

Mountain View Gardens

Gracious Retirement Living

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

FEBRUARY 2021

MOUNTAIN VIEW GARDENS STAFF

Managers..... DOUG & KENDRA ROSE
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.-noon

HAWTHORN
SENIOR LIVING

February Is Black History Month

Origins of Black History Month

The story of Black History Month begins in 1915, half a century after the 13th Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History Week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs, and host performances and lectures.





Bulu Bula! Welcome to Fiji!

Set your internal clock to 'Fiji time' — exploring the archipelago's exquisite beaches, undersea marvels, lush interiors and fascinating culture shouldn't be rushed.

Throwing Down the (Beach) Towel

Dazzling sands, perfect palm trees and waters so blue they glow — Fiji's beaches look airbrushed. While stunning stretches abound, it's on the islands of the Mamanucas and Yasawas that you'll find heavenly heavyweights. These beaches are the poster-child of paradise. The appeal of the islands stretches beyond holiday snaps; the reefs, bays and sublime sands have provided cinematic eye candy to films including "Cast Away" with Tom Hanks and 1980 teen dream classic "The Blue Lagoon."

Wetter is Better

Fiji's calm seas are a brilliant disguise for the riot of life going on within. With seemingly endless stretches of intensely colored reefs and more than 15,000 species of fish and colossal creatures, Fiji's underwater world is worth the plunge. Seasoned divers and snorkelers will find plenty to excite them, while first-timers will be bubbling excited exclamations into their mouthpieces. Anywhere a fin flashes or coral waves, you'll find a diving or snorkel day trip and there are excellent live-aboard journeys for those after a truly immersive experience.

Beyond the Beach

While it's easy to spend your holiday in, on or under the water, those who take the time to towel off will be rewarded by a wealth of terra firma treats. Fiji offers ample opportunities for hikers, birdwatchers, amblers and forest-fanciers, particularly on the islands of Taveuni — known as "The Garden island" for its ludicrously lush interiors — and Kadavu, a less traveled slice of prehistoric paradise with almost no roads to speak of.



Fiji's Island Adventures

February 1st: Orchid Craft at 3:15 p.m.

February 2nd: Tea Tray Memory Game at 3:15 p.m.

February 3rd: Seashell Craft at 11 a.m., Balloon Volleyball at 2:30 p.m.

February 4th: Fijian Tai Chi at 3:30 p.m.

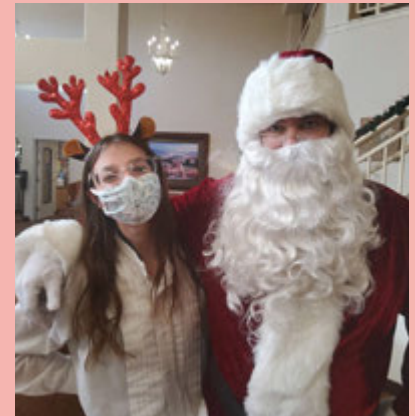
February 8th: Fiji Trivia Fast Facts and Information. We will also be having a Show and Tell at 3:15 p.m.

February 9th: Hand Massage Reflexology at 3 p.m.

February 11th: Creating Your Own Great Sea Reefs at 2 p.m.

Santa Claus Came to Say Hello!

It is not every day that Santa literally drops by in his red sleigh and has his temperature checked to come say hello! A big thank you to Don Handy's family in making this happen. Thank you Destiny, for sharing this moment with us!



Destiny's dad is Santa — super awesome!



Santa arrives in his red sleigh!



Ugly Sweater Competition

Every year at Mountain View Gardens we hold the Ugly Sweater Competition. It is so fun and you know what is even more funny, there aren't any ugly sweaters! They are all so pretty and creative!

Here is some history about the Ugly Sweater Competition:

It All Started in the '50s

Ugly Christmas sweaters made their popular appearance in the '50s with the mass commercialization of Christmas. They were first known as "Jingle Bell Sweaters" and featured discrete, Christmas-themed decorations. The original ugly Christmas sweaters were never intended to be "ugly"—they were actually pretty artistic and joyful.

'80s and '90s: Popularization and Deprecation

The character that popularized weird sweaters with strange patterns was Cliff Huxtable from "The Cosby Show." By the end of the decade, it was common for conductors of Christmas special shows to wear them.

During the '90s, the style winded down, but never died. The turning point was when the character Mark Darcy got shamed in the 2001 film "Bridget Jones's Diary" with one of the most out-of-place designs to be seen on screen. Designers were hand-knitting one-of-a-kind sweaters!

