

UPCOMING EVENTS

- December 4th, Tyson in Dining Room at 4:30pm.
- December 5th, Colonial Wright 5th grade carolers 8:30am in the Riverside Room.
- December 6th, Christmas Caroling with Becky at 12:30pm.
Memory Support & 1:30pm in the Riverside Room.
- December 8th Christmas Bazaar
- December 10, Al Hare in the Dining Room at 4pm.
- December 11th, Senior Center Lunch with Nehemiah at 11:30am The Dalles, OR,
- Dec. 12th, Sew it Goes Quilters at 10:00am in the Riverside Room.
3:00pm Ahlzeimers Support Group in the Terrace.
- December 13th, Resident Council Meeting 10am in the Riverside Room.
- December 14th, Lunch Buffet at Casa El Mirador at 11:30am.
- December 17, Lunch at Beneventi's in Bingen WA.
- December 18th, Simco Boys in the Riverside Room at 1:00pm.
- December 20th, Town Hall with Sharla at 10:30am, Communion at 2pm,
The Dalles Senior Center BINGO at 6pm.
- December 22nd, Girl Scouts delivering cookies and cheer 3pm.
- December 23rd, Dufur Boys in the Dining Room.
- December 24th, Food Committee Meeting in the Dining Room at 2pm.
- December 25th, Music in the Dining Room with Phyllis and Romana at 12pm
and afternoon game time in the Riverside Room from 1:30-7:00pm.

Go A-Wassailing

Whether you have a good singing voice or not, get into the swing of the holiday season with Go Caroling Day on December 20. Carols did not originate as holiday songs at all. Carols were folk dances, and *carol* meant "to dance in a ring." Most often these dances and their accompanying songs were sung in the pubs. So when did carols make the jump from the alehouse to the church house? The answer might lie in Victorian England.

Wassailing, or the act of wishing good fortune on your neighbors, was a fairly common practice during the medieval era. It was believed that if you passed well wishes to your neighbors, they would reward you in turn. Caroling, or performing folk songs of well-wishes to neighbors, became traditional during local festivals and on holidays like Christmastime.

Cont...

May Day. But it was during the Victorian Era that caroling became forever merged with Christmastime. Legend has it that the first Christmas carol service was held in Truro, England, in 1880, when Edward White Benson attempted to lure carolers out of the pub on Christmas Eve by publicizing a carol service at church. It was also during Victorian England that Christmas became more commercialized. Publishers began compiling vast anthologies of carols. Many of the most famous Christmas carols date from this period, including "God Rest Ye Merry Gentlemen" and "Joy to the World." Nowadays, carolers rarely venture door-to-door, but on December 20, don't be surprised if you hear a choir of voices at your door.



Flagstone
Senior
Living



**Safe Toys and
Gifts Month**

**Spiritual
Literacy
Month**

**Hanukkah
December 2-10**

**Pretend to Be
a Time
Traveler Day
December 8**

**International
Mountain Day
December 11**

**Crossword
Puzzle Day
December 21**

**Christmas Day
December 25**

**Make Up Your
Mind Day
December 31**

Flagstone
SENIOR LIVING

December 2018

3325 Columbia View Dr. The Dalles, OR 97058 541-298-5656

Greetings from our Executive Director:

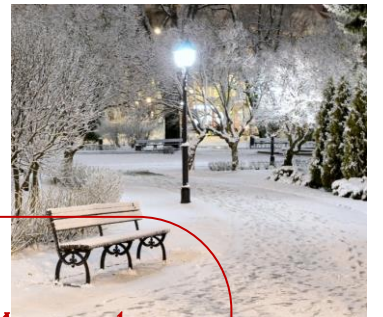
Hello and Happy December!

Wow, has 2018 flown by! It seems we were just putting up holiday decorations last week (last year!) and now here we are again, with Christmas and New Year's happening again in just a few weeks! When I look back at all the great things that happened at Flagstone in 2018, it makes me smile and feel so happy inside...some of my favorites were watching new friendships form and old friends reconnect, residents buzzing around the lobby, Ted Horowitz's huge smile as he was tickling the ivories, resident Happy Hours in the lobby with toes tapping to live music, resident's flower boxes bursting with color and vibrant vegetables in the sunshine, and the smiling faces of new staff added to our awesome team at Flagstone.

As we head into December, we have so much more holiday fun to look forward to...a month full of get-togethers, festive decorations throughout the building, a Holiday Bazaar, lots of holiday music, and our HUGE Christmas dinner on December 25th. Deanne and her crew have been planning a feast fit for kings and queens.

