

Christmas Crunch Cake

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Ingredients

- 16 Nature Valley crunchy granola bars Oats n Honey, crushed
- 1/2 cup butter, melted
- 2/3 cup sugar
- 2 (8 oz.) blocks cream cheese, softened
- 1 (14 oz.) can sweetened condensed milk
- 1 (8 oz.) container extra creamy whipped topping
- 1/2 teaspoon pure almond extract
- 1 tablespoon spiced rum or vanilla
- 1/3 cup Betty Crocker Decorating Decors nonpareils (red, white and green)

Steps

1. In a large bowl, stir together crushed granola bars, melted butter and sugar until well-mixed. Press half of the mixture into a 9x9-inch baking pan that has been generously sprayed with nonstick baking spray.
2. In a stand mixer, beat together cream cheese, sweetened condensed milk, whipped topping, almond extract and rum.

Spread whipped mixture. Cover with plastic wrap and freeze until firm, about 4-6 hours.

Photo Corner



Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.



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December 2017

Holiday Greetings From the Assisted Living Department Activity Director, Vivian Whitfield

We're thinking of you this time of year, wishing you happiness, joy and cheer. May all your days be warm and bright, and your nights enhanced by holiday light. Enjoy your holiday foods, as parties and gifts create holiday moods. We're thinking of you this Holiday Season, sending our wishes for joy and happiness, hoping all good things will come your way: satisfaction, comfort, peace and success!

I like to thank you for what you do. Again, you are special to us in many ways, so we wish you Happy Holidays.

Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight, but do you know the story behind the ornamental soldiers?

Various tools for cracking open nuts, from simple levers to screw designs, have been around for centuries and were usually made of metal. In the 1700s, woodworkers in Germany began carving nutcrackers in the shapes of soldiers and kings. Symbols of good luck and protection, the dolls were traditionally given as gifts. Pressing a handle on the back of the figurine enabled its mouth to move up and down to crack open a nut. Bright colors and handcrafted parts added to the charm of the creations.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky's ballet “The Nutcracker” debuted in the U.S. and became a hit, making the character a beloved icon.

As pre-shelled nuts became more common, nutcrackers were used mainly for decoration. While traditional soldiers remain a popular design, whimsical figures of all kinds can now be found. Handcrafted wooden nutcrackers are still produced in Germany and are a favorite among collectors.



DECEMBER 2017

Locations

Activities Room, AR
Activities Room Hallway, AH
Court Yard, CY
Dining Room, DR
Game Room, GR
Independent Living
Activities Room, IA
Independent Living Dining Room, IL
Outing, O
Patio, P
Windsor Room, WR

Transportation Schedule

Thursday
11:10 a.m.
Lunch Outings
Sunday
2-4 p.m.
Bus Ride

Birthdays

Robert Griffin, 28th
Bertha King, 30th

“Each day offers a
reason to celebrate.
Find it and experience
true bliss.”

