

Courtesy Patrol

Guardco Security
Updated Phone Number

(209) 421-8795

**For emergencies,
call 911**



***Please remember
CV speed limit is
15 MPH within the
Community Gates**

**Friends Make Good
Neighbors!**

Don't forget our
resident referral fee is
\$250.00

**Refer
a
friend**

***Received after resident
has completed
30 days of residency**

**Maintenance Corner
Pool & Spa 101**

What is the best way to enjoy your Summer? The pool here at Castle Vista!

As the weather heats up, more and more residents will be using the pool. We went for two years without getting to use the pool. With that said we ask that you help us keep our pool clean and fresh for all to use.

Please remember when you are using the pool and spa we ask that you rinse off prior to getting into the pool. Our bodies have natural oils, along with uses of tanning oils, sunblock and hairspray that go into the water that we all swim in. Think about swimming in that in a heated pool. The bacteria loves to grow in warm places and we don't want our pool to be that place.

It is a known fact: People pee in the pool. We ask that you take a moment when Mother Nature calls, to get out, dry off, and go to the restroom. It is very important that you dry off and not create a slipping hazard for yourself or others.



We all love a dip in the pool. When bringing your guests up to the pool we ask that you follow the rules and bring **one guest per household resident**. We also ask that you are considerate of the surrounding units located by the pool. **Please keep noise levels to a minimum.** Children must be supervised at all times while in the pool and spa area. Please do not leave pool toys in or around the pool area. Please no glass or alcohol while in the pool area as there are no life guards on duty. Stay safe and enjoy the water. Happy Summer!

**Important Numbers and Information**

**Emergency Maintenance Issues
Castle Vista Maintenance After Hours
(209) 643-9193**

If no answer, please leave a message, we will return the call.

Make sure to leave your name and address on the message and the issue at hand.

**Castle Vista Times**

August 2022

2300 Cascade Drive Atwater, CA 95301

Phone # 209-357-2924

Fax # 209-357-7914

Our Staff**Jennifer Krumm**

Community Administrator

Kiran Prasad

Marketing Director

Connie Torres

Office Assistant

Jon Lukshaw

Maintenance Lead

Anthony Gomez

Maintenance Technician

Roland Rodriguez

Interior / Exterior Painter

Travis Jeffery

Exterior Painter

Anthony Castro

Exterior Painter

Savannah Salas

Janitorial / Housekeeper

**Chipotle Fish Tacos with Peach Salsa****Peach Salsa Ingredients**

- 2 -1/2 cups diced, ripe peaches (about 3-4)
- 1/4 cup finely diced red onion
- 1-2 teaspoon of minced habanero or jalapeno.
- 1/2 cup chopped cilantro
- 1/8 cup fresh lime juice
- 1/8 teaspoon salt
- 1 tsp sugar

**Directions**

1. Make the marinade: In a food processor, blend all the marinade ingredients into a fine paste. Rub fish and let marinate for at least 20 minute or over night in the fridge.

Ingredients

- 1 lb. grill-able white fish (Mahi Mahi, Tilapia, Halibut, or Cod)
- 8 x six-inch tortillas (corn-flour mix) grilled.

Chipotle Marinade Ingredients:

- 2-3 large garlic cloves
- 2-3 whole canned Chipotles
- 1 tablespoon adobo sauce (from the can of chipotles)
- 4 tablespoons olive oil
- Zest from one lime
- 1 teaspoon lime juice
- 1 teaspoon ground cumin
- 1/4 teaspoon salt and (more to taste)

2. Make the Peach Salsa: Gently remove the fuzz from the peaches, keeping the skin. Dice and place in a medium bowl. Half and seed the habanero or jalapeno and mince as small as possible. Add the rest of the ingredients and gently fold them together. Refrigerate.
3. Grill, Assemble, and Serve: Grill the marinated fish and squeeze with lime. Grill your tortillas and assemble. Top with the peach salsa. Optional toppings such as avocado, chipotle mayo or grilled scallions. Enjoy!



August 3rd at
2pm to 3pm

Peach Cobbler a la Mode

Join us as we celebrate National Peach Month with homemade peach cobbler.

August 10th at
4pm to 5pm

CV Wine and Cheese Social

Join us as we meet and greet our newest residents. It will be peachy keen!

August 17th
10am to 11am

Fried Chicken and Waffles Brunch

Great food, friends, and conversations to be had over brunch! Don't forget to sign up.

August 26th
6pm to 9pm

Sock Hop Karaoke

50's themed event. Dress up and dance the night away. Appetizers to be served.

Please remember to sign up for all events!

OLDER ADULT COURSES

Designed to offer lifelong education that provides opportunities for personal growth and development, community involvement, skills for mental and physical well-being and economic self-sufficiency. These courses are offered primarily for older adults in the community; however, any adult 18 or older may participate.

Registration takes place in class unless otherwise noted. No registration fees.

Beginning Fall and Injury Prevention for Older Adults (HLT-322)

This course is designed to teach older adults how practical activity can help reduce incidents of slips, sprains, and falls. The course is a combination of lecture, demonstration, and practice of muscle development and strengthening techniques.

Diet and nutrition for supporting health and maintaining healthy weight is also discussed.

95600 MW 02:00PM-03:00PM Cruz, O.
Park Merced

Mature Driver Improvement (EDU-508)*

This course is designed primarily for drivers age 55 and older. Students receive classroom instruction on driving safety, road courtesy, improving driving performance, and safe driving techniques for emergencies. This course is 8 hours in duration. Free certificate provided. Many auto insurance companies offer discounted premiums upon proof of course completion.

*These are scheduled face-to-face. If stringent restrictions do not allow us to offer them face-to-face, courses would be postponed. Please call our office at (209) 381-6540 to preregister for this course and to be informed of any postponements.

