



CAMELLIA GARDENS

Gracious Retirement Living

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DECEMBER 2020

CAMELLIA GARDENS

Managers.....CANDY & TONY ALESSI

Assistant ManagersKALYN &
PATRICK KATHEEDER

Executive Chef..... ELLIE MURPHY

Sous ChefJAY DINIO

Activity Coordinator CASEY THOMAS

MaintenanceSCOT CASTLE

Bus DriverRICK MCLAUGHLIN

TRANSPORTATION

Monday & Friday, 10 a.m.:

Framingham Shopping

Monday & Friday, 2 p.m.: Local Shopping

Tuesday & Thursday,

8:30 a.m.-3 p.m.: Appointments

Wednesday: Outings



HAWTHORN
SENIOR LIVING

New Activities

Camellia Gardens is excited to announce new and revamped activities this month. Below you will find a brief overview of each activity. Stop on by and check them out!

Monday:

- Historical Hooligans — 11 a.m. — Theater

History is full of inspiring heroes, power hungry rulers, and complex civilizations. It is also full of a lot of idiots. In Historical Hooligans, you will hear tales of drunken assassinations, troubled geniuses, and sultry exploits. Come on down to what is sure to be the most entertaining history class in your life.

Tuesday:

- TED Talks — 10:30 a.m. — Theater

Experience a collection of the most renowned speakers in their field. TED talks are a speaker series covering every topic imaginable. Hear from prominent experts in their fields and stay for a lively discussion on anything from the origins to the universe to the power of happiness.

- Arts and Crafts — 3 p.m. — Activity Room

Due to popular demand, Arts and Crafts is being expanded. New activities will fill December with festive treats such as ornaments, winter landscapes, and much more!

(Continued inside.)



New Activities (Continued)

Wednesday:

- Science Experiments — 11 a.m. — Activity Room

Have you ever wondered what might happen if you put Alka Seltzer in a film canister? Or if opera music helps plants grow? Do you often ask yourself questions? Then check out Science Experiments where we'll play around with fun, easy science activities and try not to destroy the Activity Room.

- Technology Help — 3 p.m. — Activity Room

If your mastery of technology ended at the fax machine and typewriters, then you might

want stop by Technology Help. Come get guidance on how to use all your devices. From 3 to 4 p.m., office hours are open for you to stop by.

Thursday:

- Croquet — 10:30 a.m. — Activity Room

Get some fun and exercise during Croquet. All skill levels welcome (we'll teach you)!

- Military Battles — 3 p.m. — Theater

Learn the nitty gritty of battles as we take a deep dive into history. Each week will focus on a different battle, examining

the movements that led to success or failure.

Friday:

- Mini Golf — 10:30 a.m. — Activity Room

Get some fun and exercise during Mini Golf. All skill levels welcome (we'll teach you)!

- Relaxation Time — 11 a.m. — Sanctuary

Come get a snack and drink, put all your worries behind, and experience a quiet, relaxing time.

Special Events:

Don't forget to stay tuned to special events throughout the month!

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint — From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa — There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread — Combining ginger with other spices — typically cinnamon, cloves and nutmeg — results in one of the season's tastiest traditions. Making gingerbread men cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Sugar cookie — Sweet and simple cookies in the shapes of stars, wreaths and snowmen are a favorite this time of year. You can further satisfy your sugar-cookie cravings with flavored coffee creamers, hot tea, popcorn and ice cream.

Eggnog — This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



Holiday Goodies



Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

- Ringing out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.
- The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.
- Just across the international date line, American Samoa, a U.S. territory, is the world's last inhabited locale to welcome in the year.
- New York City's Times Square ball drop is a celebration that began in 1907.
- Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."
- Puckering up for a New Year's Eve kiss is said to bring good luck to a relationship and has roots in German and English folklore.
- Those novelty eyeglasses with frames shaped into the numbers of the coming year were invented in 1990 by two friends in Seattle.
- Causing a ruckus with noisemakers began as a way to chase off bad luck.
- Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.
- That cute little guy decked out in a diaper, top hat and sash is known as Baby New Year. He's been a symbol of the holiday since the days of ancient Greece.



Celebrate the New Year!

The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats: Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations: Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts: Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music: Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.



