December 2021

6132 NE 12TH Av-
Pleasant Hill,
IA50327

Courtyard Estates
Assisted Living Communities

601 Hawthorne
Crossing Dr SE,
Bondurant, IA 50035

The Courtyard Chronicles

In This Issue

Upcoming 1
December Fun 2
Community Pictures 3
Community Pictures 4
How Christmas Traditions Got Their Start 5

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We are always looking for volunteers!

Join us for events or outings, or simply visit with our residents who need a friend!

Contact Sarah Davis see contact info on front) to discuss opportunities!

Upcoming Fun

Beauty Shop	**open every Monday**
Live 2B Healthy	**10:30am Mon, Wed, Fri**
Music Speaks 3pm	**Tuesdays & Thursdays**
Alzheimer's support group (on zoom)	**Please see page 6 for details!**
December 7th	Pearl Harbor Remembrance Day
December 10th	Jolly Holiday Lights Trip
December 22th	Resident Christmas Party
December 25th	Christmas Day
December 31st	New Years Party

All activities subject to change at any time to meet the ever-changing needs and desires of the residents who live here.

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Welcome Home!

Milton Pueschel

What: Alzheimer's support group

When: The 4th Thursday of every month at 5pm-

Zoom ID: 522 256 1338

Passcode: EQIYy

NO GROUP THIS MONTH DUE TO Christmas

Resident Birthdays

Betty Lindman	Dec 13th
Marjorie Stevens	Dec 28th

Staff Birthdays

N/A

Professionally Managed by

How Christmas Traditions Got Their Start

Christmas Trees: Decorated trees date back to Germany in the Middle Ages, with German and other European settlers popularizing Christmas trees in America by the early 19th century. A New York woodsman named Mark Carr is credited with opening the first U.S. Christmas tree lot in 1851.

Advent Calendars: Early versions of this tradition started in Germany in 1903 by publisher Gerhard Land, offered a way for children to count down to Christmas by opening one "door" or "window" a day to reveal a Bible passage, poem or small gift.

Cookies and Milk for Santa: While leaving treats for Santa and his reindeer dates back to ancient Norse mythology, it became popular with Americans during the Great Depression in the 1930's, where they used it as a way of showing gratitude during a time of struggle.

Boozy Eggnog: While this yuletide cocktail stems from posset, a drink made with hot curdled milk and ale or wine from medieval England, American colonists receive credit for making it popular and adding rum. George Washington even had a special recipe where the main ingredient was rum.

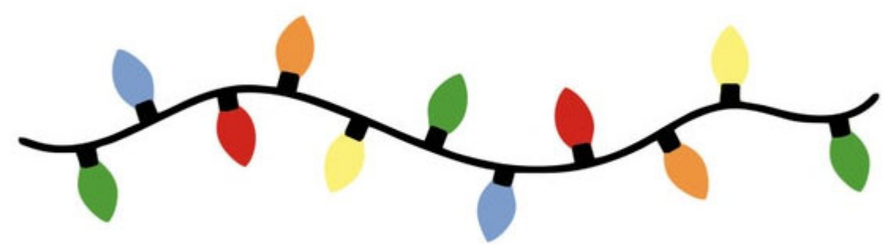
Christmas Cards: The first official Christmas card debuted in 1843 England with the simple message, "A Merry Christmas and a Happy New Year to You." The idea of a mailed winter holiday greeting gradually caught on in both Britain and the U.S. with Kansas City based Hall Brothers (now Hallmark) creating a folded card sold with an envelope in 1915.

Christmas Parades, Lights, and Fireworks!

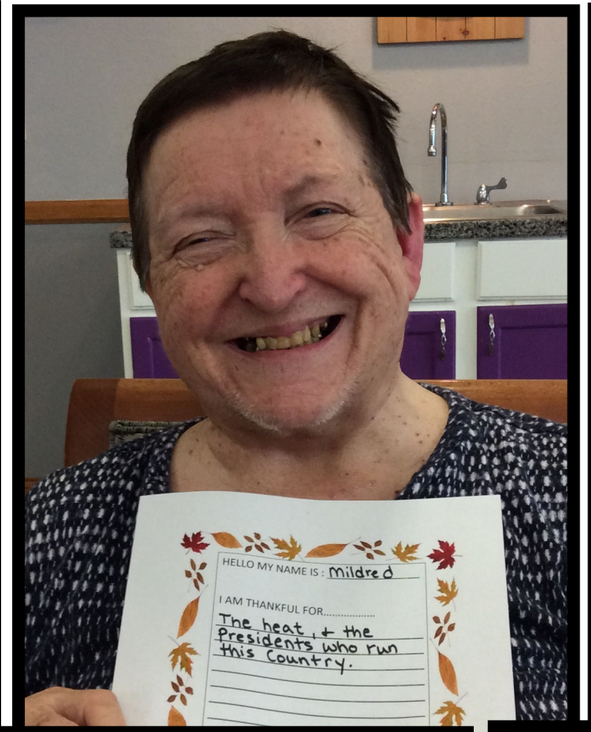
Tis the season for Christmas lights! As part of our December fun this year, Courtyard is excited to let families and residents know that we will be participating in the Merry & Bright Parade in Bondurant on December 5th. The Parade starts at 6pm and will involve us decorating our community bus with Christmas lights and other decorations. We are planning on loading the bus with as many residents that will fit and would love to see families along the parade route!

