

December
2019

Villas at Sunset Bay

7423 Kauai Loop
New Port Richey, FL 34653



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.

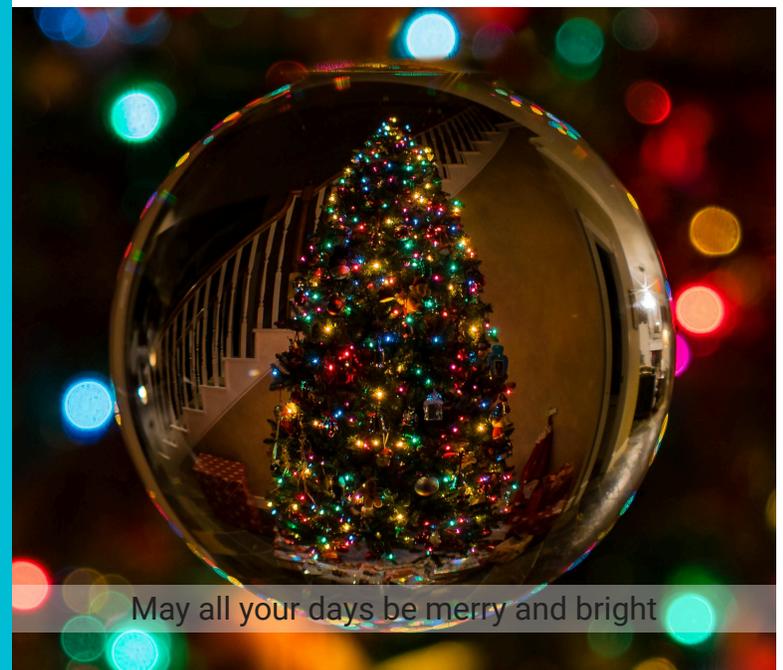
Think ahead. Avoid last-minute grocery runs by stocking up on baking ingredients such as flour, sugar and butter. Shop for presents early, and wrap them as you buy them.

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.

What's happening in December?

As in most of our lives December is a busy month. Between decorating and planning and partying and lots of singing it will be next year before we know it. Now that the weather has cooled down we have more planned outings. Thanks to the help of our residents families we are able to have a ring side seat in viewing a Christmas parade. We also have a couple of nights scheduled for the old time tradition of driving about looking at the light displays. We have several groups coming in to share the joy of Christmas. All of the staff and management would like to wish everyone a Safe and Healthy Christmas Season



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.

December's Birthdays

Barbara M. 26th

Patricia S 28th

Happy birthday to all of us who didn't have areal birthday parties because everyone had just gotten together for Christmas!

The Villas at Sunset Bay would like to welcome our new Director of Health and Wellness

Coral Grady, R.N.

Coral is originally from New Hampshire and was drawn to Florida by the snow..or the lack of it. Coral comes to us with many years of nursing experience mostly in Senior Care and Memory Care. We are excited to work with Coral, stop in and introduce yourself.

