



CALIFORNIA DREAMIN'!!

- **California became an official state of The United States in 1850.**
- **The name California comes from a mythical island paradise written about in an early 16th century Spanish novel.**
- **Nicknames for California: The Golden State, The Land of Milk & Honey, The El Dorado State, and The Grape State.**
- **Many popular inventions have come out of California including skateboards, fortune cookies, Barbie, Apple, blue jeans, and video arcade games.**

PET THERAPY: BERNESE MOUNTAIN DOG!



Bernese Mountain Dogs...

- ❧ **Bernese mountain dogs get their name from the area where they were bred: Bern Canton, the central region of Switzerland.**
- ❧ **They are known for their stocky figure, calm temperament, and tri-color coat. Their friendly and calm personality makes them great companions.**
- ❧ **Eventually became delivery dogs. Bernese Mountain dogs are well muscled and eager to please. They can haul up to 1000 pounds—10 times their own weight.**
- ❧ **Very silly dogs. Love making their owners happy and often respond well to laughter. If they find a particular antic or action will make their owners laugh, they're sure to repeat it. One book refers to this as the "Berner Chuckle".**
- ❧ **The cutest and most loyal dog you will ever meet!**

**CHEF'S CORNER:
SHRIMP PESTO
LINGUINE !**



This week in Chef's Corner, we will share another simple recipe for a meal with a preparation time of 15 minutes!

- 1 pound linguine pasta
- ½ cup butter
- 2 cups heavy cream
- ½ tsp ground black pepper
- 1 cup grated Parmesan cheese
- 1/3 cup pesto
- 1 pound large shrimp, peeled and deveined

Instructions, [here](#). 😊



- 1 ¼ c. (2 ½ sticks) butter, softened
- 1 c. packed brown sugar
- ½ c. granulated sugar
- 2 tsp. pure vanilla extract
- 2 large eggs
- 2 ¾ c. all-purpose flour
- 1 tsp. baking soda
- ¾ tsp. kosher salt
- 2 c. semisweet chocolate

VISIT [LINK](#) FOR FILLING!

FLU SHOT UPDATE:

Dear Residents and Family,

This upcoming Monday, October 5th, we will be hosting a flu shot clinic for our residents and staff. CVS Pharmacy will visit our community to give flu shots to those of the Terraza Community who would like one. The clinic will be held between 9am to 2pm.

See you there!