



Milestone Moments

December 2021

A note from our director

I hope you are finding time for joy and happiness this holiday season. I want to thank all of the Milestone families for all the support you have been giving us, the saying it takes a village can have different meanings but here at Milestone for us it means taking the time to make sure the residents feel loved and respected. Our passion is to make every resident enjoy their stay here at Milestone.

We continue to move forward and make the best of each day despite the pandemic. Thank you to our wonderful members for your support and patience.

Happy Holidays,

Dana Anderstrom

Community Director



December Days to Celebrate

Dec. 1- National Christmas Lights Day

National Peppermint Bark Day

Dec. 3- Make a Gift Day

Dec. 4- National Cookie Day

Dec. 6- St. Nicholas Day

Dec. 9- Christmas Card Day

Dec. 12- Gingerbread House Day

Dec. 13- National Hot Cocoa Day

Dec. 17- National Ugly Sweater Day

Dec. 21- **Milestone Christmas Party**

2:00 pm

Dec. 24- Christmas Eve

Dec. 25- Christmas Day

Dec. 26- National Candy Cane Day

Dec. 27- Cut Out Snowflakes Day

Dec. 31- New Year's Eve

Soft Christmas Cookies

3 $\frac{3}{4}$ C. all-purpose flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 C. margarine, softened
1 $\frac{1}{2}$ C. sugar
2 eggs
2 tsp. vanilla



Sift flour, baking powder, and salt together, set aside. In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Gradually blend in the sifted ingredients until fully absorbed. Cover dough, and chill for 2 hours. Preheat oven to 400 degrees F (200 degrees C). Grease cookie sheets. On a clean floured surface, roll out small portions of chilled dough to 1/4-inch thickness. Cut out shapes using cookie cutters. Bake 6 to 8 minutes in the preheated oven, or until edges are barely brown. Remove from cookie sheets to cool on wire racks.





Christmas Facts

- Each year, 30-35 million real Christmas trees are sold in the United States alone. There are about 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.
- In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's [Mardi Gras](#) parties.
- When Christmas was cancelled: From 1659 to 1681, the celebration of Christmas was [outlawed in Boston](#), and law-breakers were fined five shillings.
- Christmas was declared a federal holiday in the United States on June 26, 1870.
- The first eggnog made in the United States was consumed in Captain John Smith's 1607 [Jamestown settlement](#).
- Poinsettia plants are named after Joel R. Poinsett, an American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.
- The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.
- Rudolph, "the most famous reindeer of all," was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.
- Construction workers started the Rockefeller Center Christmas tree tradition in 1931.

Join us for National Ugly Sweater
Day

December 17th, 2021



*The holiday season is a perfect
time to reflect on our blessings
and seek out ways to make life
better for those around us.*

Have a safe and happy holiday!



Milestone Moments



MERRY CHRISTMAS

K F A M I L Y T R N K B J L H
Y M U T J C O R B S X G O J H
Y U P L R C A R O L S I Y I F
Y C M R R E Q N W E E V E N N
L H F E E P E H D N D I J G O
S R B T D S C S S Y W N G L R
Y I Q M T Y E R C M C G S E T
U S T O C K I N G S J A E I H
U T L I G H T S T G S D N W P
L M F L I O V S M S N J S E O
K A V F X B I Z G I I G D T L
B S R E B Z S L E I G H X C E
F K Y O L Q H R N S N O W R U
X N L R J F Z C D N D E X X V
H S T A R W S A N T A T L V M

