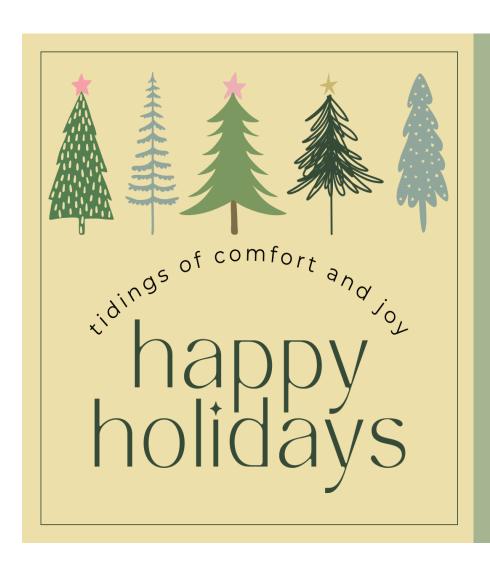
# NEWSLETTER December 2023

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## **Editor's Desk**

Hello Residents, Families and Friends!

Can you believe we are entering the hustle and bustle of the holiday season? It seems like it was just yesterday when we were welcoming 2023 and now it is almost time to say hello to 2024. Time does fly when you're having fun!

I hope that you'll have the opportunity to enjoy at least a few festive events that we have planned this month. You'll find plenty of traditional songs and



food, in the hopes of bringing you comfort and joy during this busy season. We'll also have our "normal" programming throughout the month if you need a break from the twinkle lights and sugar cookies.

As we look forward to 2024, I want to express my gratitude for the opportunity to serve you! I love my job and that's because of all of you.

Here's to another busy December full of all the good things,

Allan Tessier

#### **December Trivia**

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: Sagittarius & Capricorn
Birthstone: Turquoise
Flower: Holly

#### **Quote of the Day**

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

– Norman Vincent Peale

## What We've Been Up To...

#### Let's Get Crafty:

We got the materials, we put in the work, and we got some real good ringers out of it. The residents working together created some wonderful decor for our home in the festivities of Christmas.



#### Let's Get Crafty:

What can be more pretty than having a homemade center piece for our activity room table. Our Residents loved sitting around the table and creating something magical all together.

#### **Memorable Moments:**

We have started our holiday family tree. As our festive silly moments go up on the tree, take the time to come on in and peek as it grows with the holiday spirt.



## What We've Been Up To...



As we enjoy some of our last walks of the year.



Silly moments never stop with these two. Best friends can truly live a lifetime of fun together.







We Wish You a Very Mery
Christmas

## **Upcoming Activities & Events**

#### **Christmas based Activities\ Events:**

6<sup>th</sup>- The trees go up.

7<sup>th</sup>- Choir practice.

8<sup>th</sup>- Making sugar cookies.

11th- Christmas riddles & guess the Christmas song.

12<sup>th</sup>- Choir practice and finish the Christmas song live music.

13<sup>th</sup>- Walker decorating.

14th- Choir practice, Christmas Craft and reading Christmas stories.

15th- Making gingerbread house and Christmas

Bingo\ trivia.

16th- Winter Bazaar, Family Open House and

Choir performs. (From: 10 to 3pm)

18th- Christmas Poetry, Stories, and live music.

19th- Decorating Christmas Cookies.

20th- Lunch Club~ Festive Special from Swiss Chalet.

(Orders need to be in by the 19<sup>th</sup>)

21st- Christmas Craft and movie special.

(A Christmas Carol)

22<sup>nd</sup>- Making Christmas Cards and The Residents

**Christmas Party.** 

27th- Karaoke Carol Along.

29<sup>th</sup>- Decorating for New Years and Making New Years Cupcakes.

#### **Special Days in December**

1st Summer (S. Hem)

4th Cookie Day (US)

5th Volunteer Day

6<sup>th</sup> St. Nicholas Day

7th Hanukkah Begins

21st Winter (N. Hem)

25th Christmas

26th Boxing Day

26<sup>th</sup> Kwanzaa

31st New Year's Eve

## **December Birthdays**

In December, we celebrate birthdays with:

#### Mary-Lu

Please join us in the lower-level dining room on December 12<sup>th</sup> to celebrate!