On New Year's Eve, we'll celebrate the year past and toast 2019. What will your New Year's resolutions and goals be this year? Feel free to embrace the season by dressing up with sparkle and bling as much your heart desires! ☺

As always, thank you for sharing your lives with me!
-- Sharla Mosqueda, Executive Director



Flagstone Team

- Executive Director.....Sharla Mosqueda
- Marketing Director.....Debra Sands
- Health Services Director. MC.....Cindy Yeoman, RN
- Health Services Dir. AL.....Alida Raynor, RN
- Atrium RCM.....Karen Wilson
- Assisted Living RCM.....Michaela Webb
- Business Manager.....Vicki Peterson
- Facilities Director.....Tommy Bridgefarmer
- Food Service Director.....Deanne Morris
- Lifestyle & Leisure Director.....Roberta Wymore-Hulit



Home for the Holidays

The sweet smell of gingerbread is a clear indicator that the holiday season is in full swing. By the time Gingerbread House Day arrives on December 12, you may have already indulged in eating this treat.

Gingerbread, made with ginger root, is believed to have originated in East Asia, where ginger was originally cultivated. Ginger was then introduced to Europe after the Crusades of the 11th century. Gingerbread was adopted most heartily in Germany, where monks perfected their heart-shaped *lebkuchen* cookies. These cookies were first made as unleavened honey cakes, made in the same fashion as communion wafers. With the introduction of ginger, German bakers transformed *lebkuchen* into

their beloved gingerbread. The shape of gingerbread was not limited to hearts; miniature houses made of the cookie were also common. This is why a gingerbread house figured so prominently in the tale *Hansel and Gretel*, first published by German folklorists and brothers Jacob and Wilhelm Grimm in the 19th century. Through this tale, the Brothers Grimm spread the popularity of making gingerbread houses beyond Germany.

The religious significance of gingerbread may stem from the development of gingerbread by German monks or the use of gingerbread in religious ceremonies. Whatever the reason, warm, spicy gingerbread has become synonymous with Christmas.

Resident Move-In Anniversaries

- Gwen F.....1 year
- Marjorie G.....3 years
- Tom & Joyce.....3 years
- Esther N.....4 years

Employee Birthdays

- Karl W.....12/5
- Jennifer M.....12/6
- Jennifer P.....12/10
- Sandra C.....12/31

Resident Birthdays

- Stanley C.....12/01
- Theresa H.....12/05
- Julie H.....12/06
- Joyce A.....12/15
- Patricia S.12/18
- Eleanor S.....12/19
- Helen E.....12/28
- Guyneth G.....12/28
- Darel F.....12/28
- Sandra W.....12/29
- Norma B.....12/30

Making the Cut

You can provide some snow flurries of your own on December 27, Make Cut-Out Snowflakes Day. Paper snowflakes are simple, easy-to-make decorations that instantly create a festive atmosphere. And like real snowflakes, no two are exactly alike! Simply fold a square piece of paper in half diagonally to make a triangle, fold it in half again to make another triangle, and then fold it into thirds. Next, use scissors to cut straight or wavy lines into the finished triangle. As you unfold your paper, you'll find a perfectly unique and symmetrical flake. The cutting of paper snowflakes was born with Japanese origami. It was the French who used origami to master the art of cutting paper doll chains, and paper snowflakes likely evolved from those fanciful dolls.



Notable Quotable

“Snow provokes responses that reach right back to childhood.”

~ Andy Goldsworthy, sculptor

Family and Caregiver Alzheimer's/Dementia Support Group

Next Meeting
Wednesday, Dec. 12th
3:00pm in the Terrace at Flagstone.

Spouses, Family members and friends caring for individuals with Alzheimer's disease or a related dementia are invited to participate. Share stories and challenges, ask questions, gain support and insight, and talk with others who are going through or have experienced this journey. **You are not alone!** Meetings are the 3rd Wednesday of each month. For more information please contact Karen Wilson at (541) 993-0353. All are Welcome.

November Employee of the Month



Caleb is an amazing young man with an impeccable work ethic and we are so glad he is part of our team. Caleb you Rock!

December Employee of the Month



Laki is another amazing young man who always has a smile and is eager to help anyone that needs it. Yaaay Laki!!



Notable Quotable

“The only thing better than singing is more singing.”

~ Ella Fitzgerald, jazz singer

Here We Come A-Caroling

Are these funny facts about our favorite holiday carols true or false?

1. “Deck the Halls” was a bawdy Welsh tune sung on New Year's Eve.
2. “Jingle Bells” was written to celebrate Thanksgiving.
3. The lyric “Have Yourself a Merry Little Christmas” was originally followed with the depressing line “It may be your last.”

ANSWERS: They're all TRUE!

Get to know your neighbor Social

Welcome to our Flagstone Family! Our friendly staff is here to help and answer any questions as you learn the neighborhood. Be sure to save the date for the “Know Your Neighbor Social.” It's always fun to discover more about each other, so plan to come and see how small the world really is. From coffee and cookies to smoothies and great tunes, we look forward to sharing such times with you!

Get to know your neighbor Social

Tuesday Dec. 12th, 2018 at 3:00 pm in the Lobby