BOW
CANDY CANE
CAROLS
CHRISTMAS
ELF

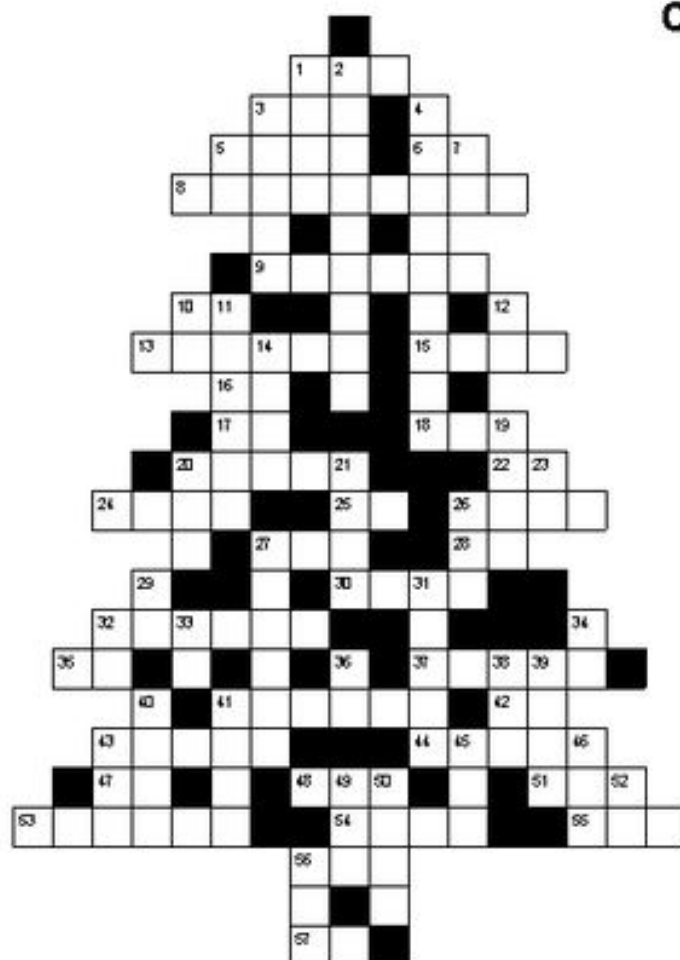
FAMILY
GIVING
JINGLE
JOY
LIGHTS

NORTH POLE
PRESENTS
REINDEER
SANTA
SLEIGH

SNOW
STAR
STOCKINGS
TREES



Christmas



Across

1. President
3. Observe
5. Discuss
6. "And ____ shall reign over the house of Jacob..."
8. Flock watchers
9. Satisfy
10. The great I ____
13. Mary's resting place
15. Mother of Jesus
16. Negative
17. "____ and search diligently for the young child"
18. Jesus is the ____ of God
20. The baby
22. "...and shall be called the Son ____ of the Highest."
24. Destitute
25. "...and laid Him ____ a manger"
26. Bearded nanny
27. "And she brought her first born ____."
28. "...and ____ earth peace, good will towards men."
30. Wiseman gift
32. "And ____ him with all the heart" (two words)
35. "...what have we to ____ with thee, thou Jesus..."
37. What the wisemen brought
41. Stepfather
42. Either
43. More accurate.
44. "And all went to be ____, every one into his own city."
47. "For unto you ____ born this day"
48. No room here
51. Consume
53. Singing Cherubs
54. Present decorations
55. "For unto you is born, this ____ in the city..."
56. Pro
57. Way to win in boxing


Down

1. Jump
2. Birth city
3. Shepherds flock
4. The Holiday we observe
5. Brand of sugar
7. Mr. McMahon
10. "Hee shall be born of Mary, ____ Jerusalem..."
11. Baby's bed
12. Northwestern state
14. Hisses
19. Mid day
20. Happiness
21. What the angels did
23. "____ la la la la la la la"
26. Jehovah
27. Redeemer
29. "His name was called Jesus, which was ____ named of the angel"
31. Illumination
32. "and it came ____ pass..."
33. "... and ____, the star which they saw in the east..."
34. "When ____ his mother Mary was espoused to Joseph,"
36. "Master what shall ____ do?"
38. Sly canine
39. Decorated pine
40. "...behold, there came ____ men from the east."
41. Not Gentiles
43. Parable of the ____ tree
45. Mary's transportation
46. Father
49. Broadcast TV network
50. Christmas carol
52. Instructor's helper
56. Inquire

