



Notable Quotable

“Bigger than life is not difficult for me. I am bigger than life.”

~ Rita Moreno, actress

December Horoscopes and Birthdays

In astrology, those born between December 1–21 are the Archers of Sagittarius. The Archer’s open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. Above all, they treasure freedom. Those born between December 22–31 are Capricorn’s Goats. Goats are responsible masters of self-control. They are practical planners and leaders who value experience and expertise.

- Richard Pryor – Dec. 1, 1940
- Andy Williams – Dec. 3, 1927
- Walt Disney – Dec. 5, 1901
- Kirk Douglas – Dec. 9, 1916
- Ada Lovelace – Dec. 10, 1815
- Rita Moreno – Dec. 11, 1931
- Christopher Plummer – Dec. 13, 1927
- Tim Conway – Dec. 15, 1933
- Brad Pitt – Dec. 18, 1963
- Jane Fonda – Dec. 21, 1937
- Humphrey Bogart – Dec. 25, 1899
- Susan Butcher – Dec. 26, 1954
- LeBron James – Dec. 30, 1984

A Tough Nut to Crack *continued from pg. 1*

concert of the musical suite was played in St. Petersburg. Every number was given an encore. Tchaikovsky knew the music was good, but he worried about the performance.

Tchaikovsky was right to worry. Critics did not like *The Nutcracker* when it premiered at the Mariinsky Theater in St. Petersburg, Russia, on December 18, 1892. One particularly harsh review read, “*The Nutcracker* cannot in any event be

called a ballet.” For decades, only the first half of the ballet, featuring the battle between the soldiers and the rat king, was performed. But in 1944, the San Francisco Ballet, led by William Christensen, staged the entire ballet, and it became an instant holiday hit. By the 1960s, dance companies all across America were performing *The Nutcracker* as an annual December tradition and nutcrackers were synonymous with the holiday season.

Happy December Birthdays!

Johanna Ganauer 12/02

Arthur Deslongchamps 12/10

Barbara Langley 12/17

Anthony Siron 12/28



Arbor Hills Grapevine

December 2020

Arbor Hills Independent Living
Residence
4145 Lakeland Hills Blvd
Lakeland, FL 33805
863.698.7811



Resources

Mary Gaudet
Executive Director

Schelma Whitcomb
Community Director

Erik Christensen
Food Service Director

Ramon Miranda
Maintenance Director

Kaitlyn Askey
Activities Director

Lori Merrill
Resident Relations

Physician
Transport with Paul
Monday (south side), Wednesday and Friday

Beauty/Barber with Courtney Tuesday
9:00am-12pm,
Thursday, and Friday
9:00am-3:00pm

A Tough Nut to Crack

December brings many beloved holiday traditions, but one soars above the rest. No, not flying reindeer, but the dance of the Sugar Plum Fairy. Tchaikovsky’s classic ballet *The Nutcracker* has become a holiday staple all around the world.

It was not Tchaikovsky’s idea to write *The Nutcracker*. After enjoying success with his ballet *The Sleeping Beauty* in 1890, Tchaikovsky was asked to compose a ballet for the Imperial Theatre. Tchaikovsky turned to his friend and collaborator Marius Pepita, who suggested they write a ballet based on the fairy tale *The Story of a Nutcracker*, by the French writer Alexandre Dumas.

Dumas himself had “borrowed” the story from the German writer E.T.A. Hoffman, who wrote *The Nutcracker and the Mouse King* in 1816. In the 1800s, nutcrackers were common decorations in German households, revered as symbols of good luck. While composing in France, Tchaikovsky discovered a new instrument, the *celesta*. He decided to feature its wonderful sound in his new ballet. Before the ballet premiered, a short

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Merry Christmas to All...

I want to personally wish all of our residents and staff a very Merry Christmas and Happy New Year!

I know this has been a rough year for everyone with Covid-19 looming over our heads and the presidential election dividing many of us. I know it has my head spinning just thinking about it! However, this is a time to remember that we are all human. We all make mistakes and say

things we don’t mean. So, take this time to thank those around you for their friendship, generosity, and kindness. Continue to show patience and spread joy during this holiday season. I’m looking forward to sharing a bright new year with you all!

Merry Christmas!

