

THE WESTLAKE WHISTLER



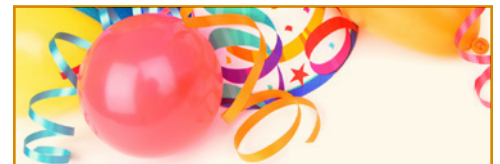
Letter from the Administrator

Wow! What a wonderful Fall Festival we had in October! The snow has fallen and the glorious holidays are soon approaching. We encourage all families to come to our Thanksgiving Feast and Christmas Dinner. This year we will only have one Christmas Dinner. So please make sure you RSVP in plenty of time so that we have enough seating and food! I am so happy to be a part of the Garden Square at Westlake family! My door is

always open to any residents, family or friends to comment, complain or compliment anything going on at GSWL! I look forward to the end of 2018 and the beginning of 2019! Thank you for allowing us to be part of your family!

Sincerely,

Bobbie Jo,
Administrator



HAPPY BIRTHDAY!

12-5	Daniel
12-29	Donna
12-31	Yvonne
12-31	Mary

WELCOME TO THE GARDEN

Ron, Marie, Daniel, Lorena, Lois, June, Laura, and Fusaye!! We are glad you are with us!

December Special Events

- 12-1 National Grinch Day
all activities are
Grinch related!!
- 12-3 BINGO
- 12-5 Making
Christmas Goosey
Butter Cookies
- 12-7 Lunch at Roma's
- 12-9 Making
Christmas Cards
- 12-11 Christmas
word scramble
- 12-14 Piano with Dee
- 12-16 Chair Yoga
- 12-18 Bible Study
with Palori
- 12-20 Resident Council
- 12-22 Manicures
- 12-24 Making Egg Nog Pie
- 12-25 MERRY CHRISTMAS
- 12-27 Making Snowflakes
- 12-28 Wine and Cheese
Social for
December Birthdays
- 12-30 Worship with
Emma Jo
- 12-31 Champagne
Celebration at noon
for the NEW YEAR!!



Keep Your New Years Resolutions

What makes January 1st such a special time to make a change in our lives, and why can it be so difficult to maintain that change?

There are a number of key reasons that apply to some, if not all, of the broken resolutions.

- We are not being realistic when we make the commitment.
- Everyone breaks New Year's Resolutions, so why shouldn't we?
- January is wet, miserable and cold (or hot and sunny depending on where you live) and the weather can affect our mood and desire to achieve.
- The friends we tell our resolutions to on New Year's either can't remember or are too busy breaking their own resolutions to help motivate us.

So how can we make changes that are lasting in our lives?

Here are a few positive steps we can all take to help us make permanent changes:

- Choose a day and time in the very near future and make that your 'change my life plan' day – don't wait for New Year's.
- Tell as many people as you can about your plan and tell them you want to stick to it. It is much easier keeping a commitment you have made to others than just to yourself.
- Set your goal or plan in achievable, measurable steps – try and change the world in a day and you are destined to fail!
- Choose a 'looking forward' plan where you focus on what you want to achieve, not what you want to avoid.

As we head towards the New Year, let's enjoy the celebrations and make lasting change in our lives!



Winter Wonderland Gift Shop

Tuesday, December 11th
10am – 2pm

*Come one, come all! Join us for our
annual Winter Wonderland Gift Shop!*

*We will be hosting numerous vendors for all your gift shopping needs!
Anything from necklaces, to fruit and nuts, we have so many amazing
vendors coming to showcase their items and we hope to see you there.*

FAMILY NIGHT

Wednesday, Dec. 19th
5:00pm – 7:00pm

Our Family Night for
December will be our annual
Christmas Feast Dinner
in our dining room.

*Don't forget to bring
a dessert to share!*



*There will also be gift exchanges and so much more!
RSVP to Joyce at 970-346-1222 by December 14th.*

*This coupon is good for ONE
FREE MEAL at Garden Square!*



*Please
present
coupon
at time
of meal.*

Holiday Crafts

Whimsical Light Bulb Reindeer Ornament

You will need:

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger.

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**GARDEN SQUARE
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Bobbie Jo McCarley



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DECEMBER – WORD SEARCH

Q	M	S	N	Y	N	Y	J	I	L	D	B	W	L	P
Z	K	A	X	O	Q	O	T	S	O	A	P	V	F	F
N	F	C	K	S	P	G	I	L	N	I	G	C	R	C
W	L	H	S	A	H	A	N	A	R	W	U	R	L	N
K	R	E	S	O	L	U	T	I	O	N	S	A	A	P
R	C	E	P	I	L	A	T	E	S	Z	P	F	T	P
E	D	R	Z	E	R	V	G	K	I	U	N	T	D	Y
W	A	S	H	L	I	N	J	C	O	L	D	S	N	R
X	K	W	C	O	M	M	U	N	I	T	Y	I	M	A
Q	D	W	J	V	L	Z	U	U	O	R	K	M	U	S
S	Z	I	I	U	J	R	R	M	E	S	H	R	I	P
L	L	N	Z	C	E	Z	H	O	L	I	D	A	Y	R
E	K	T	S	E	C	O	C	O	A	L	W	Q	B	F
E	M	E	F	A	M	I	L	Y	S	K	R	Z	P	V
P	Z	R	C	Z	Q	O	P	W	B	B	J	Y	Q	T

CHEER
 COCOA
 COLD
 COMMUNITY
 CRAFTS

FAMILY
 HOLIDAY
 PILATES
 RESOLUTIONS
 SKIN

SLEEP
 SOAP
 WASH
 WINTER
 YOGA