

Bingo Tips and Tricks

A favorite pastime, bingo is largely a game of chance. But there are a few ways to increase your odds of winning and ensure a fun time for all.

Arrive early: Aim to arrive at a bingo game 10 minutes before it's set to start. This gives you time to choose your seat, get your cards and a beverage or snack, and chat with friends.

Pick a prime spot: Sitting near the caller can help you clearly hear the numbers the first time, allowing you to mark your cards faster.

Play multiple cards: Playing more than one card is the best way to improve your chances of winning a game of bingo. However, avoid dividing your attention among too many cards, which can cause you to miss marking the correct squares.

Bring tape: A roll of masking tape or painter's tape comes in handy to stick your cards to the table, preventing them from sliding around.

Be alert: If you're slow to call out "Bingo!" and the next number is announced, you'll be known as a "sleeper"—and you'll miss out on the prize!

Have fun: This is the most important rule of a bingo game! Use breaks to socialize with other players. Be a good sport and cheer on others when they win.

The Sweet History of Candy Land

With a forest of peppermint sticks, gumdrop mountains, lollipops and ice cream, the children's board game Candy Land was created as a prescription for fun.

The "sweet little game for sweet little folks" was invented by retired schoolteacher Eleanor Abbott in 1948. She was recovering from polio in a San Diego hospital, along with children who had contracted the same disease.

During the polio outbreak of the late 1940s and early '50s, youngsters were confined in specialized wards for lengthy treatment. Seeing that many of the kids were away from their families and often bored, Abbott designed a game that was simple, featured a rainbow of bright colors and provided a fantasyland setting of candy. The diversion was perfect for young children since there was no reading or strategy involved.

Toy company Milton Bradley bought Abbott's game in 1949. While public playgrounds, parks and pools were closed, kids quarantined at home could pass the time playing Candy Land.

At 40 million sets, Candy Land is one of the bestselling board games in history. About 1 million copies of Candy Land are still sold every year.

Make Your Own Time Capsule

When December winds down, we get ready to greet a new year. Take a few moments to look back and create a time capsule that will hold memories you can revisit in the future.

First, choose a container. Depending on the items you want to include, it can be a glass jar, sturdy box or plastic bin. Be sure it has a lid to keep the contents from spilling out. Label the time capsule, and if you want to get creative, decorate the exterior.

Then comes the fun part, gathering the items you'd like to save. Your collection can be simple or sizable. Here are some ideas: Print photos of yourself, family and friends. Toss in a souvenir from a place you visited. Add a magazine or newspaper to show national and world happenings. Include a list of favorite TV shows, movies and songs, as well the current prices for things such as your go-to beverage or a gallon of gas. Write a letter to yourself about your top memories of the past months and plans for the year ahead.

Update your time capsule every year and make reviewing it and adding to it a special occasion.

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DECEMBER 2020

The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats: Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations: Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts: Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music: Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint — From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa — There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread — Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie — Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog — This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



DECEMBER 2020

Locations

Activities Room, AR
Courtyard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Birthdays

Charles Harrison, 4th
LaJean Boyce, 5th
Betty Hill, 6th
Carmen Bottjer, 7th

Country Store

Tuesday & Thursday
11 a.m.-Noon Country

"Time together as a family is a gift."

—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Grocery Orders w/Amy 10:00 Coffee Shop & Fresh Pastries 11:00 Holiday Decorating (Sign Up) 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 3rd Floor, AR 4:00 "Classical Music Hour," AR	9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Bingo (Sign Up), AR 3:00 Christmas Movie Trivia, AR 4:00 News Hour "MSNBC," AR	10:00 Craft Time: Christmas Cards, AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise 1st Floor, AR 4:00 "Easy Listening Music Hour"	10:00 Thrift Store Shop, AR 11:00 Thrift Store Shop, AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
6 9:30 Individual Art Work 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	7 10:00 Resident Portraits, AR 11:00 Resident Portraits, AR 1:30 Popcorn & a Movie: "The Christmas Chronicles" 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	8 9:30 Grocery Orders w/Amy 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:00 Resident Portraits, AR 4:00 Resident Portraits, AR	9 Career Day 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 11:00 Career Day Interviews 1:30 Bingo (Sign Up), AR 3:00 Game "Finish Lines" 4:00 Golden Oldies Music, AR	10 HANUKKAH BEGINS AT SUNSET 10:00 Craft Time: Christmas Tree Painting, AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise 1st Floor, AR 4:00 "Easy Listening Music Hour"	11 9:30 Grocery Orders 10:00 Morning Walk in the Courtyard 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	12 10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
13 9:30 Individual Art Work 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	14 9:30 Grocery Orders w/Amy 11:00 Game "Finish Lines," AR 1:30 Popcorn & a Movie: "Merry Happy Whatever," AR 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	15 9:30 Grocery Orders w/Amy 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 2nd Floor, AR 4:00 "Classical Music Hour," AR	16 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Bingo (Sign Up), AR 3:00 Book Club Meeting, AR 3:30 Game "Trivial Pursuit"	17 10:00 Craft Time: Gingerbread Houses 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise 1st Floor, AR 4:00 "Easy Listening Music Hour"	18 Baked Cookies Day 9:30 Grocery Orders 10:00 Morning Walk in the Courtyard 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch "MSNBC," AR	19 10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
20 Go Caroling Day! 9:30 Individual Art Work 1:30 Holiday Movie, AR 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	21 WINTER BEGINS 9:30 Grocery Orders w/Amy 11:00 Game "Trivial Pursuit," AR 1:30 Popcorn & a Movie: "This Christmas," AR 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	22 Tacky Christmas Sweater Day! 9:30 Grocery Orders w/Amy 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 2nd Floor, AR 4:00 "Classical Music Hour," AR	23 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:00 Craft Time: Christmas Cupcake Decorating, AR 10:30 Exercise w/Legacy 1:30 Bingo (Sign Up), AR 3:00 Game "Wheel of Fortune," AR 4:00 Christmas Music Hour, AR	24 10:30 Bingo (Sign Up), AR 11:00 Country Store 1:30 Holiday Happy Hour (1st Floor), AR 2:00 Holiday Happy Hour (2nd Floor), AR 2:30 Holiday Happy Hour (3rd Floor), AR	25 CHRISTMAS DAY 10:00 Holiday Crossword Puzzles, AR 1:30 Holiday Movie, AR	26 10:00 Individual Word Search, AR 11:00 Snack Cart 1:30 Movie (Residents' Choice), AR
27 9:30 Individual Art Work 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	28 9:30 Grocery Orders w/Amy 11:00 Game "Trivial Pursuit," AR 1:30 Popcorn & a Movie, AR 3:30 Movie Review, AR 4:00 MSNBC News Hour, AR	29 9:30 Grocery Orders w/Amy 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise 2nd Floor, AR 4:00 "Classical Music Hour," AR	30 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Bingo (Sign Up), AR 3:00 Wine Tasting, AR 3:30 Poetry Reading, AR	31 NEW YEAR'S EVE 10:00 Lighted Wine Bottles, AR 11:00 Country Store 1:30 Bingo (Sign Up), AR 2:30 New Year's Eve Celebration, AR 3:30 New Year's Eve Celebration, AR 4:00 "Easy Listening Music Hour"		