-Kaitlyn Askey, Activities Director



DECEMBER

- Make Christmas Cards for Soldiers on December 7th
- Get your Christmas shopping done at Bealls December 8th
- Free health assessments with Mederi on December 10th
- Put on your PJs and enjoy a Christmas movie together December 14th
- Need help wrapping gifts? We'll give you a hand on December 15th
- Come grab a gift with a fun twist on December 21st
- Let's check out the Christmas lights around town on December 22nd
- Group Christmas Carol Karaoke Party on December 24th
- Lima Bean Auction with Mitch from Mederi on December 28th
- Buy some goodies at the Bingo Store on December 29th
- Ring in the new year at our New Year's Eve Party December 31st

*These are just a few of our Holiday Highlights!
Check your calendar for any extra information!*

Star of the Month – Joan Crawford



Joan Crawford was an actress who began her career as a dancer and chorus girl in theatrical productions before finally hitting it big in the film industry. She was known for her prolific acting career as well as her ability to adapt well to nearly any role given to her.

Joan Crawford was born Lucille Fay LeSueur on March 23, 1908, in San Antonio, Texas. Her biological father, Thomas E. LeSueur, left the family shortly after Lucille's birth, leaving Anna Bell Johnson, her mother, behind to take care of the family.



Lucille's mother later married Henry J. Cassin, an opera house owner from Lawton, Oklahoma, which is where the family settled. Throughout her childhood there, Lucille frequently watched performances in her stepfather's theater. Lucille, having grown up watching the many vaudeville acts perform at the theater, grew up wanting to pursue a dancing career.



Lucille began dancing in various traveling choruses under the name Lucille LeSueur. While performing in Detroit, her talent was noticed by a producer named Jacob Shubert. Shubert gave her a spot in his 1924 Broadway show *Innocent Eyes*, in which she performed in the chorus line.

After having a little taste of Broadway, Lucille wanted more. She approached a publicist for Loews Theaters and was secured a role with the singer Henry Richman's act. In 1925, she landed modest roles in several films: *Lady of the Night*, *The Circle*, and *Pretty Ladies*.

While her roles in these were small, Pete Smith, the publicity head of MGM, recognized her talent. He wished to cast her in more major roles but felt that her current name felt too fake. He once remarked that her last name, LeSueur, reminded him of the word sewer. After some deliberation, the name Joan Crawford was chosen to replace her given one.

Crawford found more success over the next few years and starred in many movies, including some notable ones such as *Montana Moon*, *Letty Lynton*, *The Gorgeous Hussy*, and *Our Dancing Daughters*. Crawford had gained much respect for her work and was even named "Queen of the Movies" by *Life* magazine. However, by the late 1930s her popularity had begun to wane. In 1943, Crawford's contract with MGM was terminated with mutual consent. That same year, Crawford signed with Warner Bros. for a three-movie deal, the first of which was *Hollywood Canteen*. In 1945, she scored a lead role in the critically acclaimed and highly successful *Mildred Pierce*, which received several Academy Award nominations, with Crawford winning for best actress.

Crawford's handprints and footprints can be found in the forecourt of Grauman's Chinese Theatre in Hollywood. She has her own star on the Hollywood Walk of Fame for her work in the industry. She was also voted the tenth-greatest female star of classic American cinema by the American Film Institute.

