

HOLIDAY TRADITIONS

TEN WAYS TO CELEBRATE LIKE OUR GRANDPARENTS DID

Use cash only – Our grandparents didn’t go into debt over the holidays; they had a budget and stuck to it out of sheer necessity.

Bake from scratch – Dust off the old recipe cards and try your hand at Bubbie’s potato latkes, Bubka’s potica, or Gammie’s famous 7-Up cake.

Mail holiday cards – Even in the age of social media, real honest-to-goodness cards are a way to reconnect with family and friends.

Decorate with what you have – Grandma used what she had to deck the halls. Look around your house to find natural elements to dress up your home.

Spend time together – That’s what we’ll remember years from now, not what you gave or received. Play board games, sing songs, take a drive.

Make gifts – Our grandparents used their talents to create gifts. You don’t have to be crafty. Homemade goodies such as breads, jams or put a picture in a frame.

Dress up – When you look back at photos of your parents, you see that everyone is dressed nicely at holiday gatherings. It makes it feel special.
Write thank you notes – A handwritten note reigns supreme, whether you are thanking someone for a lovely party or a gift.

Share memories – Reminiscing about what makes your family unique, the stories, traditions, and values define your family and is a great gift to each other.

Give back to others – Think about what matters to you and share what you can to reflect your beliefs. Gifts don’t need to be monetary.

HAPPY BIRTHDAY!!

In astrology, the Archers of Sagittarius are those born between December 1–21. These open-minded travelers are in constant motion, searching the globe for meaning. They are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

December Birthdays at Sierra Ridge.

3rd of December - Anneliese.

10th of December - Bennie.

19th of December - Kathryn

Wishing you a very happy birthday filled with love and fun surprises!
Happy Birthday!!



Congratulations Sierra Ridge Team on an amazing job with helping out during the Paradise evacuation. You truly are Champions!!

Homemade Body Wash



INGREDIENTS:

1/3 cup honey, preferably raw or unfiltered

1/3 cup almond, refined avocado, jojoba or olive oil

1/3 cup liquid castile soap

30-60 drops of essential oil of your choosing. Orange is great for waking up in the morning, while lavender is perfect for relaxing in the evening.

DIRECTIONS:

Add all the ingredients in a bowl. Mix until well combined. Pour into a glass pump-top or a plastic squeeze-top container. **Makes a great gift to give for the holidays.** Package with a soft natural sponge or loofah and make a note to “shake well before using”. Good for up to one year. Recipe can be made in larger batches!