#### Can you finish these Christmas carol lyrics?

Oh, the weather outside is!
Since we've no place to go, let it
With a corncob pipe and a button
Dashing through the snow, in a
I saw Mommy kissing
The holly and the ivy, when they are both
City sidewalks, busy sidewalks, dressed in
Chestnuts roasting on
Up on the rooftop reindeer

#### Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

#### Capricorn (Dec 22 - Jan 19)

Capricorns are responsible, disciplined and have good managers



#### What is your favorite holiday movie?

There's nothing like grabbing favorite snacks, settling in under a cozy blanket, and turning on a favorite holiday movie. According to Entertainment Weekly, the most favorite holiday movie is *It's a Wonderful Life*, followed by *A Christmas Story*, and *A Charlie Brown Christmas*.

## **Let's Reminisce**

#### **Holiday Baking and Cooking**

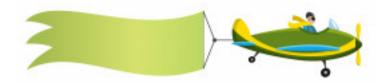
If you close your eyes and think about your favorite holiday moments, there's a good chance that at least a few of those moments take place in the kitchen. Whether you spent your childhood stirring batter in your grandmother's kitchen, decorating cookies with your own children on a messy table, or dusting off family recipes in your own kitchen, you likely think of the holidays when you smell cinnamon and nutmeg, when you roll out sugar cookie dough, or when you peel potatoes for pancakes.

Here are some reminiscing prompts that can get you thinking about those times in the kitchen or around the dinner table. Use these prompts to journal your memories, to start conversations with friends at your lunch table, or to share memories with your loved ones during their next visit. Turn this exercise into a sensory experience by smelling some common holiday spices like nutmeg, cinnamon, and clove.

Families, these are excellent questions to ask your senior loved ones – you just might learn something new about them and their memories!

- Tell me about your favorite holiday food or treat. Describe how it smelled and tasted.
   What made it so delicious?
- Who was usually in the kitchen baking and cooking during the holiday gatherings? Describe them. What did they wear? What did they smell like? What was their personality like?
- Describe your family table. Were there place settings, flowers, a tablecloth? Who sat at the kids table? Was the table loud and celebratory or quiet and solemn?
- How many holiday foods can you list? Don't forget to add your favorites to the list, including cookies, cakes, and main dishes.
- Did you ever mess up a holiday recipe? Tell me the story.

## **Noticeboard**



#### **CULTURAL CELEBRATIONS**

Keep your eyes peeled for events and opportunities related to many December holidays including Christmas and Hanukkah. If you'd like to see us add more events for different celebrations, please tell us. We always love inspiration and ideas!

#### **HAIRDRESSER**

We have a hairdressser who attends every Thursday. If you would like an appointment please talk to reception or ask a staff member on Memory Lane to write your name down in the hairdressers book.

#### **HOLIDAY MATH**

If you multiply the number of partridges in a pear tree with the number of Santa's reindeer, including Rudolph, what number do you get?

Stop by the Activity office to tell us your answer and find out if you're right.

#### **THANK YOU**

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

## WELCOME FAMILY AND FRIENDS

The holiday season is a busy one for all of us, and it is usually a time when our community sees even more family and friends visiting. As a reminder, residents are welcome to invite family and friends to attend events with them. Just be sure that you have let an Activity staff member know that you'll be bringing along guests. We want to be sure we prepare accordingly.

For family or friends attending meals, please coordinate with the dining team to ensure there is room at the table.





## CHRISTMAS Word Scramble

LELBS	ISENTPIOTA
CLEAND	GIGABRNDEER
TEWHAR	SCRALO
EDINERER	GOSTINCK
ESOKOCI	GNGEGO
GLISEH	TENESSRP
SOTTLEMIE	LEGAN
STRANEMON	CREDEMBE
WOMANNS	DANCY ENCA
SLITEN	SATNA CSLAU
GSGENTIER	RSNIBOB
YMFAIL PSUPRE	LAGRAND

## Poems Done By Our Residents



#### The Slipper Slop

This wondrous cold season brings forth slippery ice,
Make sure it comes nice or you'll end up paying the price.

Safety will come in preparation when we salt,

So be sure to halt or it shall be your own fault.

All throughout the night when it had snowed,

Its sometimes best to stay home or your car may be towed.

Beauty and fear can be found in blowing wind,

With carless actions it will reflect you had sinned.

#### As Cold as a Winter Breeze

November comes with a cold winter breeze,

Its easy to get sick with an uncontrollable sneeze.

The air is stiff as the fidget wind blows,

be careful as it snows to protect your toes.

As Beauty shines from the glistening trees,

Make sure you get home before you freeze.