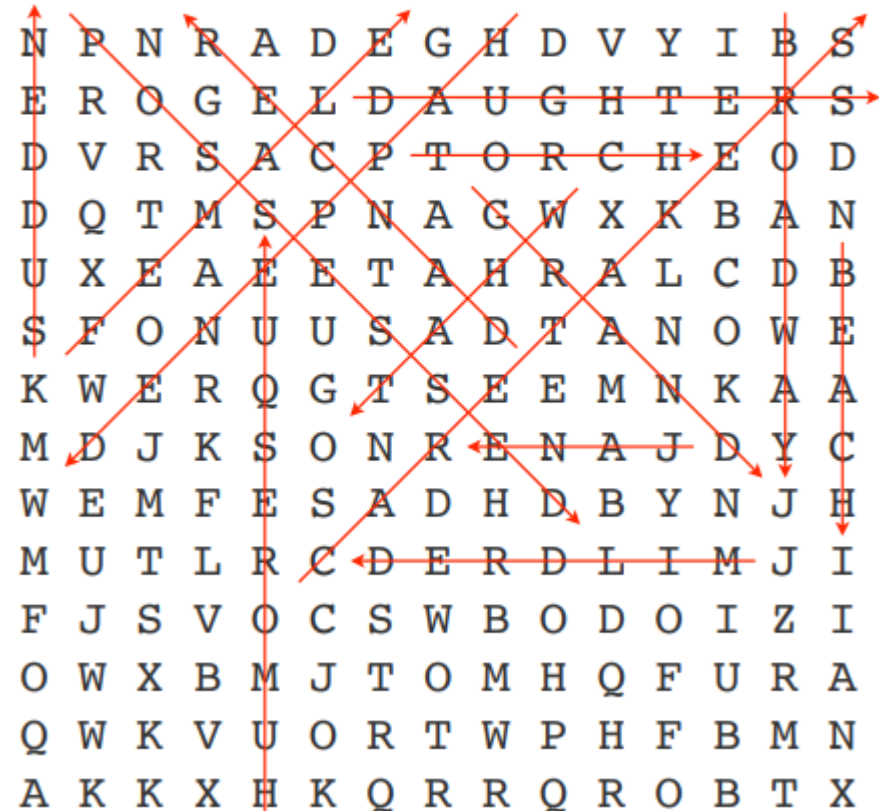


These holiday activities are coming to town!



Joan Crawford

(solution)



A Pearl of Wisdom



Pearls are the only gemstone to come from a living creature.

December 15 is Wear Your Pearls Day, a day to wear the pearl jewelry that's been hiding out in your jewelry box. It is also a day to appreciate nature's ingenious design. A pearl is created when an irritant, often a parasite (not a grain of sand as commonly thought), invades an oyster, mussel, or clam. To defend itself against the foreign invader, the oyster secretes a

fluid called *nacre* that envelops the irritant. Layer upon layer of nacre coats the irritant until a pearl is formed. Nacre is more commonly known as mother-of-pearl. It is incredibly strong and beautifully iridescent. For this reason, Wear Your Pearls day is also a day to recognize the hidden beauty and strength that so often comes with life's small and irritating imperfections.

Are You Game?

Games Day was created in 1975 when an annual gaming convention scheduled for August was canceled. Games Workshop, a British-based manufacturer of miniature tabletop wargames, decided to sponsor their own Games Day to fill the void. On December 20, 1975, the first Games Day was held in Seymour Hall, London, as an opportunity for game enthusiasts to meet each other and play. Today, the UK Games Expo is an annual event held in Birmingham, but for many, Games Day remains a perfect time to play their favorite games, be they board games, card games, video games, or strategy games.



The German Spiel des Jahres award is the highest honor in the board game industry.

designed to be played alone. Tabletop games not only challenge your mind but they promote social bonds as well. December 20 falls so close to the holidays that perhaps visiting family members can be convinced to play. Not only is a new game a great holiday gift but games provide a wonderful and creative way to pass the time with relatives.

Game aficionados have seen a tabletop gaming renaissance during the past few years. While traditional board games like Monopoly, Clue, and Scrabble are fun, designers have been busy developing new card, tabletop, dice, and role-playing games for players of all ages. There are even game-design conferences where inventors showcase their games while attendees get to play them and offer feedback. What new games are out there? Log on to websites like boardgamegeek.com or boardgamequest.com to peruse the newest offerings.

Health experts have repeatedly demonstrated that habits matter when it comes to brain health. Adding a game night to your lifestyle is a fun way to increase mental stimulation and improve mental acuity. There are many computer games or puzzle websites that promote mental acuity, but many of these are

Strange Christmas Traditions

Christmas brings with it many beloved traditions: trimming the tree, hanging stockings, and singing carols. Many countries around the world enjoy traditions you may be less familiar with.



With so few Christmas traditions in Japan, KFC grew to become one of Japan's biggest holiday pastimes.

In Japan, an estimated 3.6 million families eat Kentucky Fried Chicken during the Christmas season. This is largely thanks to Takeshi Okawara, who managed the first KFC franchises in Japan. In 1970, Okawara marketed the Christmas "party barrel," a complete fried chicken dinner replicating American turkey dinners. These days, if you do not pre-order your KFC dinner weeks in advance, you will have to stand in line for hours to get your "Kentucky Christmas."

If you happen to be in Norway for Christmas, you'll be hard-pressed to find a broom, for they are all hidden away.

Norwegian folklore tells of how evil spirits and witches emerge on Christmas Eve. Norwegians hide their brooms so that witches cannot steal them for riding through the night.

In Caracas, Venezuela, Christmas morning brings presents and roller skates. Authorities close down the city streets on Christmas morning so that thousands of residents can roller-skate to church in safety. One tradition tells of how children go to sleep with one end of a skate lace tied around their toe and the other end dangling out the window. In the morning they are awakened by skaters tugging at the lace to alert them that it is time to attend mass.