Holiday Joy

DEC 2020

Birthdays

Margaret Korn, 3rd
Harvey Rand, 7th
Maurice Diamond, 7th
Joe Brown, 15th
Andrea McHenry, 16th

Anniversaries

Lester & Rhoda
Werblin, 12/30/2020

Locations

4th Floor Patio, 4P
Activity Room, AR
Atrium, AT
Billiard Room, BR
Bistro, BI
Dining Room, DR
Fire Pit, FP
Gardens, GD
Gym, GYM
Library, LIB
Main Lobby, LB
PC Area, PC
Pergola Courtyard, CY
Private Dining
Room, PDR
Sanctuary, SAN
Theater, TR
TV Room, TV

Stop in the Reading
Room any time over
the weekend to pick
up word games and
puzzles to complete
at your leisure.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Exercise Bands, AR 9:30 Blood Pressure Clinic, AR 10:00 Hydration Station, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR	9:30 Ageless Grace Exercise, AR 10:00 Hydration Station, BI 11:00 Science Experiments, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 Technology Help, AR 7:00 Movie, TR	9:30 Exercise Bands, AR 10:00 Hydration Station, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR 	9:30 Chair Exercises, AR 10:00 Hydration Station, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:15 Bingo, AR 3:00 Happy Hour, AR 7:00 Movie, TR	9:30 Word Games, LIB 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR
9:30 Word Games, LIB 10:00 Virtual Sunday Mass, TR 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR	9:30 Chair Exercises, AR 10:00 Hydration Station, BI 11:00 Historical Hooligans, TR 2:00 Movie Matinee, TR 2:15 Bingo, AR 3:00 Ice Cream Social Hour, BI 	9:30 Exercise Bands, AR 10:00 Hydration Station, BI 10:30 TED Talks, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR	9:30 Ageless Grace Exercise, AR 10:00 Hydration Station, BI 11:00 Science Experiments, AR 2:00 <i>Movie & Popcorn, TR</i> 3:00 Technology Help, AR 7:00 Movie, TR	HANUKKAH BEGINS AT SUNSET 9:30 Exercise Bands, AR 10:00 Hydration Station, BI 10:30 Croquet, AR 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Military Battles, TR 7:00 Movie, TR	9:30 Chair Exercises, AR 10:00 Hydration Station, BI 10:30 Mini Golf, AR 11:00 Relaxation Hour, SAN 2:00 Movie Matinee, TR 2:15 Bingo, AR 3:00 Happy Hour, AR 7:00 Movie, TR	9:30 Word Games, LIB 10:00 Hydration Station, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR
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Gingerbread Fast Facts

Gingerbread is loved all over the world and has become a holiday tradition for many. Below are 10 fun facts all about this sweet treat!

1. Gingerbread houses originated in Germany.
2. It is said that Queen Elizabeth I came up with the concept of the gingerbread man after wanting to present them to visiting officials as gifts.
3. Unmarried women in England would often eat gingerbread men for good luck in meeting a husband.
4. The largest gingerbread house in the world is 60 feet by 42 feet and is worth 35,823,400 calories.
5. To be considered gingerbread, the recipe must feature ginger as a dominant flavor, and use either honey or molasses to add sweetness.
6. According to the Swedish tradition, you can put the gingerbread in your palm and make a wish. You then have to break the gingerbread with your other hand. If the gingerbread breaks into three, the wish will come true.
7. At the Ritz-Carlton Dove Mountain in Tucson, Arizona, there's a life-size gingerbread house where you can book for a private lunch or dinner during the holiday season.
8. During the holiday season, gingerbread spice is a popular purchase. According to McCormick Spice, 3 million ounces of ground ginger are sold during this time of the year. To put that number in perspective, this amount could make 450 million gingerbread men.
9. Over time, gingerbread baking became a highly regarded profession. In fact, in the 17th century, only professional gingerbread bakers were allowed to bake gingerbread. The only exceptions were at Christmas and Easter.
10. Although gingerbread houses had been around since the 1600s in Germany, they really became popular after the Brothers Grimm published their "Hansel and Gretel" fairy tale in 1812. Bakers in Germany, where the Grimm brothers were from, showed off their gingerbread houses at annual Christmas markets. Soon, gingerbread houses became a Christmas tradition around the world.



