

A movie poster for Disney's Frozen. It features Elsa and Anna standing in front of a large, icy mountain. Elsa is on the right, wearing her blue ice dress, and Anna is on the left, wearing her red dress. The title "Disney FROZEN" is at the bottom.



The Twelve Days of Christmas

“The Twelve Days of Christmas” is an English Christmas carol that enumerates in the manner of a cumulative song a series of increasingly grand gifts given on each of the 12 days of Christmas (the 12 days that make up the Christmas season, starting with Christmas Day). The song, published in England in 1780 without music as a chant or rhyme, is thought to be French in origin. “The Twelve Days of Christmas” has a Round Folk Song Index number of 68. The tunes of collected versions vary. The standard tune now associated with it is derived from a 1909 arrangement of a traditional folk melody by English composer Frederic Austin, who introduced the familiar prolongation of the verse “five gold rings” (now often “five golden rings”).

At Paloma Landing this December, we will feature our very own “Twelve Days of Christmas”! Starting Tuesday the 15th of December and ending Tuesday the 29th. Activities such as golden wreath making, frosting piping, hot chocolate sipping, ballet performances and much, much more.

Creative Writing

You might have heard it called different things. Traditionally referred to as literature, creative writing is an art of sorts — the art of making things up. It’s writing done in a way that is not academic or technical but still attracts an audience. Though the definition is rather loose, creative writing can for the most part be considered any writing that is original and self-expressive. A news article, for example, cannot be considered creative writing because its main goal is to present facts and not to express the feelings of the writer. While a news article can be entertaining, its main purpose is to present the facts.

The purpose of creative writing is to both entertain and share human experience, like love or loss. Writers attempt to get at a truth about humanity through poetics and storytelling. If you’d like to try your hand at creative writing, just keep in mind that whether you are trying to express a feeling or a thought, the first step is to use your imagination.

Every Monday at 11:15 a.m. we will hold a Creative Writing Hour.

Some nonfiction types of writing can also be considered creative writing. Memoirs and personal essays, for example, can be written creatively to inform your readers about your life in an expressive way. Because these types are written in first person, it’s easier for them to be creative.

Be it fictional fun or meaningful nonfiction, writing is a great way to analyze our experiences and draw from our senses.

While still in the midst of a current pandemic, writing can be done in a group setting or individually, depending on your comfort level.



Christmas Tree Traditions: New and Old

A Christmas tree is a decorated tree, usually an evergreen conifer, such as a spruce, pine or fir, or an artificial tree of similar appearance, associated with the celebration of Christmas, originating in Northern Europe. The custom was developed in medieval Livonia (present-day Estonia and Latvia), and in early modern Germany where Protestant Germans brought decorated trees into their homes. It acquired popularity beyond the Lutheran areas of Germany and the Baltic countries during the second half of the 19th century, at first among the upper classes. The Catholic Church had long resisted this Protestant custom and the Christmas tree stood for the first time in Vatican in 1982.



The tree was traditionally decorated with “roses made of colored paper, apples, wafers, tinsel, sweetmeats.” In the 18th century, it began to be illuminated by candles, which were ultimately replaced by Christmas lights after the advent of electrification. Today, there is a wide variety of traditional and modern ornaments, such as garlands, baubles, tinsel, and candy canes. An angel or star might be placed at the top of the tree to represent the angel Gabriel or the star of Bethlehem, respectively, from the Nativity. Edible items such as gingerbread, chocolate and other sweets are also popular and are tied to or hung from the tree’s branches with ribbons.

In the Western Christian tradition, Christmas trees are variously erected on days such as the first day of Advent or even as late as Christmas Eve depending on the country; customs of the same faith hold that the two traditional days when Christmas decorations, such as the Christmas tree, are removed are Twelfth Night and, if they are not taken down on that day, Candlemas, the latter of which ends the Christmas-Epiphany season in some denominations.

At Paloma Landing we have our own “tree traditions” — mini trees! Our annual Festival of Mini Trees is fun for us and helps us give back to our community. Each year in December we ask business members of our local community to donate a 3-foot or smaller tree decorated to their liking. Each tree is auctioned off and all proceeds are donated to the UNM Children’s hospital.

This year we will be doing things a little differently. Silent auctions will be done through email and social media.

General Store and More

This holiday season we have decided to feature gift items and baskets in our General Store! Last minute, shopping can be done in our very own Community. Come see us Wednesdays and Fridays at 2 p.m.

DEC 2020

Birthdays

Gerald O'Guin, 3rd
Jean Combs, 5th
Edye Paymer, 14th
John Smatana, 15th
James Oty, 19th
John Huskey, 21st
Leo Kelly, 29th

Locations

Activity Room, AR
Activity Room
Kitchen, ARK
Atrium, AT
Chapel, CHP
Dining Room, DR
Television Room, TV

Rain or shine our goal is fun. Schedules will remain as printed unless government mandates require changes. We may not be face to face but we will always stay heart to heart.