2000s: The Party Starts

It was in Vancouver that Chris Boyd and Jordan Birch launched the first Christmas Sweater Party. The idea soon spread all over Canada and the U.S., and later around the world. The parties turned into massive events, often in support of charity causes.



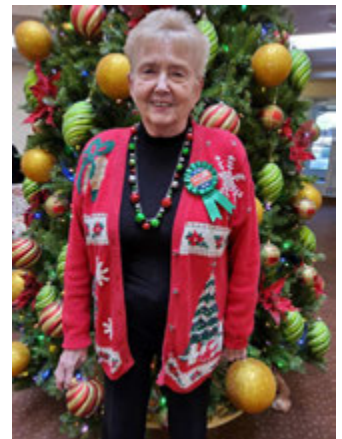
Joan is ready to compete!



Thomas is ready to take home the prize!



Grinch and Grinchette, of course!



This sweater is too pretty to be ugly, that is for sure!



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.

Richard Hughes

David Greenberg

Donna Hogan

FEB 2021

Birthdays

Marcheta Graciano, 1st
Gene Fenstermacher, 3rd
Bill McIntosh, 4th
Mickey Harper, 8th
Sumi Skomo, 10th
Norbert Zavadin, 11th
Dale Quast, 14th
Dee Leitner, 17th
Ann Drawbaugh, 18th
Dottie Synder, 26th
Joan Rizzo, 29th

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

“We must absolutely take care of one another.”
—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7</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>1</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 Fiji Orchid Craft, AT 7:00 Movie Night, TVR</div> <div>8</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 Fiji Trivia Fast Facts and Show and Tell, AT 7:00 Movie Night, TVR</div>	<div>2</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 3:15 Tea Tray Memory Game, AR 7:00 Movie Night, TVR</div> <div>9</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 Hand Massage and Reflexology, AR 7:00 Movie Night, TVR</div>	<div>3</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 11:00 Seashell Craft, AR 1:45 Movie Matinee, TVR 2:30 Balloon Volleyball, AT 7:00 Movie Night, TVR</div> <div>10</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 7:00 Movie Night, TVR</div>	<div>4</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 3:30 Fijian Tai Chi, AR 7:00 Movie Night, TVR</div> <div>11</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 2:00 Creating Your Own Sea Reefs, AR 3:30 Chair Yoga and Meditation, AR 7:00 Movie Night, TVR</div>	<div>5</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 3:30 Chair Yoga and Meditation, AR 7:00 Movie and Popcorn Night, TVR</div> <div>12</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 3:30 Chair Yoga and Meditation, AR 7:00 Movie and Popcorn Night, TVR</div>	<div>6</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>13</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>
VALENTINE'S DAY <div>14</div> <div>10:00 Chapel Service, CH 12:25 Valentine's Day Dinner, DR 1:45 Movie Matinee, TVR 2:00 Mexican Train, AR 3:00 Wii Open Bowling, AR 7:00 Movie Night, TVR</div>	PRESIDENTS DAY <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 3:00 Skip-Bo, AR 7:00 Movie Night, TVR</div>	<div>16</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>	ASH WEDNESDAY <div>17</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 3:00 Warm Up Symphony in the Atrium, AT 7:00 Movie Night, TVR</div>	<div>18</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 2:00 Words in Words Challenge and Puzzle Sheets, AR 3:30 Chair Yoga and Meditation, AR 7:00 Movie Night, TVR</div>	<div>19</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 3:30 Chair Yoga and Meditation, AR 7:00 Movie and Popcorn Night, TVR</div>	<div>20</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>21</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>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 3:00 Skip-Bo, AR 3:00 Let's Learn the Maori Language, AT 7:00 Movie Night, TVR</div>	<div>23</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>24</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 3:00 Kiwi Scavenger Hunt and Kiwi Smoothies, AR 7:00 Movie Night, TVR</div>	<div>25</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 1:45 Movie Matinee, TVR 2:00 Rummikub, AR 2:00 Hobbit Village (Craft), AR 3:30 Chair Yoga and Meditation, AR 7:00 Movie Night, TVR</div>	<div>26</div> <div>9:00 Chair Exercises, AR 10:00 Chair Exercises, AR 11:00 Bean Bag Baseball, AR 11:45 Adventure Island Award Ceremony, DR 1:45 Movie Matinee, TVR 2:00 Bingo, AR 3:30 Chair Yoga and Meditation, AR 7:00 Movie and Popcorn Night, TVR</div>	<div>27</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>28</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>						



Our New Year's Eve Celebration

For the first time in Mountain View Gardens' history, we switched New Year's Eve event into a mid-day celebration. It was quite a success, with everyone donning their hats and horns.

