

December
2019

Evolve at Rye

295 Lafayette Rd.
Rye, NH 03870



Today's Trend Stress-Free Holiday Tips

With the cooking, the parties and the gift-giving, the holiday season can sometimes feel frenzied instead of festive. Fortunately, there are ways to minimize stress and keep your holidays happy.

Think ahead. Avoid last-minute grocery runs by stocking up on baking ingredients such as flour, sugar and butter. Shop for presents early, and wrap them as you buy them.

Take care of yourself. Get plenty of rest, eat well and carve out time for yourself. Before your schedule fills up, pencil in a few personal hours.

Focus on fun. As you spend time with friends and family, focus on the fellowship and don't worry about what's still on your to-do list.

Upcoming Events in Our Community:

Join us for our **Holiday Tea Party** on
Tuesday, December 17th at 3:00 p.m

Join us for our **Birthday Bash** on Thursday,
December 19th at 3:00 p.m.

Our **Festive Holiday Party** will be held on
Friday, December 20th at 2:00 p.m

Looking Forward to seeing you!



Pizza Making Fun!

***"I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet the words repeat
Of peace on earth good-will to men!"***

–Henry Wadsworth Longfellow

DO IT YOURSELF: Holiday Gifts Ideas

When its time to exchange gifts, something homemade and from the heart is always appreciated. You don't need special talents, either. Try one or all of the following ideas.

Miniature Succulent Garden. Cover the bottom of a shallow bowl or flowerpot with a thin layer of pebbles and cactus potting soil. Plant several small cactus and succulent plants in the bowl, filling more soil as needed. Add another layer of pebbles as a finishing touch.

Lotion Bars. In a double boiler, heat 1/2 cup each beeswax, almond oil and shea butter, stirring until completely melted. Pour the mixture into molds- craft molds, muffin tins or even ice cube trays- and add 15 drops of an essential oil for fragrance. Once firm, pop the lotion bars out of the molds.

Homemade Taco Seasoning. Combine the following ingredients in a bowl and mix well: 2 tbsp. Chilli Powder; 1/2 tsp each garlic powder, onion powder, red pepper flakes and oregano; 1 tsp Paprika; 1 tbsp. Cumin; 2 1/2 tsp Salt; and 2 tsp Pepper. Transfer to a pretty jar with secure lid.

Personalized mugs. Use permanent markers or porcelain paint pens to create a design or message on a plain ceramic coffee mug. Bake at 350° F for 30 minutes, then let cool. Complete the gift by filling the mug with a dry cocoa or tea mix.

***Evolve at Rye Wishes Our
Residents a Very Happy
Birthday!***

Cecile B December 4th

Lionel "Stan" W December 4th

Leavy "Ann" W December 14th

Barbara W December 18th

