

Birds of a Feather in Frosty Weather

Not all birds fly south for the winter. Watch for these species this season:

Northern cardinal: Because they do not migrate, northern cardinals are a common sight in many backyards, making them a symbol of winter. The male cardinal is easily recognized by his bright red plumage. Both males and females have a prominent head crest, but the female's feathers are gold with a slight reddish tinge.

Downy woodpecker: The tap-tap-tapping you hear from this little bird, the smallest woodpecker in North America, is most likely a courtship song to attract mates. They also drum on tree trunks and branches to mark their territory. These birds have black wings with white spots, a white chest and back, and a patch of red (in males) or black (in females) at the back of the head.

Chickadee: Curious and cheerful, the Carolina chickadee makes its home throughout the Southeast. These birds are mostly gray, with a black and white head. The similar black-capped chickadee is found in northern states and has a lighter body and whitewashed wings. Both types make the familiar "chick-a-dee-dee-dee" and "fee-bee" calls.

American goldfinch: Many bird-watchers assume these "wild canaries" fly south for the winter, but the truth is, they stick around—they're just harder to recognize because the males' bright yellow feathers turn a dull olive color in the fall to match the females' plumage.

December Employee of the Month

Chris West is our Employee of the Month for December. He is one of our cooks. He really adds an artistic flare to the presentation of entrees and party trays. He enjoys cooking and hearing our residents' responses, then satisfying their culinary needs. He also enjoys the people he works with.

In his spare time, he likes to play golf and video games. His favorite dish is Chicken Francese. His favorite vacation spot is New Orleans.



In With the New

In America, New Year's Eve celebrations are a time for singing "Auld Lang Syne," watching the ball drop in Times Square, sharing a kiss at midnight, and eating black-eyed peas. But the rest of the world celebrates in many different ways:

Denmark — In this country, it's customary for pals to throw old plates and glasses at each other's front doors. A heaping pile of broken dishes on a home's doorstep is considered lucky, because it shows those inside have many friends.

Philippines — Filipinos wear polka-dotted clothing and eat round foods during their New Year festivities. The circular shapes represent coins and are meant to bring prosperity.

Spain — At midnight, people in Spain eat 12 grapes, one for each chime of the clock, to bring good luck for the coming year.

Japan — Among the many Japanese New Year's customs is *osoji*—a "big cleaning" of the entire house to prepare for a fresh beginning. Folks also eat long noodles, which represent a long and healthy life.



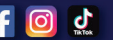
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DECEMBER 2021

A Merry Mint

Sweetening candies, cookies and coffee, while adding a cool, fresh scent to soaps, scrubs and lotions, peppermint is an iconic flavor of the holiday season.

The peppermint plant is a natural hybrid of water mint and spearmint. It blooms in July and August, sprouting tiny purple and white flowers. Mint plants usually grow to be 2 to 3 feet tall.

Due to its calming and numbing effect, peppermint has been used to treat several conditions. When applied to the skin, peppermint oil can treat headaches and skin irritations.

Peppermint has also been known to relieve digestive problems and nausea, as well as congestion and other cold symptoms. Eating a peppermint candy or sipping on peppermint tea are tasty ways to enjoy these benefits.

The herb is a good source of manganese, vitamins A and C, fiber, folate, iron, magnesium and calcium. Fresh or dried leaves can be added to salads, soups and beverages for a refreshing and nutritional boost.

Spread Cheer Throughout the Year

Kind words and deeds can warm the hearts of others—and they're good for the giver, too. Research shows that being helpful and generous can boost both physical and mental health, in addition to having a positive effect on the recipient.

Cultivating kind habits just takes a little extra attention in your daily life. For example, if you see something that reminds you of someone, take a moment to reach out to them. Send a quick message letting them know they crossed your mind and it made you smile. This simple gesture may just make their day.

Sincere compliments can also have a huge impact on a person's mood. If you like somebody's clothes, shoes, car, a joke they told, anything—tell them! Whether a stranger or someone close to you, your words will hold meaning.

Creative types may enjoy making notes to leave around the community. Design bookmarks with a positive message to tuck into library books or leave on car windshields, or paint "kindness rocks" to place in parks and public areas.

DECEMBER 2021

Locations

Activities Room, AR
Activities Room Hallway, AH
Courtyard, CY
Dining Room, DR
Independent Living
Activities Room, IA
Independent Living
Dining Room, IL
Outing, O
Patio, P
Windsor Room, WR

Birthdays

Suzanne Anderson, 12th
Maria Carsia, 14th

Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

“A good way to remedy
a cold morning is to
have a warm heart.”