95630 W 09/14 08:30AM-04:30PM Rentfrow, R.
Merced College Los Banos A-105

95631 Th 09/15 08:30AM-04:30PM Rentfrow, R.
Business Resource Center Room-122

95632 Th 10/13 08:30AM-04:30PM Rentfrow, R.
Business Resource Center Room-122

95633 Th 11/17 08:30AM-04:30PM Rentfrow, R.
Winton Community Hall & VFW

95634 Th 12/08 8:30AM-4:30PM Rentfrow, R.
Business Resource Center Room-122

95635 W 12/07 08:30AM-04:30PM Rentfrow, R.
Merced College Los Banos A-105

Theater Production In The Community for Older Adults (ARTS-520)

Enrollment by audition or interview with the instructor. Signature is required. This class offers the older adult community members the opportunity to perform theatrical roles and/or learn the basics of technical positions in theatrical rehearsal and public performance. Under the guidance of the director(s), and designer(s), community members will learn the practical skills required of their positions and apply them throughout the production and performance phases of a play or musical. Community members are encouraged to repeat the course as the play or musical selection will differ from one semester to another.

For more information and to schedule your audition or interview, please contact Professor Lauren McCue-Bryx: lauren.mccue-bryx@mccd.edu.

95601 WTHF 05:30PM-6:20PM McCue, L.
WTHF 06:30PM-09:10PM
08/24/22-09/30/22
Merced College Theater Stage



www.mccd.edu/noncredit



Contact Us:
Merced College
Adult Education & Noncredit
630 W 19th St. Stop 58
Merced, CA 95340
(209) 381-6540
noncredit@mccd.edu

Office Hours:
Monday - Friday 8:00am - 5:00pm

Music Therapy for Adults (ARTS-507B) Concert Band

Course that provides intermediate experience in performing concert and symphonic band literature. Public performance and exchange concerts are scheduled in addition to class instruction and rehearsals. Students must demonstrate sufficient ability to sight-read music for their instrument.

95612 T 05:30PM-08:20PM Stocking, S.
Merced College Music Building Room 2

Music Therapy for Adults (ARTS-507B) Jazz Ensemble

This course provides experience in performing concert and symphonic band literature. Public performance and exchange concerts are scheduled in addition to class instruction and rehearsals.

The ensemble makes several public concert appearances each year.

95605 M 05:30PM-08:20PM Taylor, K.
Merced College Music Building Room 2

Choral Dynamics (ARTS-512)

Study of standard choral literature. It emphasizes part-singing, intonation, breath control, vocal development, style, eras, etc.

95613 M 06:30PM-09:30 PM Vanderslik, G.
Mariposa High School Auditorium

95627 T 05:30PM-08:20PM Simon, A.
Merced College Leshar Services Room-111



Castle Vista Craft Time



There is always something FUN happening at Castle Vista!



Karaoke with Jan & Friends

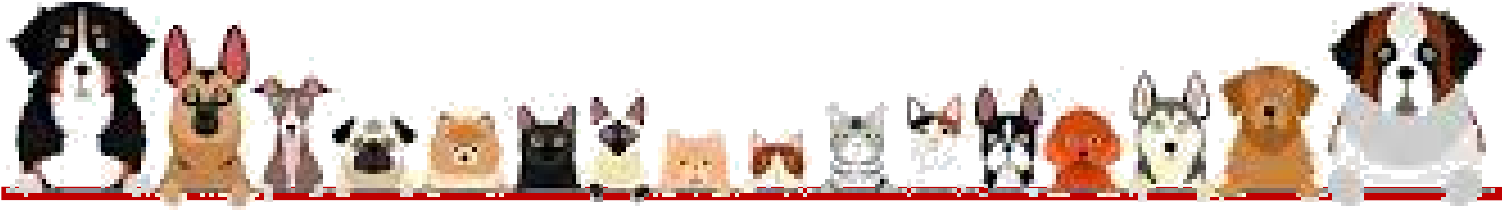
Friday, August 26th

6 to 9 PM



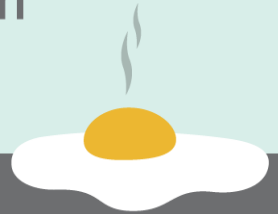
50's Themed Event

Dress up for the FUN!



How to Keep Pets Safe When the Temperatures Climb

If it's hot enough
to fry an egg...



it's too hot for your
dog to walk on.



Extreme heat is dangerous for us, as well as for your family pets. The American Red Cross has steps to take to help ensure your pet stays safe during extreme weather conditions.

- Never leave your pet in a hot vehicle, even for a few minutes. The inside temperature of the car can quickly reach 120 degrees even with the windows cracked open.
 - Limit exercise on hot day. Exercise in the early morning or evening hours.
 - Walk your pet in the grass if possible, to avoid hot surfaces burning their paws.
 - If your pet is outside, make sure they have access to shade and plenty of cool water.
- Heat stroke is a common problem for pets in the warmer weather. Dogs with short noses or snouts, like the boxer or bulldog, are especially prone to heat stroke, along with overweight pets, those with extremely thick fur coat or any pet with upper respiratory problems. Some signs of heat stroke in your pet are:
 1. Heavy panting and unable to calm down, even when lying down
 2. Brick red gum color
 3. Fast pulse rate
 4. Unable to get up
 - If you suspect your pet has heat stroke, take their temperature rectally.
 1. If their temperature is above 105 degrees, cook the animal down. The easiest way to do this is by using the water hose. Stop cooking the animal when the temperature reaches 103 degrees.
 2. Bring your pet to the veterinarian as soon as possible as heat stroke can lead to severe organ dysfunction and damage.



National Pet Day July 13th, 2022



Castle Vista Residents with their pets

