

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>2</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>3</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater	<b>4</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater
<b>5</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break <b>5:20 Seahawk Sunday</b>	<b>6</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break <b>1:30 Music with Larissa, LR</b> 5:00 Evening Movie Theater	<b>7</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Reminiscing with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 5:00 Evening Movie Theater	<b>8</b> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>9</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>10</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater	<b>11</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater
<b>12</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS <b>10:00 Seahawk Sunday</b> 1:30 Snack Break 2:30 Scenic Car Ride 5:00 Evening Movie Theater	<b>13</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 5:00 Evening Movie Theater	<b>14</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Art Expression with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 5:00 Evening Movie Theater	<b>15</b> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>16</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>17</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 12:30 Pet Visit with Anubi 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater	<b>18</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie Theater
<b>19</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS <b>1:25 Seahawk Sunday</b> 1:30 Snack Break 5:00 Evening Movie Theater	<b>20</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break <b>1:30 Music with Larissa, LR</b> 5:00 Evening Movie Theater	<b>21</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Trivia and Conversation with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 5:00 Evening Movie Theater <small>Winter Begins</small>	<b>22</b> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>23</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>12:30 Strike Up the Band with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>24</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break 5:00 Evening Movie Theater 	<b>25</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Christmas Movie 5:00 Evening Movie Theater  <small>Christmas</small>
<b>26</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS <b>1:05 Seahawk Sunday</b> 1:30 Snack Break 2:30 Scenic Car Ride 5:00 Evening Movie Theater <small>Kwanzaa Begins</small>	<b>27</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 5:00 Evening Movie Theater	<b>28</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Field Day with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> <b>1:00 Foot Care with Dr. Gorey</b> 1:30 Snack Break 2:00 Scenic Bus Ride 5:00 Evening Movie Theater	<b>29</b> 9:00 ~ 1:00 Hair Salon 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>30</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>31</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater  <small>New Year's Eve</small>	TC = Table Circle LR = Living Room CS = Care Staff LC = Large Circle Activities Subject To Change 



# December 2021 THE MONTHLY GAZETTE

*"Holly and mistletoe,  
candles and bells,  
I know the message that each of you tells."*

~ Leland B. Jacobs



## Animal of the Month – Guinea Pig

The adorable guinea pig, also known as the domestic cavy, is a species of rodent—not a pig. These cuddly, friendly, social animals are originally from South America and have been popular pets for centuries.



In the wild, guinea pigs live in small herds and eat grass and other vegetation. They sleep in found burrows or other shelters and tend to be most active at night. Full-grown guinea pigs weigh roughly two pounds and are about nine inches in length. These furry critters are adept problem solvers, can learn tricks, and when happy, will

jump in the air in a show of excitement called "popcorning."

Guinea pigs were first domesticated over 7,000 years ago. In some cultures, guinea pigs are prized for their meat. Guinea pigs also have a long history of being used in scientific research, which is the reason people call human test subjects *guinea pigs*.

## Special Days

**Hanukkah**  
December 1–6

**Winter Solstice**  
December 21

**Christmas Day**  
December 25

**Boxing Day  
(UK and Canada)**  
December 26

**Kwanzaa Begins**  
December 26

**New Year's Eve**  
December 31

## Flower – Holly



December's flower is the hearty holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, particularly Christmas.

Holly also symbolizes truth and protection. It grows in temperate and subtropical climates. Holly berries, which can be red, brown, black, green, or yellow, are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.

## Birthstone – Turquoise



December's birthstone has long been prized for its beauty. For centuries, people have incorporated turquoise into jewelry, art, masks, and architecture. Though found all over the world, the stone gets its name from its prevalence in ancient Turkish culture. In North America, the Aztecs mined turquoise in the area now known as New Mexico, and a significant amount of modern turquoise comes from Arizona, Nevada, and California. The stone is most commonly pale blue with veins of brown or black.



## Memory Care

A Great Place to Call Home

**Hair Salon**

Wednesdays

9:00 AM—1:30 PM

**Stylist—Oanh**

*Sign Up at the Front Desk*

## Special Activities

*Cooking Demo and Fresh Baked Goods ~ December 3<sup>rd</sup> @ 10:00 am*

*Music with Larissa ~ December 6<sup>th</sup> @ 2:00 pm*

*Reminiscing with Barb ~ December 7<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ December 10<sup>th</sup> @ 10:00 am*

*Art Expression with Barb ~ December 14<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ December 17<sup>th</sup> @ 10:00 am*

*Music with Larissa ~ December 20<sup>th</sup> @ 2:00 pm*

*Strike Up the Band with Barb ~ December 21<sup>st</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ December 24<sup>th</sup> @ 10:00 am*

***Christmas Day ~ December 25<sup>th</sup>***

*Field Day with Barb ~ December 28<sup>th</sup> @ 12:30 pm*

***New Years Eve ~ December 31<sup>st</sup>***

*Cooking Demo and Fresh Baked Goods ~ December 31<sup>st</sup> @ 10:00 am*

***Follow Patriots Glen on Face Book***