#Goals

Beethoven's Greatest Hits

This year celebrates the 250th birth anniversary of Ludwig van Beethoven, one of the most masterful composers in classical music history. From his career of over 700 works, here are some of his most beloved:



Portrait

Symphony No. 5 — The piece known as Beethoven's Fifth is one of the world's most important and famous symphonies, partly due to its dramatic four-note opening.

Symphony No. 9 — His last symphony, written after he had gone completely deaf, continues to inspire. In the fourth and final movement, vocalists sing the lyrics of Friedrich Schiller's poem "Ode to Joy."

Violin Concerto — Although not successful during Beethoven's lifetime, his Violin Concerto in D major is now a popular piece for violinists and considered one of the composer's most beautiful works.

Symphony No. 3 — This triumphant piece, called the "Eroica" Symphony, marks a groundbreaking turn in Beethoven's career—and classical music as a whole—when his work became more personal and emotional.

Piano Sonata No. 14 — The slow, haunting first movement of this piece, nicknamed the "Moonlight Sonata," is instantly recognizable, thanks to its use in films and television.

"Für Elise" — This short, delicate piano composition wasn't discovered until 40 years after Beethoven's death, but is now an iconic example of classical music and is often a standard for beginner piano players.



A Bit(e) of Gingerbread

Gingerbread and the many shapes it takes has a long history. First appearing in ancient Greece and Egypt, gingerbread was used more for ceremonial purposes. Later, gingerbread found its way to Europe when 11th-century Crusaders brought back ginger from the Middle East for the aristocrats' cooks to experiment with. As ginger and other spices became more affordable to the masses, gingerbread caught on and eventually became the gingerbread we know and love today!

Gingerbread Takes Form in Europe

An early European recipe for gingerbread consisted of ground almonds, stale breadcrumbs, rosewater, sugar and, naturally, ginger. The resultant paste was pressed into wooden molds. These carved works of art served as a sort of storyboard that told the news of the day, bearing the likeness of new kings, emperors, and queens, or religious symbols. The finished cookie might be decorated with edible gold paint (for those who could afford it) or flat white icing to bring out the details in relief.

In the 16th century, the English replaced the breadcrumbs with flour, and added eggs and sweeteners, resulting in a lighter product. The first gingerbread man

is credited to Queen Elizabeth I, who knocked the socks off visiting dignitaries by presenting them with one baked in their own likeness.

Gingerbread Today

Today, gingerbread is a baked sweet containing ginger and sometimes cinnamon, cloves, nutmeg, cardamom and anise, and sweetened with any combination of brown sugar, molasses, light or dark corn syrup, or honey. Gingerbread can take the shape of thin, crisp cookies like snaps, it can be a dark, spicy and cake-like, sometimes, with lemon glaze or even in the form of a house!

Gingerbread Houses The gingerbread house became popular in Germany after the Brothers Grimm published their fairy tale collection which included "Hansel and Gretel" in the 19th century. Early German settlers brought this lebkuchenhaeusle (gingerbread house) tradition to the Americas.

Gingerbread houses never caught on in Britain as they did in North America, where some extraordinary examples can be found. But they do exist in other parts of Europe.



Just a little bite ...

Gingerbread Martini Mocktails

The perfect addition to any gingerbread week social, or pairing to a gingerbread tasting — the gingerbread martini mocktail! You can't go wrong with these flavors! Below are all the ingredients you will need, as well as instructions for mixing this festive mocktail! Enjoy!



Eggnog

Ingredients:

- 1 cup heavy cream
- 1 bottle dry sparkling ginger soda or diet sparkling ginger soda
- 1-2 tablespoons of brown sugar (depending on how sweet you like it)
- 4 teaspoons molasses, divided for rimming the glass
- 1/8 teaspoon allspice
- 1/8 teaspoon cinnamon
- 1/4 cup gingersnaps, crushed

Directions:

1. Put 2 teaspoons of molasses on a plate.
2. On another plate, place the crushed gluten-free gingersnap cookies.
3. Rim each glass with some molasses, then dip them into the crushed gingersnaps.
4. In a shaker, combine heavy cream, vanilla dry sparkling soda, allspice, cinnamon, brown sugar and 2 teaspoons of molasses.
5. Scrape off any excess foam created from shaking.
6. Divide among two glasses. (I used white wine tumblers.)
7. Enjoy on their own or with fresh gluten-free gingerbread men cookies!

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It's always Warm at

CAMELLIA GARDENS
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We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

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