These traditions may seem strange to you, but does your family have any Christmas traditions that others may find nontraditional?

Sitting Down for Equal Rights



Three other women joined Parks in the Supreme Court battle against bus segregation.

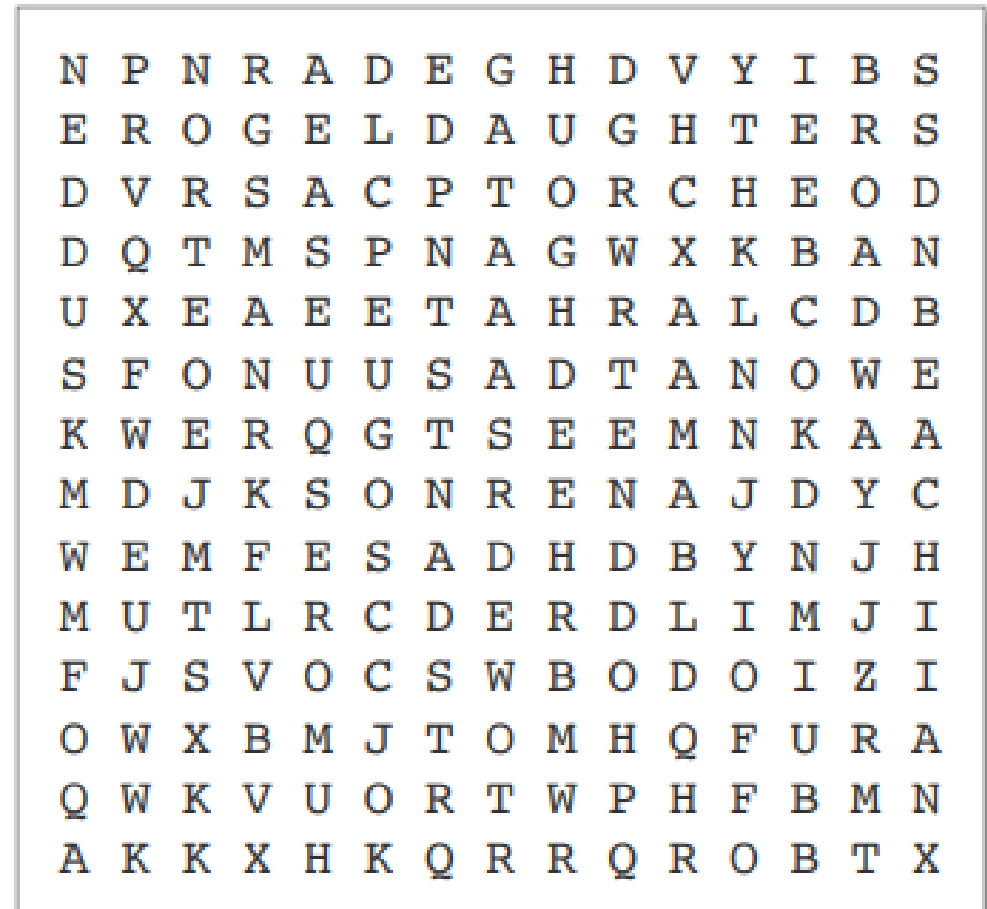
On December 1, 1955, Rosa Parks was commuting home after working a long day at a Montgomery, Alabama, department store. Segregation was written into law and Blacks were required to sit in the back of the bus, with seats in the front reserved for white riders. When a white man entered the bus and found no open seats, the bus driver asked four Black riders seated in the first row of the "colored" section to stand. Three complied, but Parks did

not. This was not because she was tired from working all day. In her own words, she "was tired of giving in."

Word of Parks' arrest reached civil rights activist E.D. Nixon. Nixon quickly organized a boycott of the Montgomery buses and enlisted the support of Martin Luther King Jr. Nearly a year later, the Supreme Court ruled Montgomery's bus segregation unconstitutional and Parks became an icon of justice.

Joan Crawford

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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|----------------------------|---|
| BROADWAY | MILDRED PIERCE |
| THE CARETAKERS | OUR DANCING DAUGHTERS |
| DANCER | POSSESSED |
| FEMALE ON THE BEACH | SUDDEN FEAR |
| GRAND HOTEL | TORCH SONG |
| HUMORESQUE | WHAT EVER HAPPENED TO BABY JANE? |