—Keith Wynn

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p>1:30 Bingo w/Prizes, AR</p> <p>2:30 Snacks & Drinks, AR</p> <p>3:15 Nature & Art, AR</p>	<p>2</p> <p>10:00 Physical Games (Ball Toss), AR</p> <p>11:00 Price Is Right w/Hot Apple Cider, AR</p> <p>1:30 Holiday News, AR</p> <p>2:00 Tree Decorating Party, DR</p> <p>3:00 Holiday Cookies and Music</p> <p>3:30 Holiday Crafts, AR</p>	<p>3</p> <p>10:00 Facts & Word Games, AR</p> <p>10:00 Fitness and Fun, AR</p> <p>11:00 Individual Word Search</p> <p>1:30 Bingo w/Prizes, AR</p> <p>3:00 Friday Social w/ Holiday Music, AR</p>	<p>4</p> <p>10:00 Individual Word Finding and Crossword Puzzle</p> <p>11:00 Individual Adult Coloring</p> <p>1:30 Holiday Bingo w/Prizes, AR</p> <p>2:30 At Movies w/ Cookies, AR</p> <p>3:00 Sports Hour (Football), AR</p>
<p>5</p> <p>9:15 Hampton Christian Church, AR</p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>6</p> <p>10:00 Exercise and Weights, CY</p> <p>10:30 Hot Cocoa and Chat w/Muffins, AR</p> <p>11:00 30-Minute News: CNN, AR</p> <p>1:30 Bingo w/Prizes, AR</p> <p>2:30 Snack and Drinks, AR</p> <p>3:30 Travel USA, AR</p>	<p>7</p> <p>10:00 Documentary on Pearl Harbor, AR</p> <p>10:30 Coffee and Pastries, AR</p> <p>1:30 Nail Care, AR</p> <p>2:00 Holiday Movie (This Christmas), AR</p> <p>2:30 Art & Crafts Hour Christmas Cards, AR</p> <p>3:30 Library Books</p>	<p>8</p> <p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p>11:00 Price Is Right, AR</p> <p>1:30 Bingo w/ Prizes, DR</p> <p>3:00 National Brownie Day, AR</p>	<p>9</p> <p>10:00 Physical Games (Ball Toss), AR</p> <p>10:15 National Pastry Day, AR</p> <p>1:30 Holiday Crafts, AR</p> <p>2:00 Menu Chat, IL</p> <p>3:00 Outside Walking, AR</p> <p>3:00 Holiday Cookies and Music</p>	<p>10</p> <p>10:00 Facts & Word Games, AR</p> <p>10:00 Fitness and Fun, AR</p> <p>1:30 Bingo w/ Prizes, DR</p> <p>2:30 TGIF Social w/ Fruit Cake and Egg Nog, AR</p> <p>3:30 Card Games, AR</p>	<p>11</p> <p>10:00 Individual Word Finding and Crossword Puzzle</p> <p>11:00 Individual Adult Coloring</p> <p>1:30 Trip: Scenic Ride</p> <p>2:30 At Movies w/ Cookies, AR</p> <p>3:00 Sports Hour (Football), AR</p>
<p>12</p> <p>9:15 Hampton Christian Church, AR</p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>13</p> <p>10:00 Fitness and Fun, AR</p> <p>10:30 Outside w/ Nature, CY</p> <p>11:00 30-Minute News: CNN, AR</p> <p>1:30 Bingo w/Prizes, AR</p> <p>2:30 Ice Cream Day, AR</p> <p>3:00 <i>World News and Drinks, AR</i></p>	<p>14</p> <p>10:00 Bean Bag Toss, AR</p> <p>10:30 December Trivia and Bible Trivia, AR</p> <p>1:30 Nail Care, AR</p> <p>2:00 At the Movies (Musical), AR</p> <p>2:30 National Egg Nog Day, AR</p> <p>3:30 Library Books</p>	<p>15</p> <p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p>1:30 Bingo w/Prizes, DR</p> <p>2:30 National Lemon Cupcake Day, AR</p> <p>3:15 Nature & Art, AR</p> <p>5:30 Trip: Holiday Light, O</p>	<p>16</p> <p>10:00 Physical Games (Ball Toss), AR</p> <p>10:00 Family Feud, AR</p> <p>11:00 Price Is Right w/Hot Apple Cider, AR</p> <p>1:30 Holiday