“Time together as a family is a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:15 Balance Class 10:15 Balance Class, AR 11:00 Matinee, TV 11:15 Adult Coloring, AR 1:30 Bridge, TV 2:15 Horse Races, TV 3:00 Festival of Mini Trees Begins	9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 3:30 Brain Teaser, AR 4:00 Virtual Tour, AR	8:30 Walking Club, AT 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Craft Corner, AR 1:30 Euchre, TV 2:15 Culinary Demonstration, AR 3:15 Arts and Crafts, AR	9:15 Chair Yoga 10:15 Chair Yoga, AR 11:00 Current Events, TV 11:00 Matinee, AR 2:00 General Store: TGIF 2:15 Riddle Me This, AR 3:15 Cookie Day	6:00 Men's Billiards
10:00 Worship and Music	8:30 Walking Club, AT 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing Hour, AR 1:30 Bridge, TV 2:15 Chair Tai Chi, TV 3:00 Gingerbread House Week Begins 3:15 Gingerbread House Workshop	9:15 Balance Class 10:15 Balance Class, AR 11:00 Matinee, TV 11:15 Adult Coloring, AR 1:30 Bridge, TV 2:15 Horse Races, TV 3:15 Gingerbread House Workshop	9:15 Strength Training with Weights 10:15 Strength Training with Weights 11:15 Christmas Card Crafting 2:00 General Store and More, AR 3:00 Gingerbread House Workshop 3:30 Brain Teaser, AR	HANUKKAH BEGINS AT SUNSET 8:30 Walking Club, AT 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Craft Corner, AR 1:30 Euchre, TV 3:00 Gingerbread House Workshop	9:15 Chair Yoga 10:15 Chair Yoga, AR 11:00 Current Events, TV 11:00 Matinee, AR 2:00 General Store: TGIF 2:15 Riddle Me This, AR 3:00 Gingerbread House Workshop	6:00 Men's Billiards
10:00 Worship and Music	8:30 Walking Club, AT 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing Hour, AR 1:30 Bridge, TV 2:15 Chair Tai Chi, TV 3:15 Partridge in a Pear Tree Snack 4:00 Festival of Mini Trees Conclusion	9:15 Balance Class 10:15 Balance Class, AR 11:00 Matinee, TV 11:15 Adult Coloring, AR 1:30 Bridge, TV 2:15 Horse Races, TV 3:15 2 Turtle Doves Candy	9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 3:15 3 French Hens Surprise 3:30 Brain Teaser, AR 4:00 Virtual Tour, AR	8:30 Walking Club, AT 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Craft Corner, AR 1:30 Euchre, TV 2:15 Culinary Meeting with Chef Heather, AR 3:15 4 Calling Birds Challenge	9:15 Chair Yoga 10:15 Chair Yoga, AR 11:00 Current Events, TV 11:00 Matinee, AR 2:00 General Store: TGIF 2:15 Riddle Me This, AR 3:15 5 Golden Rings Wreath Craft	6:00 Men's Billiards
10:00 Worship and Music	WINTER BEGINS 8:30 Walking Club, AT 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing Hour, AR 1:30 Bridge, TV 2:15 Chair Tai Chi, TV 3:15 6 Geese Surprise	9:15 Balance Class 10:15 Balance Class, AR 11:00 Matinee, TV 11:15 Adult Coloring, AR 1:30 Bridge, TV 2:15 Horse Races, TV 3:15 7 Swan Lake Ballet	9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 3:15 8 Maids Hot Cocoa 3:30 Brain Teaser, AR 4:00 Virtual Tour, AR	8:30 Walking Club, AT 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Craft Corner, AR 1:30 Euchre, TV 3:15 Arts and Crafts, AR 3:15 9 Ladies Dancing X-Mas Spectacular	CHRISTMAS DAY 9:15 Chair Yoga 10:15 Chair Yoga, AR 11:00 Current Events, TV 11:00 Matinee, AR 2:00 General Store: TGIF 2:15 Riddle Me This, AR 3:15 10 Lords Laughing	6:00 Men's Billiards
10:00 Worship and Music	8:30 Walking Club, AT 9:15 Chair Cardio 10:15 Chair Cardio, AR 11:15 Creative Writing Hour, AR 1:30 Bridge, TV 2:15 Chair Tai Chi, TV 3:15 11 Pipers Piping Frosting 3:15 10 Lords A-Leaping Surprise	9:15 Balance Class 10:15 Balance Class, AR 11:00 Matinee, TV 11:15 Adult Coloring, AR 1:30 Bridge, TV 2:15 Horse Races, TV 3:15 12 Drummers Drumming to a New Beat	9:15 Strength Training with Weights 10:15 Strength Training with Weights 2:00 General Store and More, AR 3:30 Brain Teaser, AR 4:00 Virtual Tour, AR	NEW YEAR'S EVE 8:30 Walking Club, AT 9:15 Cardio Drumming 10:15 Cardio Drumming 11:15 Craft Corner, AR 1:30 Euchre, TV 2:15 Happy New Year Drive Thru 3:15 Arts and Crafts, AR		



New Year's Celebrations Around the World

New Year's Eve is a time of celebrating a bygone 365 days and welcoming what lies ahead. In America, it's marked by a big ball drop in Times Square, a kiss with your significant other when the clock strikes midnight, and popped corks from bottles of champagne and wine. Everyone is in good spirits and feeling optimistic about the future.