Nothing will hold this generation back from celebrating bringing in another year. We dressed up, sang, and had an amazing dinner of prime rib prepared by our very talented Culinary staff.

What does 'Auld Lang Syne' mean?

The most accurate plain English interpretation of the Auld Lang Syne's famous title is 'Old long since' or 'For the sake of old times.'

The song itself is reflective in nature, and is basically about two friends catching up over a drink or two, their friendship having been long and occasionally distant.

The words were written by Scottish poet Robert Burns in 1788, but Burns himself revealed at the time of composing it that he had collected the words after listening to the verse of an old man on his travels, claiming that his version of 'Auld Lang Syne' marked the first time it had been formally written down.

However, an earlier ballad by James Watson, named 'Old Long Syne' dates as far back as 1711, and use of the title phrase can be found in poems from as early as the 17th century, specifically works by Robert Ayton and Allan Ramsay.



Carol and Buddy are a wonderful couple!



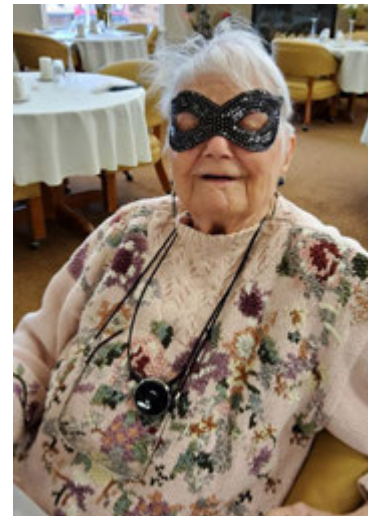
Duane and Diana look gorgeous!



My favorite Sassy Lady, Betty!



Just lovely, Susan!



Beautiful, Pamela!

New Zealand's Island Adventures

February 17th: Warm Up with the Symphony at 3 p.m.

February 18th: New Zealand's "Words in Words" and Puzzles at 2 p.m.

February 22nd: Let's Learn the Maori Language and the Haka at 3 p.m.

February 24th: Kiwi Scavenger Hunt and Kiwi Smoothies at 3 p.m.

February 25th: Hobbit Village at 2 p.m.



American Legion Riders Post 52 Donated Presents to our Veterans

A few months ago, Joe from the local American Legion called into Mountain View Gardens. Joe and his local chapter were interested in knowing how many veterans we have currently, because they would be visiting us on Christmas Eve with gifts.

Not only did the American Legion Riders from Post 52 deliver over 30 gifts to our veterans on Christmas Eve, they rode in on their motorcycles, giving our veterans the recognition they deserve.

Thank you for the time, effort, and the money spent in making Christmas special for our senior veterans. We love you all!



Bob is thrilled!



Bob receives his present.



Mike loves his present!



Aaron is ready to open his present after the photo.

Welcome to New Zealand

Get ready for mammoth national parks, dynamic Māori culture, and world-class outdoor excursions. New Zealand can be mellow or action-packed, but one thing is for sure, it is always epic!

Māori Culture

New Zealand's all-conquering All Blacks would never have become back-to-back rugby world champions without their unstoppable Maori players. But this is just one example of how Māori culture impresses itself on contemporary Kiwi life: Across New Zealand, you can hear Māori language, watch Māori TV, join in a hāngi (Maori feast) or catch a cultural performance with song, dance and a blood-curdling haka (war dance). Maori design continues to find expression in ta moko, Māori tattooing (often applied to the face) and the delicate artistry of bone, shell and pounamu (greenstone) sculpture.

Walk on the Wild Side

There are just 4.8 million New Zealanders, scattered across 103483 square miles: Bigger than the UK with 1/14 of the population. Filling in the gaps are the sublime forests, mountains, lakes, beaches and fiords that have made New Zealand one of the best hiking (locals call it 'tramping') destinations on the planet. Tackle one of the epic 'Great Walks' — you might've heard of the Heaphy and Milford Tracks — or spend a few hours wandering along a beach, paddling a canoe or mountain biking through some easily accessible wilderness.

Rest and Relaxation With the Best of Them

New Zealand is an easy-going place. Take a leaf out of the locals' book and embrace the laid-back vibes and rejuvenating activities. Find a beach where you can sunbathe the day away, splash around in a hot pool, or shop for quirky souvenirs. There are plenty of ways to enjoy downtime on your holiday in New Zealand.



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Sierra Vista, Arizona 85635



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