News, AR</p> <p>2:00 Menu Chat, IL</p> <p>3:00 Holiday Cookies and Music</p> <p>5:30 Special Event Forest of the Trees Music w/Skip, DR</p>	<p>17</p> <p>10:00 Facts & Word Games, AR</p> <p>10:00 Fitness and Fun, AR</p> <p>11:00 News & Views, AR</p> <p>1:30 Bingo w/ Prizes, DR</p> <p>3:00 Holiday Happy Hour, AR</p>	<p>18</p> <p>10:00 Individual Word Finding and Crossword Puzzle</p> <p>11:00 Individual Adult Coloring</p> <p>1:30 Trip: Scenic Ride, O</p> <p>2:30 At Movies w/ Cookies, AR</p> <p>3:00 Sports Hour (Football), AR</p>
<p>19</p> <p>9:15 Hampton Christian Church, AR</p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>20</p> <p>10:00 Chair Exercise w/Weights, AR</p> <p>11:00 30-Minute News: CNN, AR</p> <p>1:30 Bingo w/Prizes, AR</p> <p>2:30 Hot Cocoa and Holiday Cookies, AR</p> <p>3:30 Card Games (Uno), AR</p>	<p>21</p> <p>WINTER BEGINS</p> <p>10:00 Hot Spice Tea w/ Holiday Chat, AR</p> <p>10:30 Christmas Trivia, AR</p> <p>1:30 Nail Care, AR</p> <p>2:30 Art & Crafts Hour Christmas Cards, AR</p> <p>3:30 Library Books</p>	<p>22</p> <p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p>1:30 Bingo w/Prizes, DR</p> <p>2:30 Resident Council Meeting, AR</p> <p>3:00 Ice Cream Social, AR</p>	<p>23</p> <p>10:00 Physical Games (Ball Toss), AR</p> <p>10:00 Family Feud, AR</p> <p>1:30 Holiday News, AR</p> <p>1:30 Christmas Movie and Popcorn, AR</p> <p>3:00 Snacks & Drinks w/Nurses, AR</p> <p>3:00 Holiday Cookies and Music</p>	<p>24</p> <p>CHRISTMAS EVE</p> <p>10:00 Facts & Word Games, AR</p> <p>10:00 Fitness and Fun, AR</p> <p>11:00 Outside w/Hot Apple Cider, CY</p> <p>1:30 Bingo w/Prizes, DR</p> <p>3:00 Happy Hour and Music, AR</p>	<p>25</p> <p>CHRISTMAS DAY</p> <p>10:00 Individual Word Finding and Crossword Puzzle</p> <p>11:00 Individual Adult Coloring</p> <p>2:30 At Movies w/ Cookies, AR</p> <p>3:00 Sports Hour (Football), AR</p>
<p>26</p> <p>9:15 Hampton Christian Church, AR</p> <p>10:30 Gospel Sounds in Activity Room, AR</p> <p>2:00 Sunday Afternoon at the Movies, AR</p> <p>5:00 Individual Art</p>	<p>27</p> <p>10:00 Fitness and Fun, AR</p> <p>10:30 <i>Finish Line and Second Chance, AR</i></p> <p>11:00 30-Minute News: CNN, AR</p> <p>1:30 Bingo w/Prizes, DR</p> <p>3:00 National Fruit Cake Day, AR</p>	<p>28</p> <p>10:15 Trivia and Word Games, AR</p> <p>11:00 Price Is Right, AR</p> <p>1:30 Nail Care, AR</p> <p>2:00 Birthday Party of the Month, AR</p> <p>3:30 Library Books</p>	<p>29</p> <p>10:00 Spiritual Reading, AR</p> <p>10:30 Exercise and Weights, AR</p> <p>1:30 Bingo w/Prizes, DR</p> <p>2:30 Scrabble and Card Club, AR</p> <p>3:15 Drinks and Snacks, AR</p>	<p>30</p> <p>10:00 Family Feud, AR</p> <p>11:00 Price Is Right w/Hot Apple Cider, AR</p> <p>11:30 Trips: Lunch Outing (Olivia Gardner), AR</p> <p>1:30 Holiday News, AR</p> <p>2:00 Menu Chat, IL</p> <p>3:00 Holiday Cookies and Music</p>	<p>31</p> <p>10:00 Fitness and Fun, AR</p> <p>10:15 Morning Bingo w/Prizes, AR</p> <p>1:30 New Year's Eve Celebration, AR</p> <p>2:30 At the Movies (Drama) w/ Popcorn, AR</p> <p>3:30 Individual Word Search</p>	