

Assisted Living • Respite Care Services

The Benefits of Reading a New Book

Winter is an ideal time to read! The colder weather and shorter days make it the perfect time to pick up a book. For seniors, reading can foster a sense of connection and community, especially when participating in book clubs or discussing with friends and family. This may also promote social interaction and reduce feelings of isolation. New books also help to stimulate imagination, creativity, new ideas and perspectives. Reading can be a source of relaxation and stress relief,

allowing individuals to unwind and escape into different worlds.

Five reasons to read a new book this holiday season:

- Stimulates mental activity and improves cognitive function
- Expands vocabulary and language skills through exposure to new words and expressions
- Enhances focus and concentration, fostering improved attention spans
- Promotes relaxation and



reduces stress, providing an escape from daily pressures

- Stimulates imagination, creativity, empathy and new perspectives

Books, magazines, and e-readers make great holiday gifts for senior loved ones!

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WE ACCEPT CREDIT CARDS

Ugly Sweater Celebrations

On the third Friday in December, trade your casual Friday attire for something more outrageous and shamelessly tacky to celebrate National Ugly Sweater Day! Believe it or not, this day celebrates the awkward and hideous sweaters that you've stashed in the back of your closet for years.

Recently, this tradition has grown so much in popularity that stores offer intentionally quirky clothes for people to wear during the holidays. Encourage your friends and family to wear their most eccentric holiday fashion on December 15 or at your next holiday get together. Make it a contest by asking all attendees to vote on their "Most Creative," "Most Outrageous," or "Most Festive." Award the winner with a gift card, gift basket, or homemade baked goods.



WINTER THINGS CROSSWORD

CROSSWORD PUZZLE DAY IS DECEMBER 21

Crossword puzzles can improve memory, promote problem-solving skills, and enhance vocabulary. They also offer a sense of accomplishment and can be a fun social activity to connect with friends and family.

1. →

1. ↓

2.

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10.



ANSWERS:
 1 Across Snowflake, 1 Down: Snowman, 2: Hat, 3: Boot, 4: Scarf, 5 Across: Tea, 5 Down: Tree, 6: Earmuffs, 7: Mitten, 8: Sweater, 9: Cocoa, 10: Ornament


Paper Snowflake Craft


Paper snowflakes are a fun and easy craft for winter. Follow these simple step-by-step instructions to make your own snowy decor.

Supplies: Sheets of 8.5in x11in paper and scissors (*Optional: pencil, glue, glitter*)

Start with your sheet of paper vertical.

- Take the bottom right corner of the paper and fold it diagonally to the opposite corner, forming a triangle. 
- Take the bottom left corner of the folded triangle and fold it up in half again, so the right-angle corner meets the opposite side, creating a smaller triangle. 
- Cut off the excess paper across the top, leaving just your triangle.

- Fold the right corner to left once more to make a smaller triangle. 
- Using a pencil, lightly draw your snowflake design on the folded triangle. You can create simple geometric shapes or more intricate patterns.
- Carefully cut out the shapes you've designed. Be creative and make different cuts to form your unique snowflake.

- *Be sure not to cut all the way from one side of your triangle to the other.*
- Gently unfold the paper to reveal your paper snowflake. 
- Repeat the steps above to create additional paper snowflakes.
- Get creative with your designs, shapes, and sizes to make each snowflake unique. Add glitter to make them glisten.

WiCAL

Wisconsin Center for Assisted Living

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