Activity Calendar



December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 3:00- Store shopping 3:30- Lutheran Church Service 6:00- Wheel of Fortune 7:00- Reminisce and Snacks	2 8:00- Current Events 9:00- Veterans Museum Outing 11:00- 1:1 visit MC with staff 2:00- bookmark making 3:30- Snacks and Trivia 6:00-Wheel of Fortune 7:00- Reminisce	3 10:00- Current Events 10:30- Exercises 1:00- Crafts w/ Nikki 2:00- Movie and Snacks 3:00- Store Shopping 6:00-Wheel of Fortune 7:00 Reminisce & Snacks	4 10:00- Exercise 1:00-Activity w/ Ashley 5:00- Lawrence Welk Show 6:00- Reminisce
5 10:00- Activity w/ Ashley 10:00- Bethel Lutheran Church 2:00- Movie And Snacks 6:00- Reminisce	6 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 3:00- Store Shopping 6:00-Wheel of Fortune 7:00- Reminisce and Snacks	7 10:00- Current Events 10:30- Cook's Corner Cookie Baking 11:00- Reminisce 1:00- Euchre 2:00- Tree Decorating 5:00- Tree Lighting And Hot Chocolate 6:00- Wheel of Fortune 6:00- Activity w/Ashley	8 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 3:00- Store Shopping 3:30- Lutheran Church Service 6:00- Wheel of Fortune 7:00- Reminisce and Snacks	9 10:00- Current Events 10:30 -Christmas Card Making 11:00- Reminisce 3:00- Harp Music w/ Shari Sarazin 6:00- Wheel of Fortune 6:00-Activity w/Ashley	10 10:00- Current Events 10:30- Exercises 11:00- 1:1 Visits 1:00- Crafts w/ Nikki 3:00- Movie and Popcorn 3:00- Store Shopping 6:00- Wheel of Fortune 7:00- Reminisce and Snacks	11 10:00- Exercise 1:00-Activity w/ Ashley 5:00- Lawrence Welk Show 6:00- Reminisce
12 10:00 Exercise 10:00- Bethel Lutheran Church 1:00-Activity w/ Ashley 6:00- Movie 7:00- Packer Game	13 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 3:00- Store Shopping 6:00-Wheel of Fortune 7:00- Reminisce and Snacks	14 10:00- Current Events 10:30- Board Games 11:00- Reminisce 1:00- Euchre 2:00- Gingerbread Houses 6:00-Wheel of Fortune 6:00-Activity w/Ashley 7:00- Reminisce and Snacks	15 10:00- Current Events 10:30- Exercises 11:00-Music Therapy 2:00- BINGO 3:00- Store Shopping 3:30- Lutheran Church Service 6:00- Wheel of Fortune 7:00- Reminisce and Snacks	16 10:00- Current Events 10:30- Balloon Volley 11:00- 1:1 visit MC 2:00- Christmas trivia And Crossword 6:00-Wheel of Fortune 6:00- Holiday Lights Bus Trip	17 Ugly Christmas Sweater Day 	18 10:00- Res. Led Exercise 1:00-Activity w/ Ashley 5:00- Lawrence Welk Show 6:00- Reminisce
19 10:00-Activity w/ Ashley 10:00- Bethel Lutheran Church 12:00-Packer Game 6:00- Movie And Snacks	20 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 6:00-Wheel of Fortune 6:00- Holiday Lights Bus Trip	21 10:00- Current Events 10:30- Exercises 11:00-Reminisce 2:00- Christmas Party Karaoke w/ Joe 6:00-Wheel of Fortune 6:00-Activity w/Ashley	22 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 3:00- Store Shopping 3:30- Lutheran Church Service 6:00-Wheel of Fortune 7:00- Reminisce and Snacks	23 10:00- Current Events 10:30- Manicures 11:00- 1:1 visits 2:00- Share a story 6:00-Wheel of Fortune 6:00- Holiday Lights Bus Trip	24 10:00- Current Events 10:30- Exercises 11:00- 1:1 Visits 2:00- Movie & Popcorn 3:00- 1:1 Visits 6:00-Wheel of Fortune 7:00- Reminisce and Snacks Christmas Eve	25 10:00- Res. Led Exercise 3:30- Packer Game 5:00- Lawrence Welk Show 6:00- Reminisce Christmas Day
26 10:00 Res. Led Exercise 10:00- Bethel Lutheran Church 2:00- Movie And Snacks 6:00-Reminisce	27 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 6:00-Wheel of Fortune 6:00- Holiday Lights Bus Trip	28 10:00- Current Events 10:30- Making Snowflakes 11:00- Reminisce 1:00 Euchre 2:00- Board Games 6:00-Wheel of Fortune 6:00- Olin Park Trip	29 10:00- Current Events 10:30- Exercises 11:00- Music Therapy 2:00- BINGO 3:00- Store Shopping 6:00-Wheel of Fortune 7:00- Reminisce and Snacks	30 10:00- Current Events 10:30- Balloon Volley 11:00- 1:1 visit MC 2:00- Cook's Corner 3:30- Snacks and Trivia 6:00-Wheel of Fortune 6:00- Olin Park Bus Trip	31 10:00- Current Events 10:30- Exercises 11:00- 1:1 Visits 2:00- New Year's Eve Party 3:00- 1:1 Visits 6:00-Wheel of Fortune New Year's Eve	