thank you

**Pronounced:** mah-ha-lo

Show your gratitude with the Hawaiian phrase mahalo. If you're feeling extra grateful, use mahalo nui loa (pronounced mah-hah-loh noo-ee) for 'thank you very much.'

### 3. 'A' ole palikiri — You're welcome/ No problem

**Pronounced:** ah-oh-leh pee-lee-kee-yah

If someone says 'Mahalo' to you, this is the phrase to respond with.

### 4. A hui hou — Until we meet again

**Pronounced:** ah-hoo-wee-ho-oo-uu

A phrase similar to 'see you soon.' You may also hear this chanted at a lū'au concert instead of 'encore!'

### 5. A 'o ia! — There you have it!

**Pronounced:** ah-oy-yah

Use this Hawaiian phrase to cheer on the local performers or fellow travelers if they get up to do a hula.



### Bonus:

**'Ono grinds — Delicious food**

**Pronounced:** oh-no grinds

Show your appreciation for the special Hawaiian meals that you eat on your trip. Grinds is also often used on its own to describe good food.



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*It's always Warm at*

Mountain View Gardens  
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**520-459-1898**