There's no right way to celebrate "auld lang syne" as long as you're making wishes and going into the new year with a positive attitude. Around the world, people of all ages want to spend this celebration with family, friends and loved ones.

Get your passport ready because we're taking you to share some of the New Year's traditions around the world!

Ecuador — At the annual Años Viejos, the people in Ecuador burn scarecrows at midnight. These are filled with paper or sawdust and modeled after a public figure who somehow wronged the world in the previous year, such as a corrupt politician or a celebrity who fell from grace. This tradition originated in Guayaquil in 1895 when a yellow fever epidemic hit the town and coffins packed with the deceaseds' clothes were burned for purification. The Ecuadorians also burn photographs from the previous year in the name of good fortune and starting fresh.

Philippines — In the Philippines, they believe everything should be round on New Year's Eve. This represents coins and is said to bring wealth into the future. The celebration includes plenty of noise with horns, music, yelling, blowing whistles, clanging pots and pans and lighting firecrackers to keep away bad luck and evil spirits. Filipino people also eat traditional pancit noodles and delicacies like malagkit and biko. Before the clock strikes midnight, all the windows and doors, including cabinets, cupboards, and drawers, are left open to allow good luck to enter.

South Korea — New Year's Eve is a special occasion in South Korea. Many of their seaside towns hold "sunrise festivals" where people watch the first sunrise of the New Year. If you make a wish as the sun rises, it will come true for the new year. Some people also write down their hopes and dreams and put them in balloons or lanterns that are released into the sky. Koreans wear traditional hanboks and focus on reconnecting with family. They also make duk gook rice cakes or dumplings to offer to their ancestors.

New Zealand — Since New Zealand lies in the southern hemisphere, New Year's Eve is celebrated in the summer season here. This is also the time when the country hosts numerous festivals, including, but not limited to, Rhythm and Vines, which is held in Gisborne. This is perhaps the biggest festival and it's very unique, since Gisborne happens to be the first city in the world to celebrate the new year!

Speaking of New Zealand, get ready for a virtual adventure week celebrating New Zealand's culture and history come January!



Christmas Card Day

Wednesday, December 9th, is national Christmas Card Day! We at Paloma Landing have found a new way to bring art into our holiday cards. Bring some of your old cards you are willing to part with and join us in making them new and exciting again.

Cards provide a tangible touch. A Christmas card is a tangible way to show your friends and family that you care. A card takes time and effort; it shows you took a few moments to think of the recipient and share a few kind words. It's a small gesture to say "I love you" or "I appreciate you."

Handwriting is personal in the digital age. It's easy to fall back on sending a Facebook message or shooting a e-card to a mass list of email addresses. But in today's digital world, handwriting is a personal touch that we see less and less. Just a sentence or two is all it takes.

Any adult knows that when there's something other than bills in the mail it's an exciting day. Let your card be that happy piece of mail. A handwritten address rather than a printed name on a bill-sized envelope will bring a smile to the recipient's face before they've even torn it open.

If you don't see some of your family and friends in person often, cards are a way to stay connected and show you care. Writing a longer note — a little life update of sorts — is a thoughtful way to keep them in the loop on happenings in your own life.

On December 9th we will provide a beautiful canvas for your friends and loved ones to enjoy this holiday season.

As the Cookie Crumbles

National Cookie Day on December 4th serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and tins of



cookies are given to friends and family all season long.

We can thank the Dutch for more than windmills and tulips. The English word "cookie" is derived from the Dutch word koekie meaning "little cake."

Hard cookie-like wafers have existed for as long as baking has been documented. Not surprisingly, they traveled well. However, they were usually not sweet enough to be considered cookies by modern-day standards.

The origin of the cookie appears to begin in Persia in the 7th century, soon after the use of sugar became common in the region. They then spread to Europe through the Muslim conquest of Spain. Cookies were common at all levels of society throughout Europe by the 14th century, from the royal cuisine to the street vendors.

Cookies arrived in America in the 17th century. Macaroons and gingerbread cookies were among the popular early American cookies.

In most English-speaking countries outside of North America, the most common word for cookie is "biscuit." In some regions, both terms, cookies and biscuits are used.

Come pick up a cookie from "Grandma's Kitchen" in the AC Room and check out our gingerbread house while you're at it!

At 3 p.m. we will show the movie we have chosen for our theme — "Frozen"!



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