December 2018
In The Moment - Memory Support

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
December cont'd		New Year's Eve		<div></div> <div>3265 Blue Oaks Drive Auburn, CA 95602 530-887-8600</div>		<div><div>AE</div> Artistic Expression</div> <div><div>CC</div> Community Connections</div> <div><div>CE</div> Continuing Education</div> <div><div>LL</div> Lifestyle & Leisure</div> <div><div>PE</div> Physical Engagement</div> <div><div>SS</div> Spiritual Support</div>		Healthy Snacks & Hydration offered throughout each day!		9:30 Folding 10:15 Pet Therapy 2:30 <div>AE</div> Painting Party 2:30 Watercolors/ Coloring 4:15 <div>PE</div> Rhythms & Motion 6:30 <div>CE</div> Puzzles			
30		31											
9:30 Baking	9:30 Let's Create												
10:30 Coffee Corner	10:30 <div>CC</div> Pet Therapy 1:30 Alvin Entertains 2:30 <div>LL</div> Whistle while you work 4:00 Music Time												
1:00 Matinee/Art Fun													
2:00 <div>CE</div> Puzzle Perfect													
3:00 Lemonade Time													
6:00 Aromatherapy													
9:30 <div>LL</div> Busy Hands		10:30 <div>CC</div> Pet Therapy		9:30 <div>CE</div> Word Search		9:30 Service Project		9:00 Coffee and Crosswords		9:00 Mind Joggers		9:30 <div>AE</div> Art fun	
10:30 Coffee Corner		11:30 Fitness Fun		10:30 Busy Hands		11:15 <div>PE</div> Exercise		10:15 <div>SS</div> Catholic Service		10:00 Imagine Volunteers		10:15 Pet Therapy	
12:30 Presbyterian Choir Sings		1:00 Puzzle Perfect		1:00 <div>LL</div> Baking [DR]		12:00 Family Council		3:30 Sing -a-long		1:30 Taste and Tell		2:00 Busy Hands	
1:00 Matinee/Art Fun		2:00 <div>LL</div> Whistle while you work.		2:00 Recycle Club/ Story Time		1:00 Word Games		4:15 Sittercise		2:30 <div>CC</div> Mike Entertains		2:30 Watercolors/ Coloring	
3:30 Sing-a-Long		3:45 Sittercise		3:00 Scenic Drive		3:30 Let's Sing		6:00 <div>CE</div> Trivia		6:30 Finish a Phrase		4:15 Tap your toes	
6:00 Evening Stroll		4:15 Move and Groove		6:00 Ring Toss								6:00 Evening Stroll	
9:30 Coloring [F]		9:30 Folding		9:30 Artistic Moments		9:00 Folding		9:00 Puzzles		9:30 Kindergarten children visit		9:30 <div>LL</div> Busy Hands	
10:30 <div>SS</div> Mike & Friends		10:30 <div>CC</div> Pet Therapy		10:00 Snacks and Chats		9:30 Service Project		10:15 <div>SS</div> Catholic Service		10:00 Imagine Volunteers		10:15 Pet Therapy	
1:00 Matinee/Art Fun		1:00 Spa Time		1:00 <div>LL</div> Baking [DR]		10:30 Karaoke with Diana		11:30 Let's move it!		11:15 Let's move it!		11:15 Silver Sneakers	
3:00 Lemonade Time		3:00 Snacks and Chats		2:00 Recycle Club/ Story Time		1:00 <div>CC</div> Harp Music Therapy		1:00 <div>LL</div> Baking		1:30 Taste and Tell		1:00 Magazines/Folding	
6:00 Short Stories		4:15 Stretch and Flex		3:00 Christmas Lights Drive		6:00 <div>LL</div> Movie Time		3:00 Ice Cream Sandwiches		2:30 <div>CC</div> Mike Entertains		2:30 Watercolors/ Coloring	
		6:00 Arm Chair Travels		6:30 <div>PE</div> Ball Toss						4:15 <div>AE</div> Sing-a-Long		4:00 Singing	
9:30 <div>LL</div> Busy Hands		9:00 Reading Roundtable		9:00 Fun with Words		9:00 <div>CE</div> Puzzle Perfect		9:00 Word games		10:00 Imagine Volunteers		10:00 Snacks and Chats	
10:00 Folding		10:30 Let's Create		10:30 Painting		9:30 Busy Hands		9:30 Busy Hands		10:30 Diana volunteers		10:15 Pet Therapy	
11:00 Move and Groove		10:30 <div>CC</div> Pet Therapy		1:00 <div>LL</div> Baking [DR]		11:15 <div>PE</div> Flexible Stretch		10:15 <div>SS</div> Catholic Service		1:30 Taste and Tell		1:00 <div>LL</div> Spa Time	
1:00 Matinee/Art Fun		1:00 Watercolors		2:00 Recycle Club/ Story Time		12:00 <div>CC</div> Holiday Lunch Celebration		1:00 <div>LL</div> Baking		2:30 <div>CC</div> Mike Entertains		2:30 Watercolors/ Coloring	
3:00 <div>LL</div> Lemonade Time		3:00 Snacks and Chats		4:15 Tap your Toes		3:30 <div>AE</div> Musical Moments		2:30 Mike Entertains		3:00 Puzzles		3:30 Music Time	
4:00 Music Time		6:00 Piano Student Recital		6:00 Hand Massages		6:00 LDS Youth Group Volunteers		6:00 Tall Tales		6:00 Reminisce		6:30 <div>CE</div> Finish the Phrase	
9:30 Art fun		Christmas Eve		Christmas Day		9:00 Busy Hands		9:00 Puzzles		9:30 <div>LL</div> Busy Hands		9:30 Art fun	
10:00 Coffee time		10:30 <div>CC</div> Pet Therapy		9:00 Artistic Moments		9:30 Service Project		10:15 <div>SS</div> Catholic Service		10:00 Imagine Volunteers		10:15 Pet Therapy	
10:30 <div>LL</div> Folding		11:15 Stretch and Flex		10:00 Coffee Corner		10:30 Artistic Moments		1:00 <div>LL</div> Baking		11:15 Fitness fun		1:00 <div>AE</div> Crafty Corner	
11:15 Light and Lively		1:00 Craft Fun		10:30 <div>CE</div> Fun Facts		1:00 <div>CC</div> Harp Music Therapy		3:30 Games		1:00 <div>CE</div> Puzzle Perfect		2:30 Watercolors/ Coloring	
1:00 Matinee/Art Fun		2:00 <div>LL</div> Men's Club/Art		1:00 <div>LL</div> Baking [DR]		3:00 <div>LL</div> Birthday Bash		4:15 Simple Stretches		2:30 <div>CC</div> Mike Entertains		4:00 Rhythm & Motion	
6:00 Short Stories		3:30 Music Time		6:00 Ball Toss		4:15 Move and Groove				3:30 <div>AE</div> Sing-a-Long		6:30 <div>LL</div> Busy boxes	
		6:00 Evening Stroll								6:00 Ring Toss			
										6:30 Matinee			
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