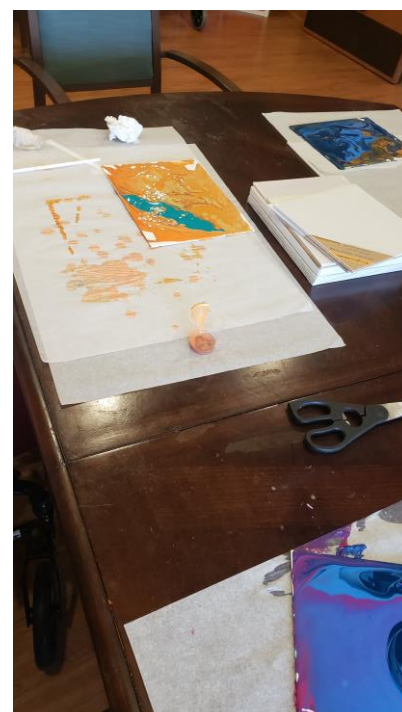




December Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures. Those born from December 22–31 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators.

Michel Johnson: December 4th
David Nielson: December 6th
Lee Schweer: December 12th
Don Jordison: December 22nd
Genevieve Wikner: December 23rd
Bob Whitten: December 28th



Green Meadows News

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Celebrating December

Safe Toys and Gifts Month

Spiritual Literacy Month

Write a Friend Month

Cookie Cutter Week
December 1–7

Coats and Toys for Kids Day
December 3

St. Nicholas Day
December 6

Nobel Prize Day
December 10

Las Posadas
December 16–24

Hanukkah
December 18–26

Yaldā
December 21

Christmas
December 25

New Year's Eve
December 31

A Fresh Take on Peppermint

Peppermint bark. Peppermint lattes. Peppermint candy canes. There is no doubt about it—peppermint is the undisputed flavor of the winter season. Mint is full of the chemical menthol, which, when tasted, activates the same nerve sensors that allow us to feel cold. We love the refreshing, cooling sensation of mint in our mouths and are reminded of winter each time we take a taste. But there is more to the story of peppermint's hold on the winter season than its chemical composition.

Mint-flavored hard candies have been made for hundreds of years. Before the invention of air-conditioning, hard candy could be made only during the cool, dry months of winter, for heat and humidity would spoil the candy. Mint is a reliable flavoring because it does not cook off during the manufacturing process. Its flavor remains incredibly strong. For this reason, mint-flavored hard candy has always been a wintertime treat.

Legend has it that the first candy canes were invented in the 17th century by a German choirmaster who bribed his choirboys with peppermint candy sticks to keep them complacent during mass. Candy in church was not exactly solemn, so the choirmaster asked the candy maker to fashion the candy sticks into shepherds' crooks, honoring Jesus.

It wasn't until 1847 that a German Swedish immigrant to America named August Imgard used the candy cane as a Christmas decoration. He spun white hard candy into its crooked shape and hung the canes along with paper ornaments from a blue spruce. It would take a few more decades and the advent of mass production techniques for candy canes to get their red stripes. Why red? Some say this color represents the blood shed by Jesus on the cross, while others attribute it to the red berries and green garland of evergreen holly that has been associated with Yule traditions. Don't wait until December 26, Candy Cane Day, to enjoy candy canes. Most people start buying them the day after Thanksgiving.

On November 11th at 9AM Johnston School District had an assembly for Veteran's Day. Alex and Will took some of our veteran's over so they could enjoy being honored.6 Everyone here at Edencrest at Green Meadows gives a BIG THANK YOU to all those who have served and to those who are still serving in our military!



Notice Board

Welcome to the community!!

Diana Deaton
Joan Hallman

In Loving Memory

Mary Juul
Sharon Oberender

Church Programs:

12/1- 11a Steve Beeman
12/8- 10:30 St Pius
12/15- 10:30 Bob Speirs
12/22- 10:30 New Bridge
12/29- 11a Steve Beeman

Entertainment:

12/1 Social Drumming
12/5 Blank Park Zoo
12/6 Geoff Lorenzo
12/12 Noted Four
12/13 Mackenzie Hanson
12/28 Been There Done That

Christmas Carolers

12/7 at 6:45
12/10 during lunch
12/14 Midmorning

We will have a total of four outings to see lights. We will be going to Jolly Holiday Lights with those who would like to go on Tuesday Dec 13th with those upstairs in assisted living and Memory Care will be Thursday Dec 15th. We will be taking another trip out on Dec 20th and Dec 22nd to do lights around town. Assisted living is going on Dec 20th and Memory Care is going out on 22nd.

