



Angel's Touch Assisted Living * 1350 Angel's Path, 394/400 Angel's Touch Court
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Celebrating December

Entertainer Tom E.
400 Building, 2:00pm
December 3rd

Entertainer Jack
1350 Building, 2:00pm
December 7th

**Pretend to Be a Time
Traveler Day**
December 8

Entertainer Fernando
394 Building, 1:00 PM
December 11th

Crossword Puzzle Day
December 21

Christmas Day
December 25

Make Up Your Mind Day
December 31

Waiting for the Sun

In the northern hemisphere, the winter solstice, on December 21, brings the longest night of the year. Due to the tilt of Earth on its axis, the north pole faces away from the sun. While the interminable darkness stretches on, in many cultures this is a time to celebrate the light and has been for centuries. In fact, the celebration of winter solstice predates the Christmas holiday.

Perhaps the most famous destination for viewing the sun during the winter solstice is at Stonehenge in England. This famous arrangement of massive stones was erected in prehistoric times and is perfectly aligned with sunset on the winter solstice. Scientists have concluded that this was a site of ancient ritual. Less famous is the massive burial mound and passageway at Newgrange in Ireland, dated to be older than the Pyramids. At sunrise on the winter solstice, the sun shines perfectly down the passageway to illuminate the innermost chamber. This is yet another instance where prehistoric peoples heralded the return of the light after the longest period of darkness.

Halfway across the world in Iran, Persians also celebrate the return of the light. On *Shab-e Yalda*, people gather to light fires to protect each other from the evil of the night. They feast and read poetry as they await the sunrise. The return of the sun is equated with the banishment of evil, the arrival of goodness, and the triumph of Mithra, the Sun God, over dark forces.

Japan, too, celebrates the return of the sun. *Toji-sai* marks the start of a new year, and it is when farmers traditionally welcome the sun as the source of their bountiful crops. As in Iran, bonfires are lit during the night to encourage the sun's return. It is then common to take baths scented with the *yuzu* citrus fruit, which is believed to foster good health and fortune. On the solstice, don't despair during the long night; instead, think of all those around the world who, perhaps like you, await the return of the sun.

Go A-Wassailing



Whether you have a good singing voice or not, get into the swing of the holiday season with Go Caroling Day on December 20. You may be surprised to hear that carols did not originate as holiday songs at all. Carols were folk dances, and *carol* meant “to dance in a ring.” Most often

these dances and their accompanying songs were sung in the pubs (along with the presumptive overindulgence of ale). So when did carols make the jump from the alehouse to the church house? The answer might lie in Victorian England.

Wassailing, or the act of wishing good fortune on your neighbors, was a fairly common practice during the medieval era. It was believed that if you passed well wishes to your neighbors, they would reward you in turn. Caroling, or performing folk songs of well-wishes to neighbors, became traditional during local festivals and on holidays like May Day. But it was during the Victorian Era that caroling became forever merged with Christmastime. Legend has it that the first Christmas carol service was held in Truro, England, in 1880, when Edward White Benson attempted to lure carolers out of the pub on Christmas Eve by publicizing a carol service at church. Benson would go on to become the Archbishop of Canterbury.

It was also during Victorian England that Christmas became more popular and commercialized. Publishers began compiling and printing vast anthologies of carols. Some went so far as to take ancient songs and rewrite them as hymns to the birth of Christ. Many of the most famous Christmas carols date from this period, including “God Rest Ye Merry Gentlemen,” “The First Noel,” “Hark! the Herald Angels Sing!,” and “Joy to the World.” Nowadays, Christmas caroling is almost uniquely found during church services. Rarely do carolers venture door-to-door *a-wassailing* as they once did in olden times. But on December 20, Go Caroling Day, the practice may be revived. So don’t be surprised if you hear a knock on your door and a choir of voices.

December Birthdays

In astrology, the Archers of Sagittarius are those born between December 1–21. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom. Those born from December 22–31 are Capricorn’s Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience.

Aaron Rodgers (quarterback) – December 2, 1983
Walt Disney (animator) – December 5, 1901
Rita Moreno (actress) – December 11, 1931
Betty Grable (actress) – December 18, 1916
Clara Barton (nurse) – December 25, 1821

Resident Birthdays

Cheryl – December 1
Margaret – December 5
Don – December 18
Carol – December 22
Cecily – December 23
Irene – December 23
Marie – December 27
Doloris – December 31

From the Activity Directors Desk

With the holidays right around the corner I would like to remind everyone of our Holiday Party which will be held on December 5th. We have a 4:30p and 6:00p seating. We ask that you limit the number of guests to 7 per resident. To make a reservation please contact Kassie. All texts and emails will be confirmed with a reply message.

We are currently looking for volunteers to help us get into the holiday spirit. If you know of a group that would like to sing Christmas carols or do a fun craft with our residents, please contact Kassie.

Any questions or comments please contact Kassie at (920) 412-6224 or email at kassie@angelstouchcbrf.com.