

In a Nutshell

Packed with healthy fats, antioxidants, fiber and protein, nuts are a wise snack choice. Go nuts with these facts:

Walnuts: A symbol of intelligence in ancient times, walnuts are loaded with omega-3 fatty acids, which have been linked to protecting brain health.

Pecans: Native to North America, this rich and buttery nut is used in many candies and the traditional Southern dessert pecan pie.

Almonds: A relative of peaches and apricots, the slightly sweet nut is loaded with energy-boosting nutrients. Products ranging from nut butter to dairy-free milk are made with almonds.

Cashews: This crescent-shaped “nut” is actually a seed produced by the cashew tree, which grows in tropical climates. Cashews are often added to give crunch to many Asian dishes.

Pistachios: Chlorophyll gives pistachios their familiar green color. High in potassium, they are one of the most popular snacking nuts.

Hazelnuts: Also called filberts, hazelnuts look like acorns and are often paired with chocolate or coffee.

Macadamia nuts: Their creamy texture and rich flavor make these nuts a choice ingredient in cookies and other desserts. The nut is one of Hawaii’s signature crops.

Brazil nuts: These large and meaty nuts come from tall trees in South American forests and are a good source of selenium and vitamin E.

Massage Therapy Styles

Massage is a popular wellness treatment that can relieve stress, ease pain, and provide other health benefits. Among the dozens of massage therapy styles that are offered, these are the most common:

Swedish massage: When you think of massage, this style probably comes to mind. A trained massage therapist applies gentle pressure to muscles using long, smooth strokes, incorporating deep kneading and tapping movements. These techniques can provide overall relaxation and improve circulation.

Deep tissue massage: Similar to Swedish massage, a deep tissue massage targets stiff or tense areas of the body using slow, deliberate movements and forceful pressure to reach deeper layers of muscle. This style is helpful for people with osteoarthritis, neck or shoulder pain, and conditions such as carpal tunnel syndrome.

Shiatsu: Japanese for “finger pressure,” shiatsu involves the use of the therapist’s fingers, hands and elbows to apply brief, rhythmic pressure to stimulate acupressure points on the body. In Eastern medicine, this method is believed to improve the body’s main flow of energy, called “chi.”

Chair massage: During this kind of massage, you simply sit back in a chair while the therapist rubs your neck, shoulders, back, arms and hands. A motorized chair with vibration settings or a padded chair that positions you at a downward-facing angle is sometimes used.



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DECEMBER 2018

Wrapping It Up

With designs for every occasion, wrapping paper adds a festive, personal touch to a present. Using decorative paper to wrap gifts is a custom that was created by accident.

Cloth, newspaper or brown packaging paper was most commonly used to wrap presents before colored tissue paper became popular in the early 1900s.

During a busy holiday season in 1917, brothers Joyce and Rollie Hall ran out of tissue paper at their Kansas City, Mo., greeting card store. They scrambled to find a substitute and offered their customers sheets of colorful, patterned paper that was used to line envelopes. Selling at 10 cents a sheet, the paper was a hit and sold out that year and the next.

Based on this demand, the Halls — whose store grew to become the Hallmark Cards company — started printing and selling their own decorative paper and promoting its use as gift wrap. Ribbons, bows and other embellishments soon followed, and people began dressing up presents in creative ways.

Wrapping paper often reflects current trends. In the 1960s, whimsical designs and bright colors were fashionable. Gift wrap with cartoon characters, sports teams and other pop culture icons debuted in recent decades. Gift bags were introduced in 1987 and are now the top-selling product for packaging presents.

Traditional Holiday Treats

All across the world, traditional desserts are a tasty way to celebrate the season. Sample these holiday treats:

Linzer cookies: Austria’s classic cake, the linzer torte, is made miniature by sandwiching jam between two almond-flavored cookies. A festive shape cut out from the top cookie shows off the filling.

Bibingka: Traditionally baked in a clay pot lined with a banana leaf, this Filipino sponge cake is made with rice flour and coconut milk.

Natilla: Similar to custard, this Colombian dessert is flavored with a dark brown sugar, called panela, and often topped with coconut, raisins and nuts.

Lebkuchen: Germany’s gingerbread cookies are typically glazed with sugar or covered in chocolate. Heart-shaped versions with iced-on messages are particularly popular.

Pavlova: December brings summer to Australia and New Zealand, where meringue, whipped cream and fresh fruit combine to form a light, elegant dessert.

Bunuelos: These crispy fritters are sold on street corners at holiday time in Mexico. Dough is shaped like a tortilla, fried, then topped with sugar, cinnamon and syrup.

Panettone: This Italian sweet bread resembles a giant muffin and tastes like a fluffy fruitcake studded with raisins and candied citrus peel.



DECEMBER 2018

- 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

- Birthdays
- Robert Griffin, 28th

Paul Fleming, 28th

Bertha King, 30th

- Transportation Schedule
- Thursday, 11:10 a.m.

Lunch Outings

Thursday, 2 p.m.

Trip: Scenic Ride

Sunday, 2 p.m.