—Amy Leigh Mercree

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:00 Sunday School, IA 3 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Bus Ride, O 2:15 Holiday Movie, AR 6:45 Art for the Heart, AR	10:45 Good Time Singer, IA 4 2:00 Bingo With Prizes, AR 6:45 Card Games, AR	10:15 Cocoa and Reminiscing, AR 5 10:30 Ring Toss, AR 2:00 Nail Care, AR	10:00 Chair Exercise, AR 6 10:30 Book Club, AR 2:00 Bingo With Prizes, AR 3:30 Crafts With Nature, AR 6:45 Fun Flicks & Popcorn, AR	10:30 Physical Games, AR 7 11:15 Day Trip With Lunch Outing, O 2:00 The Barbershop, IL 3:00 American Holiday Songs, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 8 10:30 Book Club & Doughnuts, AR 2:00 Bingo With Prizes, AR 3:15 TGIF Social, AR 6:45 Jigsaw Puzzle Time, AR	2:00 Cinema Saturdays, AR 2 6:45 Checkers, AR
9:00 Sunday School, IA 10 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Bus Ride, O 2:15 Holiday Movie, AR 6:45 Art for the Heart, AR	10:30 Book Club, AR 11 10:45 Good Time Singer, IA 2:00 Bingo With Prizes, AR 2:00 Bingo With Prizes, AR 6:45 Card Games, AR	HANUKKAH BEGINS AT SUNDOWN 12 10:15 Cocoa and Reminiscing, AR 10:30 Ring Toss, AR 1:00 Gingerbread House, AR 2:00 Nail Care, AR 5:45 Trip: Holiday Lights, O	10:00 Chair Exercise, AR 13 10:30 News & Cocoa, AR 2:00 Bingo With Prizes, AR 3:30 Crafts With Nature, AR 6:45 Fun Flicks & Popcorn, AR	10:30 Physical Games, AR 14 11:10 Bus Ride/Possible Movie Outing, O 2:00 Festival Trees, AR 3:00 Holiday Songs, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 15 2:00 Bingo With Prizes, AR 2:00 Holiday Resident and Staff Party, IL 3:30 TGIF Social, AR 6:45 Jigsaw Puzzle Time, AR	10:00 York Town Gospel Choir, IL 16 2:00 United Christian Brotherhood Caroling, DR 6:45 Checkers, AR
9:00 Sunday School, IA 17 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 The Lyrics, IL 3:00 Holiday Day Fun, IL 6:45 Art for the Heart, AR	1:00 TV Holiday Music, AR 18 2:00 Bingo With Prizes, AR 3:30 Holiday Songs and Snacks, AR 6:45 Card Games, AR	10:00 Walking Warriors, AH 19 10:30 Ring Toss, AR 1:30 Art Expression, AR 2:00 Nail Care, AR	10:00 Chair Exercise, AR 20 2:00 Bingo With Prizes, AR 3:30 Crafts With Nature, AR 6:45 Fun Flicks & Popcorn, AR	WINTER BEGINS 21 10:30 Physical Games, AR 11:15 Day Trip With Lunch Outing, O 2:00 The Barbershop, IL 3:00 Songs of America, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 22 10:30 Book Club & Doughnuts, AR 2:00 Bingo With Prizes, AR 3:15 TGIF Social, AR 3:30 Bingo With Prizes 6:45 Jigsaw Puzzle Time, AR	10:00 Coupons Picking, AR 23 2:00 Cinema Saturdays, AR 6:45 Checkers, AR
CHRISTMAS EVE 24 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Bus Ride, O 2:00 Sharon Baptist Church, DR 2:15 Holiday Movie, AR 6:45 Art for the Heart, AR	CHRISTMAS 25 10:00 Holiday Movie, AR 10:30 Book Club, AR 10:45 Good Time Singer, IA 2:00 Bingo With Prizes, AR 6:45 Card Games, AR	10:30 Ring Toss, AR 26 2:00 Nail Care, AR 7:00 North Hampton Church of Christ, DR	10:00 Chair Exercise, AR 27 2:00 Bingo With Prizes, AR 3:30 Crafts With Nature, AR 6:45 Fun Flicks & Popcorn, AR	10:00 Puzzle Time, AR 28 10:00 Yoga Movement, AR 10:30 Physical Games, AR 11:10 Bus Ride/Possible Movie Outing, O 2:00 The Barbershop, IL 3:00 Songs of America, AR 6:45 Card Games, AR	10:00 Chair Exercise, AR 29 10:30 Book Club & Doughnuts, AR 2:00 Bingo With Prizes, AR 3:15 TGIF Social, AR 6:45 Jigsaw Puzzle Time, AR	10:00 Coupons Picking, AR 30 2:00 Cinema Saturdays, AR 6:45 Checkers, AR
NEW YEAR'S EVE 31 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Bus Ride, O 2:15 Holiday Movie, AR 6:45 Art for the Heart, AR						