We will also be doing our annual trip to Jolly Holiday Lights on December 10th. If we are not able to fit everyone who wants to attend on that trip we will add an additional trip. The trip is subject to the weather but Jolly Holiday Lights is open until after the New Year so we will fit a trip in before it closes.

Courtyard Estates has also been informed by our church neighbors that they are going to be setting off fireworks on Christmas Eve. They are scheduled to go off between 5:30pm and 6pm. Families are welcome to join their loved ones to watch the fireworks but vaccines and masks are required for all who enter the building (5 years and up). Staff is going to remind residents about the fireworks and help them find a place where they can view them safely if interested.



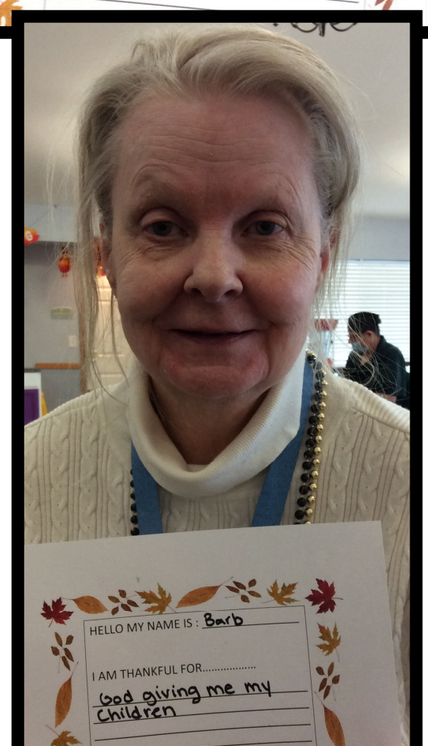
HELLO MY NAME IS : Charlotte
I AM THANKFUL FOR.....
Grateful to be alive

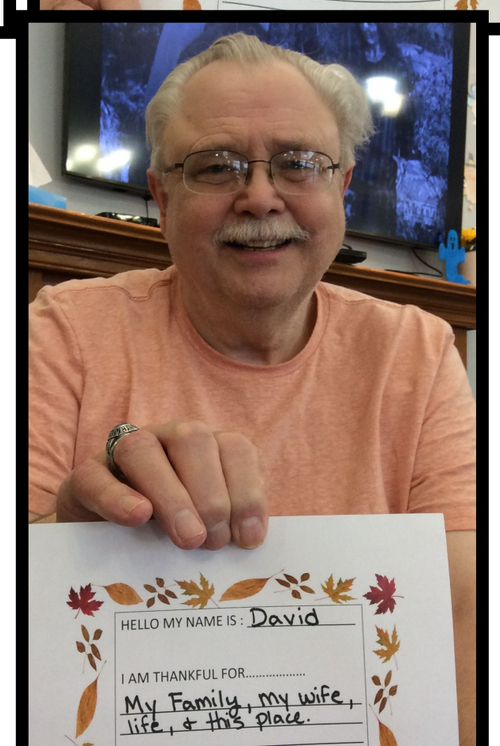

HELLO MY NAME IS : Mildred
I AM THANKFUL FOR.....
The heat, + the Presidents who run this Country.

HELLO MY NAME IS : Betty
I AM THANKFUL FOR.....
Good Health
Great care in here

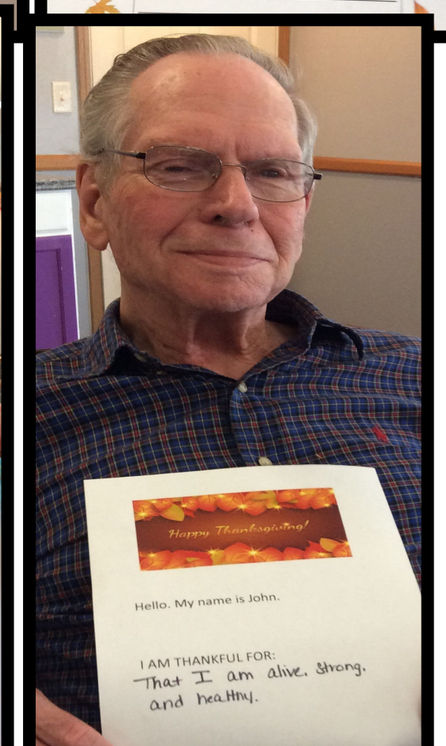
HELLO MY NAME IS : Marla
I AM THANKFUL FOR.....
People + my friends

HELLO MY NAME IS : Joy
I AM THANKFUL FOR.....
People who take care of me!


HELLO MY NAME IS : Barb
I AM THANKFUL FOR.....
God giving me my Children


HELLO MY NAME IS : David
I AM THANKFUL FOR.....
My Family, my wife, life, + this place.

HELLO MY NAME IS : Carolyn
I AM THANKFUL FOR.....
Family + people here


Happy Thanksgiving!
Hello. My name is John.
I AM THANKFUL FOR:
That I am alive, strong, and healthy.

HAPPY THANKSGIVING