Trip: Scenic Ride

“Giving is not just about making a donation. It is about making a difference.”
—Kathy Calvin

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
FIRST NIGHT OF HANUKKAH 2 9:00 Sunday School, IA 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 3 10:30 News and Views, AR 11:00 December Word Games, AR 2:00 Bingo & Chocolate, AR 3:00 Holiday Movie: “Home Alone,” AR	9:30 Outside w/Nature, CY 4 10:15 St. Mary Children Holiday Music, AR 10:30 Physical Games (Ring Toss), AR 1:30 Nail Care (Satin Hands), AR 3:00 Baking Holiday Cookies, WR	10:00 Chair Exercise, AR 5 11:00 Gingerbread Cupcakes, AR 2:00 Bingo Bucks, AR 3:15 Art Expression, AR 6:00 Trip: Holiday Lights, O	10:00 December Reminiscing, CY 6 10:00 Physical Games (Golf), AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Making Holiday Cards, AR 3:30 Music and Singing, AR	10:00 Jazzy Exercise, AR 7 10:30 Book Club & Chat w/Doughnuts, AR 2:00 Bingo w/Prizes 3:30 TGIF Eggnog Social 6:00 Individual Puzzles/ Board Games, AR	10:00 Coupons Picking, AR 8 11:00 Individual Adult Coloring 2:00 At the Movies w/ Snacks, AR 3:00 Table Games Checkers/Board Game, AR
9:00 Sunday School, IA 9 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 2:30 Holiday Music and Snacks, AR 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 10 10:30 News and Views, AR 11:00 December Word Games, AR 2:00 Bingo & Chocolate, AR 3:00 Holiday Movie: “Elf” Part 1, AR 3:30 Popcorn & Sodas, AR	10:00 Lemonade and Reminiscing, AR 11 10:30 National Wildlife (Talking & Video) 1:30 Nail Care (Satin Hands), AR 2:30 Residents’ Christmas Party w/TLC & Santa, IL 3:30 Art Expression, AR	10:00 Chair Exercise, AR 12 10:30 Residents’ Council Meeting, AR 11:00 Holiday Cocoa, AR 2:00 Bingo Bucks, AR 3:15 Nature Holiday Crafts (pinecone), AR	10:00 Physical Games (Golf), AR 13 10:30 Christmas Poems & Trivia, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:00 Holiday Singalong, AR 6:00 Forest of the Trees, IL	10:00 Jazzy Exercise, AR 14 10:30 Book Club & Chat w/Doughnuts, AR 2:00 Bingo w/Prizes, AR 3:00 Cupcake Ice Cream Social, AR 6:00 Individual Puzzles/ Board Games, AR	10:00 Coupons Picking, AR 15 11:00 Individual Adult Coloring 2:00 At the Movies w/ Snacks, AR 3:00 Table Games Checkers/Board Game, AR
9:00 Sunday School, IA 16 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 17 10:30 News and Views, AR 11:00 December Word Games, AR 2:00 Bingo & Chocolate, AR 3:00 “A Christmas Carol” Movie, AR	9:30 Outside w/ Nature, CY 18 10:00 Baking Time (Cookies), WR 1:30 Nail Care (Satin Hands), AR 3:00 Holiday Word Games, AR	10:00 Exercise, AR 19 11:00 World Updates News, AR 2:00 Bingo Bucks, AR 2:00 Singalong w/ Bonnie and Friends 3:30 Holiday Art, AR	10:00 Physical Games, AR 20 10:30 Nature Video, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 3:30 Music and Singing, AR	WINTER BEGINS 21 10:00 Jazzy Exercise, AR 10:30 Book Club & Chat w/ Doughnuts, AR 11:00 Guinness World Record Day, AR 2:00 Bingo w/Prizes 3:30 TGIF Eggnog Social 6:00 Individual Puzzles/ Board Games, AR	10:00 Coupons Picking, AR 22 11:00 Individual Adult Coloring 2:00 At the Movies w/ Snacks, AR 3:00 Table Games Checkers/Board Game, AR
9:00 Sunday School, IA 23 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 6:45 Individual Art for the Heart, AR	10:00 Fitness & Moves, AR 24 10:30 News and Views, AR 11:00 December Word Games, AR 2:00 Christmas Eve Party and Music, IL 6:45 “It’s a Wonderful Life,” AR	CHRISTMAS 25 10:00 Christmas Parade w/Cocoa, AR 11:00 Holiday Adult Coloring, AR 2:00 Holiday Bingo w/ Chocolate Treats 3:30 Christmas Movie, AR	10:00 Chair Exercise, AR 26 10:30 Tea Time and Coffee, AR 11:00 Spiritual Reading, AR 2:00 Bingo Bucks, AR 3:30 December Trivia, AR	10:00 December Reminiscing, AR 27 10:30 Balloon Volleyball, AR 11:15 Trip: Lunch Outing, O 1:30 Trip: Scenic Ride, O 2:00 Nature Video (Sea world), AR 4:00 Lemonade & Chips Social, AR	10:00 Jazzy Exercise, AR 28 10:30 Book Club & Chat w/ Doughnuts, AR 11:00 Pictionary Game, AR 2:00 Bingo w/Prizes, AR 3:00 TGIF Strawberries and Chocolate Social, AR 6:00 Individual Puzzles/ Board Games, AR	10:00 Coupons Picking, AR 29 11:00 Individual Adult Coloring 2:00 At the Movies w/ Snacks, AR 3:00 Table Games Checkers/Board Game, AR
9:00 Sunday School, IA 30 9:30 Bible Scripture Reading, AR 10:30 Gospel Sounds, AR 2:00 Sunday Scenic Ride, O 6:45 Individual Art for the Heart, AR	NEW YEAR’S EVE 31 10:00 Fitness & Moves, AR 10:30 News and Views, AR 11:00 December Word Games, AR 2:00 Bingo & Chocolate, AR					