

December 2015



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## Celebrating December



*Have a very Merry Christmas  
and a Happy New Year from  
all of us at Angel's Touch  
Assisted Living!*

**National Pearl Harbor  
Remembrance Day**  
*December 7*

**Entertainer Johnny Len**  
**2:00 PM 394 Building**  
*December 9*

**Family Holiday Dinner**  
**4:30 or 6:00 All buildings**  
*December 16*

**First Day of Winter**  
*December 22*

**Entertainer Brenda Lu**  
**Christmas Show**  
**10:30 AM 400 Building**  
*December 23*

**Christmas**  
*December 25*

**New Year's Eve**  
*December 31*

## Winter Traditions

The sweet smell of gingerbread and a glimpse of evergreen are two sure signs that the holiday season is upon us. While gingerbread can be delicious to eat, many will be using it as a construction material on Gingerbread House Day, December 12.



Author DeeAnn Mandryk traces the origins of the gingerbread house to the early 1800s in Germany, after the Brothers Grimm published their collection of fairy tales. One tale in particular—that of Hansel and Gretel lured into a house made of bread and sugar—inspired bakers of a traditional German gingerbread, known as *lebkuchen*, to become architects on a miniature scale. Why build houses out of gingerbread? They'll last a long time.

Mandryk credits the first gingerbread people, however, to Queen Elizabeth I. The queen would honor important visitors with gingerbread people fashioned in their likeness. It's unknown whether the queen actually liked to eat these hard, spicy treats.

Many winter evergreens—such as holly, mistletoe, and even such conifers as fir, spruce, and pine—were revered in ancient times by Druids, Celts, and the Vikings. Botanist Larry Stritch explains how these cultures believed evergreens were sacred due to their ability to withstand snow and freezing cold. Decking the halls with boughs of holly provided both winter decoration and protection and good luck for the home. On December 19, which is Look for an Evergreen Day, bundle up and venture outside to find winter greenery. Or perhaps a better idea is to bring in a tree or some garland for decorating your living space. Set up a chair nearby and enjoy the beauty of the season with a warm cup of mulled cider or hot cocoa.

## Resolve to Be Different

The holiday season is sometimes one of indulgence. After all, food and drink, cakes and cookies are a major part of many holiday events and celebrations. By the end of the month, many are thinking of their New Year's resolutions.



According to *Time* magazine, the most common resolutions are to lose weight, exercise more, eat healthier, and stop smoking. Sadly, these are also the most frequently broken resolutions. So this new year, think outside the norm. Try a wild, wonderful, or just plain weird resolution, and you might just follow through (for a few months anyway).

Humorist Bill Mann has compiled a curious list of real-life New Year's resolutions. First on the list is to subscribe to more trade journals (these are magazines for unique or niche industries). *Miniature Donkey Talk*, despite the name, is a journal about raising donkeys of all sizes. *PRO*, Portable Restroom Operator, has articles on how to grow and maintain your porta-potty business. Search for "free trade magazines," and you're bound to find something you'll enjoy.

Another resolution catching on in New York City, Seattle, Bloomington (IN), and even Lexington (KY) is a goal to knit sweaters for trees. That's right, for trees (see above). Crafters are yarn bombing—the term for knit or crochet graffiti—trees that could suffer in a frigid winter, or anything in need of a spot of color.

Also on Mann's list is a resolution to promote holiday good cheer—waving to fellow motorists at four-way stops. Eye contact. Big smile. Your best Queen of England-style wave. It's a great way to remind other drivers that actual humans operate automobiles, and it may result in less road rage and more civil driving. Or, if you live in a place like NYC, it might backfire. If so, then you might want to drop this resolution entirely.

## December Birthdays

In astrology, those born between December 1st and 21st are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often also speak their mind. Those born between December 22nd and 31st are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multi-taskers and politicians.

Bette Midler (singer) – December 1, 1945  
Ray Romano (comic) – December 21, 1957  
Howard Hughes (aviator) – December 24, 1905  
Bo Diddley (musician) – December 30, 1928

## Resident Birthdays

Margaret C. – December 14  
Madeline B. – December 19  
Betty Ann B. – December 22  
Irene S – December 23

## From the Activity Directors Desk

We need your reservations **before Dec. 7** for our Annual Christmas Family Dinner. Reservations for reserved seating are limited to 8 per family as we have limited space and would like to accommodate all of our residents and loved ones. You can choose from 4:30 or 6:00 seating if you make your reservations early otherwise we may only have one seating left. Please make your reservations **with Lena only** so they are not forgotten or misplaced. Please only one person from your family call for the entire group to avoid confusion. Email Lena at [arlena\\_leurquin@yahoo.com](mailto:arlena_leurquin@yahoo.com) or call or text to 920-680-2420. All text and emails will be confirmed with a text or email back. Please no calls after 8:00 PM or Sunday mornings.

We have plans to go out to see Christmas Lights and shopping again this year. Dates will depend on the weather and bus availability.

***Happy Holidays!***

